

October
2006



The Beacon

Email: Beacon@aaworcester.org

Volume 8 Number 10

'Continued to take personal inventory and when we were wrong promptly admitted it'

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee-Thy will(not mine) be done." These are thoughts which must go with us constantly. We can exercise our willpower along this line all we wish. It is the proper use of the will.

Alcoholics Anonymous, pages 84-85

Douglas Maintenance and repair group is having it's 7th Anniversary on October 5th
6-7pm food
7-8pm meeting
8-til?? Raffle & cake
First Congregational Church Rt 16

Spencer— Friday nite that meets at the United Methodist church has folded as of August 25, 2006

YESTERDAY'S BAGGAGE

For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong. Twelve Steps and Twelve Traditions, p. 88

I have more than enough to handle today, without dragging along yesterday's baggage too. I must balance today's books, if I am to have a chance tomorrow. So I ask myself if I have erred and how I can avoid repeating that particular behavior. Did I hurt anyone, did I help anyone, and why? Some of today is bound to spill over into tomorrow, but most of it need not if I make an honest daily inventory.

Daily Reflections, p. 287

NOTHING GROWS IN THE DARK

We will want the good that is in all of us, even in the worst of us, to flower and to grow. As Bill Sees It, p. 10

With the self-discipline and insight gained from practicing Step Ten, I begin to know the gratifications of sobriety-not as mere abstinence from alcohol, but as recovery in every department of my life.

I renew hope, regenerate faith, and regain the dignity of self-respect. I discover the word "and" in the phrase "and when we were wrong, promptly admitted it."

Reassured that I am no longer always wrong, I learn to accept myself as I am, with a new sense of the miracles of sobriety and serenity.

Daily Reflections, p. 303

STEP TEN

TRADITION TEN

CONCEPT TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

Every service responsibility should be matched by an equal service authority- the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters or bylaws.

Traditions Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklist's

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

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1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? The federal or state government? Legalizing marijuana? Vitamins?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our tenth tradition?
4. Have I had similar experience in my own AA life?
5. What would AA be without this tradition? Where would I be?
6. Do I breach this or any of its supporting traditions in subtle, perhaps unconscious, way?
7. How can I manifest the spirit of this tradition in my personal life outside AA? Inside AA?

Elections of new Committee chairs

Are happening soon

Have you done your part to be of Service to AA ?

We need your help!

We need your help!

Life is a dance, When you take the steps



SPONSORSHIP CORNER:

Continued from the September Issue....

How can a sponsor handle an overdependent newcomer?

In the first days of sobriety, a newcomer is sometimes so bewildered and frightened - or so mentally fuzzy and physically weak - that he or she needs to be taken to each meeting and perhaps helped in making personal decisions. But such utter dependence on the sponsor, when carried past the earliest stages of recovery, often becomes damaging to both parties. It has already been pointed out that we stay sober through the reliance on the AA program, not any one member, so the newcomer's chances in this situation may not be very good. And the sponsor may either feel harried by constant, unreasonable demands, or feel flattered and let the ego build up dangerously.

How can this dilemma be solved without leaving the newcomer disheartened? Supposedly, the sponsor has been seeing that the newcomer meets many other AA's; maybe now is the time to redouble the effort, seeking out those likely to be extra congenial. If this tactful gambit fails, some sponsors have tried the direct approach, talking over the problem frankly with the newcomer. And if even this has no effect, the sponsor's best solution may be to say, firmly and kindly, that he or she will no longer be available any time the newcomer wishes- *but* will keep in touch, with an occasional call.

Now it is up to the newcomer. One course is to find another sponsor. Or the newcomer may have achieved enough inner strength without realizing it, and can now go onto the next stage, substitute other kinds of AA friendships for sponsorship, start working the program in his or her own way, and take on personal responsibility in everyday life.

How can a sponsor work with a newcomer who rejects help?

In such cases, there is little a sponsor can do except assure the newcomer of willingness to help, when and if needed. Occasionally, it may be wise to introduce the newcomer to an AA member who shares more of the newcomer's background and interests. Sponsorship is a flexible venture, and good sponsors are themselves flexible in working with new people. It is just as much a mistake to thrust unwanted help upon a newcomer as it is to refuse help when a newcomer asks for it.

A word on anonymity:

In the years that lie ahead the principle of anonymity will undoubtedly become a part of our vital Tradition. Even today, we sense its practical value. But more important still, we are beginning to feel that the word "anonymous" has for us an immense spiritual significance. Subtly but powerfully it reminds us that we are always to place principles before personalities; that we have renounced personal glorification in public; that our movement not only preaches, but actually practices a truly humble modesty. That the practice of anonymity in our public relations has already had a profound effect upon us, and upon our millions of friends in the outside world, there can hardly be doubt. Anonymity is already a cornerstone of our public relations policy. The Language of the Heart, p. 13

THE HOME GROUP:

It is suggested in all our literature that we join a Home group and become involved in that group, "this is the group that we accept responsibility and try to sustain friendships". I have been a member of my new Home group (Charlton Courage to Change) for 3 years. Over the past year they have listened to me talk about my fears and resentments related to my Father's terminal illness. As an alcoholic sometimes my brain told me "they don't care" or they were thinking "oh, no not this again" ...The committee was in session a lot! Was I wrong- I should have remembered "let not my thoughts destroy my peace of mind"

My Father passed away on Monday, August 28th after a year long battle with lung cancer. My father's wish was to die at home so, my family and I did home hospice care. Because of this I had to miss many meetings to care for him. Many members of my home group gave me the courage and strength to walk thru (and not around) this life changing event by phone calls leaving messages of support and encouragement by reminding me that it was a gift to be able to be "present" and not run from the situation (something I spent my whole life doing) I was standing at my Fathers wake when I looked up and saw my HOME group (all of them) standing together in the back of the Church. I was filled with gratitude that I was sober! I knew I belonged, and that group was my HOME.

Many other members of AA from other Home groups I had belonged to came to support me. I remember looking up and seeing a man who was there for me when I walked into the halls of AA 9 years 9 months ago and at that very moment I knew had it not been for him or the other members of my Home groups and sponsors I had along my journey, I would not be sober today. Because of AA and the 12 steps I was able to make my relationship right with my Dad and to place principles above personalities with my family (on most days) It's progress not perfection. I am truly grateful for all the gifts AA has given me over the years. The most important one is "the God of my understanding" that I know carried me and gave me the faith and trust to walk thru each day and to be present as my father took his last breath....to see all of this as a growing experience and not hop on the pitty pot and "poor" me another drink.

If you don't belong to a Home group Join ONE! Get phone numbers, be involved in AA. You never know what life changing event will come your way and you might miss the experience of being "part of" and feeling loved.

Thank you all, for your Love & support!

Ellen MCQ.

Editor—The Beacon

Join a Group & Get active....

Worcester County Sheriff's office needs help!

340 Main Street 2nd floor—Worcester

Commitment twice a month.

COAP Program: Corrections Opportunity Advancement Program

Adult males on probation. Mon or Thursday 5:30-6:30PM

Require at least one year sobriety.

Want more info Email: Treatment@aaworcester.org



Groups don't drink !



3rd Annual
Bill S. Memorial
Golf Tournament
Friday, October 6th
Townsend Ridge Country Club
Townsend, MA.
Shotgun Start at 12:00 pm

Save The Date

Golf, Buffet dinner, Prizes, 50/50 raffle Closest to pin and longest drive Contest

\$90 per person proceeds to go to the Fellowship

Sign up online at: <http://www.tournevents.com/bills>

Or contact Keith C.- keithcarter@yahoo.com

It's Alcathon time again..The Committee needs your help!
District 25 & WAI are in the process of planning the alcathons

Check the website for committee meeting dates and times
www.aaworcester.org or call the intergroup office 508-752-9000
Thanksgiving—Christmas & New Years

This event is sponsored by District 26 - General Service. This is a "Save the Date" announcement.

Joy of Living Weekend

When: Friday evening January 12th, 2007 thru Sunday morning January 14, 2007

Where: Best Western Royal Plaza

150 Royal Plaza Drive

Fitchburg, MA 01420

Round-Up

Email: JoyofLivingWeekend@yahoo.com

Save the Date..

Registration Address: P.O. Box 1057 Shirley, MA 01464

Room rate: \$73.00 up to 4 people deadline 12/13/06

Cost for weekend \$ 25.00 after 12/13/06 \$ 35.00

Activities planned: workshops, a banquet dinner, dance and lots of meetings and coffee.

Registration forms available at the website: www.26ac.org



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob McC.	chair@aaworcester.org
Alternate Chair	Harry H.	None
Secretary	Brandy H.	secretary@aaworcester.org
Treasurer	Mary M.	treasurer@aaworcester.org
Alternate Treasurer	Joe N.	
Trustees	Ellen McQ.	
	Bob D.	None
	Jeanne L , Laraine S	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	Sue N.	treatment@aaworcester.org
Correctional Facilities	Your Name?	Corrections@aaworcester.org
Halt Line	Scott L.	haltline@aaworcester.org
Social Committee	Kolleen H.	Social@aaworcetser.org
Public Information	Brandy H.	PiChair@aaworcester.org
Webmaster	Brandy H	webmaster@aaworcester.org
Liaison to District 25	Mary M	None
Liaison to Area 30	Your Name?	None
Alcathon Committee		
Co—Chairs Intergroup & District 25	Tina P.— District 25	None
The Beacon	Ellen McQ.	Beacon@aaworcester.org
C.P.C	Your Name?	professional@aaworcester.org

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Office Hours:
 Monday 10am-2pm
 Tuesday 10am-8pm
 Wednesday 10am-8pm
 Thursday 10am-8pm
 Friday 10am-2pm
 Saturday 9am-2pm
 Sunday CLOSED

Do I do my part?

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The Beacon—100 Grove Street Suite 309 Worcester, MA 01605 email:beacon@aaworcester.org

The Beacon Staff: September 2005-December 2006 ~

Editor: Ellen McQ.—Courage to Change , Charlton, MA. , Assistant Editor: Mary M.—Courage to Change, Charlton

We hope you enjoy the changes!

Rule 62 “ Don't take yourself too damn seriously.”



WORDS THAT ARE difficult to say when you're drunk:

Preliminary

Innovative

Aluminum

Words that are very difficult to say when you're drunk:

Specificity

Loquacious

Transubstantiate

Words that are absolutely impossible to say when you're drunk:

Thanks, I've had enough.

Sorry, but you're not my type.

You're right, I can't jump over that table.

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Service Meetings Monthly Schedule

InterGroup/District 25 & 26

Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	7:00 pm
District 25 (GSR's)	St. Joan of Arc Church 570 Lincoln St. Worcester	1st Tuesday	7:30 pm
Joint Corrections	Intergroup Office 100 Grove St. # 309 Worcester	2nd Tuesday	7:00 pm
District 25 - CPC Committee	Intergroup Office 100 Grove St. # 309 Worcester	2nd Wed.	6:30 pm
District 26 (GSR's)	Local 60 Union Hall Mechanic St. Leominster	1st Thursday	7:00 pm
Steering Committee	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	6:00 pm
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	Intergroup Office 100 Grove Street # 309 Worcester	3rd Thursday	5:30PM
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am

New Time
↓

Area 30

Grapevine Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Sunday	1:00pm
Literature Committee	Carter Methodist Church 800 Highland Ave. Needham	1st Monday	7:30pm
Eastern Mass. GSC	St. John's 80 Mt. Auburn Watertown	4th Wed.	8:00pm
Joint Public Information	Boston Central Service 368 Congress St. Lower Level Boston	1st Thursday	7:00pm
CPC Committee	Boston Central Service 368 Congress St. Lower Level Boston	2nd Thursday	7:00pm
Archives Committee	St. John's 80 Mt. Auburn Watertown	3rd Thursday	7:30pm
Corrections Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Thursday	TBD
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

Is your Group Rep-
resented at the Inter-
group Delegates
Meeting?

If you don't attend
you can't vote...

If you don't vote you
don't have a voice..



Come find out what's
going on in our area

2nd Thursday of the
month St. Joan of
Arc Church Lincoln
Street Worcester
7:00 -8:30 PM

We counted 150
Groups in Worcester
area only about 20
are represented

Check the bulletin board for
meeting changes and new
meetings in our area On Inter-
group's web page

WWW.aaworcester.org

W.A. I. Needs your help!
There are service positions that are unfilled.
Join us the 2nd Thursday of each month 7:00pm
St. Joan of Arc Church Lincoln Street ____come see where you
can help! Elections of New Officers & Committee Chairs this
Fall !! Please Join us !!

**The Halt-Line still has 15 hours of
unmanned phone time....can you
spare an hour?**
Call the Haltline Chair
Scott L. [REDACTED] for more info

Women's Meeting Big Book (tapes)
Thursdays 5:30—6:45 PM
Calvary Retreat House South Street
Shrewsbury, MA.

New Meeting:
BBSS
Lakeview Congregational
Church 115 Coburn Ave.
Worcester, Ma.
Wednesday's
7:00-8:30PM

New Meeting:
"In the Wind" has Moved from District 23
(Framingham) to District 25 (Worcester)
Holy Angles Church 1 Milford Rd. (Rt. 140)
Upton Ma. Fridays 8:00PM

**In-Mates At Worcester House
Of Correction** are looking for
people to write to them, or send
them literature if you are inter-
ested ...and are willing to help
carry the message....
email : Beacon@aaworcester.org

NEW MEETING
Big Book Thumpers
Thursday Night 7:30-9:00pm
arrive before 7:30 doors lock.
Calvary Retreat House
59 South St. Shrewsbury

**Uxbridge—New Meeting— Big Book
(Tapes)**
Church of the Nazarene
130 Douglas Road (RT. 16)
Saturday Nights 7:00-8:00PM

W.A.I. - Social Committee:
Check the Website for up to the minute information
www.aaworcester.org or Email: social@aaworcester.org
Check it out and see what fun events they have planned !

**To find out about social
events in District 26 (North
& west of Worcester) check
out their unofficial web site:**
www.26ac.org

Space available for meetings:I am the clerk for St. Luke's Episcopal Church in Hudson
MA. We value the work that AA does in our community and would like to know if we
might be able to offer our space for meetings. Please let us know if you feel there
is a need for more meeting space in our area and if so, how we would go about of-
fering our site.If interested contact the Intergroup office or email the
Beacon.