



# The **Beacon Weekly**

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aaworcester.org

Intergroup Office  
Is **CLOSED** until  
further notice.

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Office Manager  
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any assistance  
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## The Beacon Weekly Staff

1/2020 — 12/2020

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Keep the chain  
going— Pass this  
Along

Let us know how  
we are doing—  
beacon@

## Alcoholics Anonymous

## Alcoholics Anonymous, COVID-19 & our Seventh Tradition

***“The reality is that even though meetings, Twelfth Step services and operations have shifted to a virtual environment, expenses continue to accumulate...”***

The A.A. General Service Office in New York has published an open letter to the Fellowship concerning the effects of the COVID-19 crisis on the customary operations of Alcoholics Anonymous — including a link to a video featuring Leslie Backus, the Class A (nonalcoholic) treasurer of its General Service Board. <https://vimeo.com/430834698>

The letter, from GSO’s General Manager G. Gregory Tobin, terms the current situation as “unprecedented,” and as having “far-reaching consequences.”

Tobin explains that ***“Without question, due to the COVID-19 pandemic, our Fellowship, including our organized service structure, is facing enormous challenges, locally and globally.”*** He notes that, ***“...for the first time in the 85-year history of our Fellowship, we are navigating the lack of face-to-face meetings,”*** and the impact that change has had on how A.A.s self-supporting Seventh Tradition is successfully kept.

Tobin lays out the situation, ***“As we all adapt to the present reality of digital meetings, the question now is, “How do we responsibly practice self-support, our Seventh Tradition?..As we can no longer pass a physical basket...”***

***..As we can no longer pass a physical basket...”***

Read Tobin letter in its entirety on pages 5 & 6

See highlights of the Backus GSO video message on pages 7, 8, 9, 10, 11, 12

The opinions expressed herein are not to be attributed to A.A. as a whole, nor does the publication of any article imply an endorsement by either A.A., General Services nor Intergroup.



## WAI's VIRTUAL LOCAL MEETING SUPPORT APP SOME AREA MEETINGS RESUMING IN-PERSON

<https://so7ey.glideapp.io/>

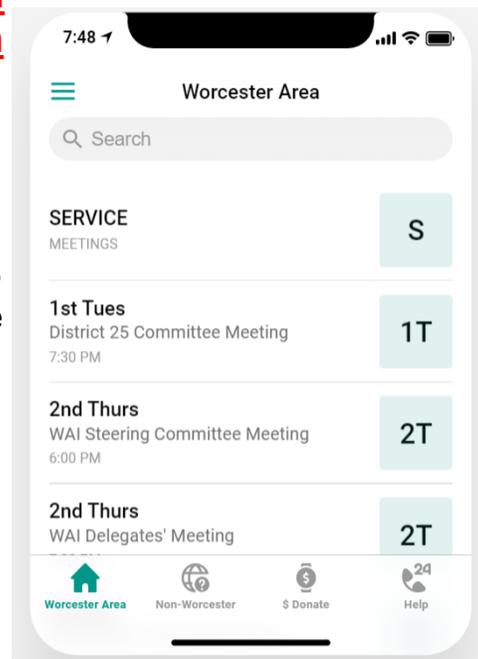


**QR CODE**  
Scan with camera to install WAI app – (QR Code App required)

Worcester Area Intergroup's home page features a Virtual Meeting box with a link to a Web App for WAI activities. There is also spreadsheet listing Virtual A.A. meetings in Massachusetts, and the Worcester area.

<https://bit.ly/2WlpfBD> (left tab) The spreadsheet's left tab includes links to **185** meetings in the Central Mass. and surrounding areas, **some of which are resuming in-person meetings**. The **center tab** lists local meetings planning to resume, or, meetings which are new.

Some meetings have plans resume to 'in-person' status—these are highlighted in yellow in the 'Notes' column on the right. [see illustration below]



Groups planing to resume in-person meetings, please let Worcester Intergroup know so the WAI list can be updated. The spreadsheet includes a third tab (the **right** tab) listing **65** online meetings in related areas. All meetings setup using the Worcester Intergroup account require a password to keep 'bots and hackers out — The password for attending is **Sober2020**

### Eastern Massachusetts Central Service meeting list —

[https://drive.google.com/drive/u/0/folders/12-gRXU\\_fNZ2ggNxl2KdCbzODwR9mNvVW](https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxl2KdCbzODwR9mNvVW)

**350 meetings**

PASSWORD protected meetings are highlighted in green. NOTE: Passwords are case-sensitive (please check the Password column).

The HALTline is open 24/7 if you need to talk or have any questions (508) 752-9000

Day	Time (ET)	Meeting Name	Topic/Meeting Format	ZOOM Link	Meeting ID	Password	Phone Number	Notes
Sunday	5:00 PM	Westminster Men's Step It Up	Men's BBSS	<a href="https://zoom.us/j/139454238">https://zoom.us/j/139454238</a>	139 454 238	Sober2020	1 646 558 8656 US	RCA Westminster, MA
Sunday	6:00 PM	Mindfulness in F...		<a href="https://zoom.us/j/870951...">https://zoom.us/j/870951...</a> <a href="https://zoom.us/j/32050...">https://zoom.us/j/32050...</a>			558-8656	It all Starts Here Speaker Discuss Now meeting in person
		Naukeg C...	Open Discussion	<a href="https://zoom.us/j/89876477603?pwd=cW1PM...">https://zoom.us/j/89876477603?pwd=cW1PM...</a>				
		(North B...	Open Discussion	<a href="https://zoom.us/j/2288748...">https://zoom.us/j/2288748...</a>	452 288 748	None	1 929 436 2866	Individual Zoom account (vs. Int account)
Sunday	7	Captain Andy's AA Mee	3 meetings per day, pm. 7 days per wee	<a href="https://zoom.us/j/7332967...">https://zoom.us/j/7332967...</a>	797 733 2967	None	929-436-2866	Also meeting in person
Sunday	7	Shrewsbury Simple Sp	12 Steps and 12 Tra Discussion	<a href="https://zoom.us/j/595536968...">https://zoom.us/j/595536968...</a>	595 536 968	None	1 312 626 6799	Also meeting in person outside,

Worcester Area meeting list

Worcester Area Resumed/New

Yellow Highlight — In-Person Meetings Resuming

Non-Worcester Area meeting list



# **ALCATHON NEWS!**

Worcester Area Intergroup/District 25

On **ZOOM!!!**

We will have the Alcathon room open for the full 36 hours, with commitments for 9 hours each day.

*If your Group is interested in doing a Virtual Commitment, please email:*

[alcathon@aaworcester.org](mailto:alcathon@aaworcester.org)

## **GRAPEVINE** Daily Quote

July 24, 2020

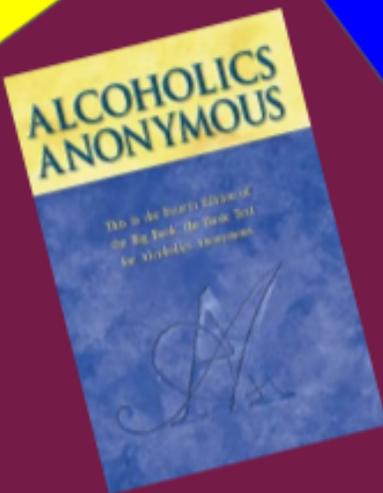
**“I’ve learned that I am not responsible for anyone’s happiness except my own. Most importantly, I learned that true happiness is an inside job.”**

**“Recovery Is a Wonderland,” Brooklyn, NY, July 2010,  
Emotional Sobriety II**



Keeping Worcester area sober since 1974!

**GIVE TODAY!**



**WHY WE NEED YOU MORE THAN EVER.**

The Worcester Area Intergroup has relied on bookstore sales and group contributions to keep the service organization running. With the physical store location closed since March and groups meeting online, income is down. We are relying more than ever on member contributions to keep the WAI office open to the newcomer and you! We are so appreciative of the member contributions to date, your contribution is what keeps us going.

**TWO WAYS TO HELP:**

1. Contribute online or by mail!
2. Shop in the online bookstore!

# Worcester Area Intergroup

100 Grove Street, Suite 314, Worcester, MA 01605

*When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.*



### WHAT IS AA?

Alcoholics Anonymous is an international fellowship of men and women who have had drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

### WHO CAN CONTRIBUTE?

Contributions are welcome from members of AA. Due to the 7th tradition we cannot accept donations from people who are not members.

### WAI COMMITTEES

- Alcathon
- Corrections
- HALTline
- Public Information
- Social
- The Beacon
- Treatment Facilities
- Website / Technology

For more information, to contribute or shop visit [aaworcester.org](http://aaworcester.org)

**CALL US 508.752.9000**



Alcoholics  
Anonymous®

[www.aa.org](http://www.aa.org)

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

June 19, 2020

Dear A.A. friends,

We in A.A. – here at G.S.O., along with the rest of the world – continue to experience an unprecedented situation. Without question, due to the COVID-19 pandemic, our Fellowship, including our organized service structure, is facing enormous challenges, locally and globally. For many of us, the most prominent example is that, for the first time in the 85-year history of our Fellowship, we are navigating the lack of face-to-face meetings. While we have found creative ways to allow for the vital interaction between one alcoholic and another, and welcoming newcomers daily, it is clear that the health crisis has other farreaching consequences.

As we all adapt to the present reality of digital meetings, the question now is, “How do we responsibly practice self-support, our Seventh Tradition?” As we can no longer pass a physical basket, we are working to find ways to support the Fellowship at all levels, from our groups to Intergroups and Central Offices, from our Districts and Areas to the General Service Office itself.

The reality is that even though meetings, Twelfth Step services and operations have shifted to a virtual environment, expenses continue to accumulate during this crisis, which underscores the importance of practicing the Seventh Tradition. Through this crisis, however, we have witnessed the many ways in which the entire A.A. Fellowship has come together to provide ongoing support. Among them:

- Many home groups are still paying rent even though their meetings cannot convene. They are also providing online meetings on platforms that may have associated costs.
- Intergroup/Central Offices are still stocking needed literature and fielding Twelfth Step calls, redirecting A.A. members and those looking for recovery to online meetings.
- Area-level committees are working to keep channels open between the Fellowship and the delegates and board members that make up our General Service Conference, as well as to do public information, corrections and other service.

Continued on page 15



- G.S.O. in New York is continuing to support all levels of service. Literature still needs to be published and distributed, calls need to be answered, online platforms still need to be updated, and support operations sustained.

In an effort to keep the membership informed during this challenging time we would like to share a brief three-minute video update from Leslie Backus, the Class A (nonalcoholic) treasurer of our General Service Board.

<https://vimeo.com/430834698>

Please feel free to pass this information along to members and groups in your Area to watch on their own time or to play before their online meetings.

We are so grateful for your time and attention, your dedicated service and – always – your generous support.

Yours sincerely, in fellowship,

G. Gregory Tobin  
General Manager

Alcoholics  
Anonymous® | [www.aa.org](http://www.aa.org)

A PDF of the original letter is available for download here:

[https://www.aa.org/assets/en\\_US/en\\_VideoCommunicationonSupport-6-19-2020.pdf](https://www.aa.org/assets/en_US/en_VideoCommunicationonSupport-6-19-2020.pdf)



# Alcoholics Anonymous®

## Alcoholics Anonymous, COVID-19 & our Seventh Tradition

A Video Message from Leslie Backus, the Class A (nonalcoholic) treasurer of A.A.'s General Service Board.

*“This is a moment when the Fellowship needs to step up.”*

In addition to the published open letter from the A.A. General Service Office in New York (see pages 5 & 6), GSO has provided a link to a video featuring Leslie Backus, the Class A (nonalcoholic) treasurer of its General Service Board. In the video, Backus outlines the multiple and simultaneous challenges A.A.'s New York-based General Service Office is confronting—



- an increased need from alcoholics for help during the pandemic
- a serious drop in contributions and literature sales since the pandemic became widespread, and...
- while GSO was also confronted with the need to revamp or reconfigure how many of its services are delivered to alcoholics

Backus points out that *“...the COVID-19 pandemic...impacts us all...especially how we meet and support each other in A.A.”* She comments that *“... the need is greater now...sales of alcohol are at record highs...the number of emergency room visits from alcohol related incidents is up.”* Backus summarizes the situation simply, saying *“There is a great deal of work for us to do,”* while recognizing that the GSO is located in the *“heart of this pandemic,”* [New York City] and that its *“...employees are working tirelessly to make sure the message of A.A. is out there for all who are seeking help for alcoholism.”*



Continued from page 7

***“During this unprecedented time, we have had to re-think how we get our message to people.”***

Backus says that GSO has been evolving its communications platforms and technologies to reach the still suffering alcoholic. The illustration below highlights ongoing responsibilities that GSO supports for alcoholics in need.

## Each Year...



### CORRECTIONS

Corrections answers over **~6,500 letters annually**; that's more than 18 letters per day, every day



### ARCHIVES

Receives over **1,300 requests**



### SHIPPING

Distributes **~8 million** books, pamphlets & audio materials



### CONTRIBUTIONS

Receives over **73,000 pieces of mail**

## 2020 Update COVID-19 Impact

CARRYING THE MESSAGE CONTINUES DESPITE THE PANDEMIC

Over **5,500** pieces of mail delivered to PO Box 459 and 475 Riverside were collected, disinfected, sorted and distributed to the homes of the service assignments, records and contributions.



This is Aubrey's home a.k.a. Alcoholics Anonymous mail sorting room

**90** the number of responses to the media/public outlets about how AA has adapted to virtual meeting space/5<sup>th</sup> Tradition online efforts.

**150** the number of A.A. related articles published around the world during COVID-19

Virtual AA meetings successful in Newfoundland and Labrador



The subject of the article above got sober during COVID-19 and has never been to an in-person A.A. meeting

**Pandemic or no pandemic, GSO's work to 'carry the message' remains—and is likely needed even more now than it ever was.**

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**“...our employees are still working tirelessly to make sure that the message of A.A. is out there for all that are seeking help for alcoholism.”**

**Forced to close the New York office because of the pandemic, GSO’s work to ‘carry the message’ remains...**



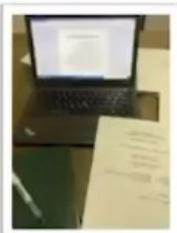
Over 125,000

Alcoholics provided with digital Grapevine subscriptions free of charge

March 2020

More than 15,000

emails/phone calls answered requesting information or help from GSO, since the office physically closed on March 20.



One

Completely virtual General Service Conference designed from the kitchens, living rooms and home offices across the US and Canada



**Despite the pandemic, GSO’s ongoing commitment to help alcoholics and has continued all levels of service during this crisis. As examples, Backus says:**

- Literature still needs to be distributed
  - Calls need to be answered
- Online platforms still need to be published

**GSO is staffed by employees—and these activities are their work: unlike local Intergroups, GSO’s size means it cannot rely solely on volunteers.**

## We are responsible... when anyone, anywhere...

Big Book in 71 languages around the world  
Further translations are always in process.



Continued on page 10



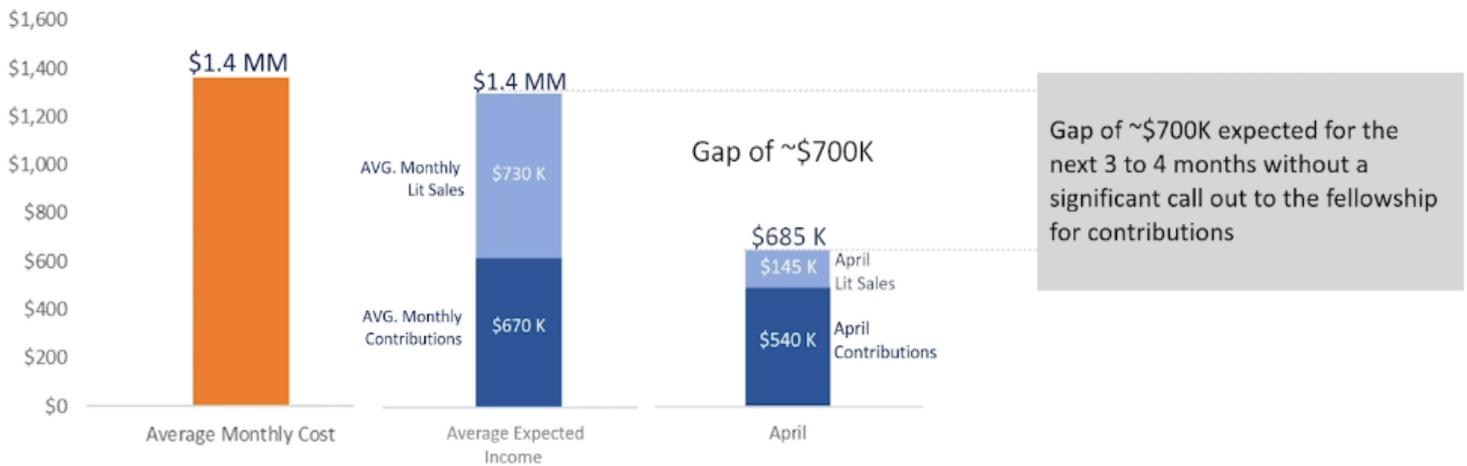
Continued from page 9

***“The average monthly cost [to support GSO] is \$1.44 million.”***

Backus lays out the current financial situation GSO faces as a result of the effects of the pandemic—a crisis unlike any that A.A. has ever faced. Backus reports that the average monthly cost to support GSO is \$1.44 million—which has been underpinned by monthly revenues derived from a mix of contributions (approximately \$670,000 monthly) and the profits from literature sales (approximately \$730,000 monthly.) (Editor Note: This is very similar to the revenue mix reported several weeks ago by Worcester Intergroup in our June 20 story on its shifting finances.)

***“This is how we support the [GSO] office. But, beginning in April, things changed.”***

CURRENT FINANCIAL SITUATION COSTS AND INCOME



Unfortunately, Backus reports that starting in April, GSO received only \$540,000 in monthly contributions (a drop of about 20%), and literature profits plummeted to only \$145,000, an almost 80% decline— which “left a shortfall of almost \$700,000...” At the time, GSO expected “this gap to continue for three or four months without a call to the Fellowship for contributions.”

“We have a prudent Reserve,” notes Backus, which at the end of 2019 covered 9.2 months of GSO operations. The ongoing revenue shortfalls have forced GSO to “take a draw down [of the reserve] of \$3 million,” Backus concedes, adding, “So there’s only seven months remaining in the Reserve.”

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***“This is a moment when the Fellowship needs to step up.”***

**Backus describes the situation simply, saying “This is a moment when the Fellowship needs to step up to be able to take the Seventh Tradition and fully support the services in a way that has never happened before.”**

**OUR RESERVE FUND – DESIGNED FOR EXACTLY THIS TYPE OF SITUATION**



**The General Service Board Reserve Fund**

In 1954, the Board of Trustees established a Reserve Fund whose principal purpose is to provide the financial resources necessary to continue the essential services of G.S.O. and the Grapevine in the event of emergency or disaster, to fund costs beyond the means of the G.S.O. and the Grapevine, such as major leasehold improvements or technical upgrades, and to allow the General Service Board and its two operating affiliates time to formulate and implement plans needed to adjust to changed economic or other conditions.

S76

***“If you are in a position to contribute, we hope you will.”***

**Backus also points out that the GSO office “...is designing new ways for you to contribute,” - including the scannable bar code examples displayed below.**

[Find A.A. Near Me and Contribute](#)

[Contribute to your General Service Office](#)



SCAN ME



SCAN ME

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Continued from page 11

Backus closes her message on a wishful note—and mentions the need for local A.A. group support, commenting “I hope that you are all safe, that you support your families and your local A.A. Central/Intergroup offices and the General Service Office.” The end of Backus’ presentation displays a Seventh Tradition reminder -

**In keeping with A.A.’s Seventh Tradition of self-support, we accept contributions only from A.A. members.**

## Commentary

It is fair to acknowledge that the current pandemic-created situation is unprecedented, for modern society at large and for Alcoholics Anonymous as well. While we leave the most reliable virus assessments to qualified organizations such as the CDC, the following seem reasonable for many of us to assume:

- At the moment, COVID-19 is sweeping through many U.S. states in an unprecedented number of infections - deaths are approaching 150,000—and will exceed that terrible number fairly soon.
- It does not appear likely that the U.S. will firmly contain COVID-19 in the next 3 or 4 months—August begins in five days—if at all in 2020
  - It appears highly unlikely that in-person A.A. meetings—and the U.S. economy in general—will resume activity anything like ‘normal’ until sometime in 2021 (at least 6 months...?)
  - (Several weeks ago we reported the results from the SF/Marin County Intergroup survey of its fellowship in June, which strongly indicated that the majority of A.A.’s *do not* plan to resume in-person meetings until a COVID-19 vaccine is available—which essentially means 2021.)
- If that outlook is accurate, GSO is facing the draw down of its reserve to a risky operating level if contributions or literature sales do not meaningfully improve; this same assessment may also apply to local Intergroups that operate on essentially the same ‘business model.’
  - Ms. Backus is absolutely correct when she says:  
“This is a moment when the Fellowship needs to step up.”



## Alcohol Use and Cancer

Alcohol use is one of the most important preventable risk factors for cancer, along with tobacco use and excess body weight. Alcohol use accounts for about 6% of all cancers and 4% of all cancer deaths in the United States. Yet many people don't know about the link between alcohol use and cancer.

Alcohol use has been linked with cancers of the:

- Mouth
- Throat (pharynx)
- Voice box (larynx)
  - Esophagus
  - Liver
- Colon and rectum
  - Breast

Alcohol probably also increases the risk of cancer of the stomach, and might affect the risk of some other cancers as well.

For each of these cancers, *the more alcohol you drink, the higher your cancer risk*. But for some types of cancer, most notably breast cancer, consuming even small amounts of alcohol can increase risk.

<https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/alcohol-use-and-cancer.html>

THE BUFFALO NEWS

## Alcohol and the coronavirus pandemic: How much is too much?

Have you been drinking alcohol while working at home during the Covid-19 pandemic? Has your drinking climbed overall during quarantine and the stilted reopening of public gathering places? Have you joked that you're using booze to kill the novel coronavirus?

For many, those behaviors will go away when Covid-19 becomes far less threatening. For some, they will set the stage for alcoholism, said Kenneth Leonard, director of the University at Buffalo Clinical and Research Institute on Addictions.

[https://buffalonews.com/news/local/alcohol-and-the-coronavirus-pandemic-how-much-is-too-much/article\\_d8124856-bbce-11ea-b49e-2f780119803f.html](https://buffalonews.com/news/local/alcohol-and-the-coronavirus-pandemic-how-much-is-too-much/article_d8124856-bbce-11ea-b49e-2f780119803f.html)



NBC NEWS

## **Alcoholic men can't feel your pain. Here's why**

Continued from page 1

Some studies...have shown that alcoholics tend to misidentify the emotions of people they are interacting with...So sadness can be mistaken for anger, while happiness might come across as a negative emotion.”

“...To look at the impact of chronic heavy drinking on emotion recognition, [researchers] tested 22 men who were in their third week of an alcohol detoxification program. They compared them to 22 men who were not alcoholics...

“...44 study volunteers were asked to read a series of stories that concluded with either a straightforward sentence or an ironic one...[and]...then asked to complete a questionnaire...”

“...As it turns out, the drinkers were much worse at detecting irony. In fact, they identified ironic sentences correctly only 63 percent of the time, as compared to 90 percent of the non-alcoholic volunteers.

What this means is that problem drinkers can completely misinterpret what they're seeing and hearing.”

<http://vitals.nbcnews.com/news/2012/11/08/15029060-alcoholic-men-cant-feel-your-pain-heres-why?lite>



## **New Research: Binge Drinking May Be More Dangerous for Women**

It's common knowledge that binge drinking carries serious health and lifestyle consequences for all. However, new research shows that women who drink heavily experience higher risk of alcohol-related problems than men. Today, we'll discuss why women need to be on guard against the dangers of binge drinking.

**What is Binge Drinking?**

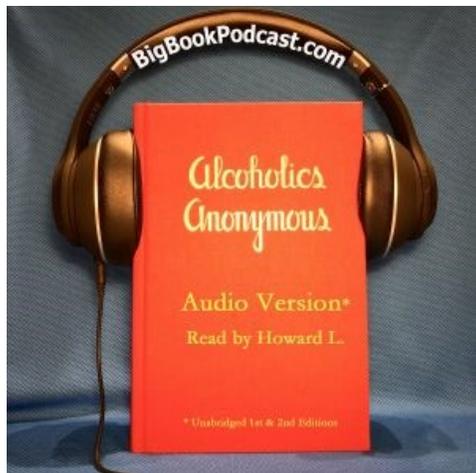
The definition of binge drinking differs for men and women. This is due to physiology – because women generally weigh less than men, they are more strongly affected by alcohol. There is also a critical difference in the amount of water in one's body; alcohol resides predominantly in body water, which women have less of than men. This means that even if a man and woman weigh the same, the woman's blood alcohol concentration will be higher.

<https://lakesidemilam.com/blog/binge-drinking-women/>



## Recovery Podcasts

Summer can be a time for great road trips and cruising....nothing makes a long drive go by more quickly than listening to great A.A. speakers deliver a message filled with experience, strength, and hope  
(none of these sites are affiliated with A.A. in any way)



### **BIG BOOK PODCAST**

Big Book Podcast is an inspiring word-for-word reading of all 11 chapters and all Personal Stories in the First & Second Editions of "Alcoholics Anonymous"

Free on Apple Podcasts or wherever you get your podcasts. Hear stories for the first time that were left out of the Third and Fourth Editions. An exciting and meaningful new way to engage in A.A. Enjoy listening on this website, and the site also offers full chapter transcripts.

<https://www.bigbookpodcast.com/>



### **The Bubble Hour**

The Bubble Hour is hosted by Jean M., a sober woman dedicated to breaking down the walls of stigma and denial surrounding the disease of alcoholism.

<https://www.soberspeak.com/>



### **The Recovery Radio Network**

The Recovery Radio Network says it brings

you twelve step speakers and workshops designed for recovering individuals and the people who support them. This site features a new speaker recording every month, and has an archive recordings going back 10 years.

<https://www.soberspeak.com/>

The opinions expressed herein are not to be attributed to A.A. as a whole, nor does the publication of any article imply an endorsement by either A.A., General Services nor Intergroup. Comments, questions and articles may be directed to *The Beacon Weekly*. All excerpts & Articles reprinted with permission from AAWS and/or *The Grapevine*.



## **Why being thankful is so good for your health**

**As a physician, I have helped to care for many patients and families whose lives have been turned upside down by serious illnesses and injuries.**

**In the throes of such catastrophes, it can be difficult to find cause for anything but lament.**

**Yet Thanksgiving presents us with an opportunity to develop one of the healthiest, most life-affirming and convivial of all habits -- that of counting and rejoicing in our blessings.**

### **Gratitude's benefits**

**Research shows that grateful people tend to be healthy and happy. They exhibit lower levels of stress and depression, cope better with adversity and sleep better. They tend to be happier and more satisfied with life. Even their partners tend to be more content with their relationships.**

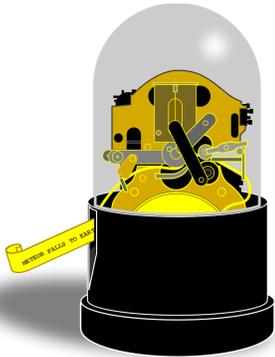
**Perhaps when we are more focused on the good things we enjoy in life, we have more to live for and tend to take better care of ourselves and each other. When researchers asked people to reflect on the past week and write about things that either irritated them or about which they felt grateful, those tasked with recalling good things are more optimistic, feel better about their lives, and actually visit their physicians less.**

**It is no surprise that receiving thanks makes people happier, but so does expressing gratitude. An experiment that asked participants to write and deliver thank-you notes found large increases in reported levels of happiness, a benefit that lasted for an entire month.**

### **Philosophical roots**

**One of the greatest minds in Western history, the Greek philosopher Aristotle, argued that we become what we habitually do. By changing our habits, we can become more thankful human beings.**

**[https://www.cnn.com/2019/11/28/health/thanksgiving-gratitude-conversation-wellness/index.html#:~:text=Research%20shows%20that%20grateful%](https://www.cnn.com/2019/11/28/health/thanksgiving-gratitude-conversation-wellness/index.html#:~:text=Research%20shows%20that%20grateful%20)**



## The WAI Ticker

*I am responsible...*

When anyone, anywhere, reaches out for help,  
I want the hand of A.A. always to be there.  
And for that, I am responsible.

*Step Seven:*

“Humbly asked Him to remove our shortcomings.”



## Meeting List Changes

Changes to a meeting name, its time, its format or its location, or new meetings and groups closings -

Send all meeting changes to: [beacon@aaworcester.org](mailto:beacon@aaworcester.org) and to:  
[officemanager@aaworcester.org](mailto:officemanager@aaworcester.org)

For meetings resuming in-person, please submit the ‘Meeting Update Form’ available on the WAI home page



## Group Anniversaries

Send Anniversary Info to: [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

## Special Events!

### A.A. Unity and Service Conference

- ⇒ September 5 and 6, 2020
- ⇒ You need to register to attend, sign up is here:  
<https://unityandserviceconference.org/>
- ⇒ See the flyer on page 25



### ♦ 2020 INTERNATIONAL A.A. CONVENTION—Detroit, A VIRTUAL EVENT

- ⇒ "Love and Tolerance Is Our Code"
- ⇒ A.A. Stories (video)
- ⇒ ‘Carry the Message’ - Public Info, Corrections, and Accessibility
- ⇒ <https://2020convention.aa.org/>



**Worcester Area Intergroup Faithful Fiver Form**

The Faith Fiver idea came about when we remembered that we wasted much more than five dollars each month during our drinking days. “When we meet and defeat the temptation to take large gifts we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who

still suffer.” Bill W, *Language of the Heart*

YES, I want to help continue to carry our life-saving message of hope.

I will pay:            Annually(\$60)            Quarterly(\$15)            Monthly(\$5)

Here is my contribution of \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone number (in case of questions): \_\_\_\_\_

Please make check payable to: Worcester Area Intergroup, 100 Grove St., Suite  
314 Worcester, MA 01605

**The Mercury News**

**Harriette Cole:  
I’m not an alcoholic,  
but drinking seems like my only option**

I’m under a lot of stress, and I’m feeling alone

DEAR HARRIETTE: Recently my stress levels have gone up because of the coronavirus, especially the threat of potentially losing my job if another wave hits.

I thought I was in the clear after things seemed to start stabilizing, but the company I work for may not be doing well, and I don’t know what will happen if another wave hits.

I have noticed myself turning to drinking more often than I’d like to admit in order to cope with this stress. I don’t think I am an alcoholic, but I recognize that this behavior could potentially lead to dangerous outcomes.

<https://www.mercurynews.com/2020/07/21/harriette-cole-im-not-an-alcoholic-but-drinking-seems-like-only-option/>



**The GRAPEVINE AND LA VIÑA—Carrying the Message**

**AA GRAPEVINE**

The International Journal of Alcoholics Anonymous

**LA VIÑA**

NUESTRA REUNIÓN IMPRESA DEL GRAPEVINE DE AA

The AA Grapevine, Inc., publisher of the *International Journal of Alcoholics Anonymous* and the Spanish language version *La Viña* — monthly publications that share experience, strength, and hope with alcoholics everywhere.

<https://www.aagrapevine.org/>

<http://www.aalavina.org/>

**Worcester Area Intergroup’s Online Bookstore**

WAI has a new Online Bookstore, enabling local A.A.’s to order coins, books, and cards. The site also includes a printable PDF listing these items, which can be filled out and mailed in if that is more convenient for some buyers.

If you don’t know it, sales of books and other items from the WAI Bookstore helps support local A.A. activities (such as the Intergroup Office and Alcathons), so help the local recovery community by buying your A. A.-related items from the WAI bookstore. Gift certificates are now available for the WAI Bookstore and can be used for anything in the bookstore or for special orders.



Find it here: <http://bookstore.aaworcester.org>

Please remember to close out the transaction after Paypal returns you to the bookstore.

As highlighted in this *Beacon* issue, you support important local WAI recovery programs when you buy A.A. items from the WAI Bookstore.

WAI’s mission has been supporting recovery in Central Mass. for 46 years.

**WAI’s ONLINE BOOKIE EXCHANGE**

The WAI Bookie Exchange portal enables Bookies from local towns to quickly find groups seeking commitments and/or post a request. Open slots are listed by town.

Contact — [BookieXchange.aaworcester.org](http://BookieXchange.aaworcester.org)



## Worcester Area Intergroup Information

Until further notice, the Intergroup Steering Committee, District 25 meeting and Intergroup Delegates monthly meeting has been changed to a virtual event—

*Information for these meetings is listed at the top of the virtual meeting list at aaworcester.org.*

*\*The Intergroup meetings occur the second THURSDAY of each month.*

**District 25 General Service Committee**—meets first Tuesday of the month 7:30 pm

**District 26 General Service Committee**—Madonna of the Holy Rosary Church Hall, 118Theresa St., Fitchburg, meets first Thursday of the month 7:00pm AA members welcome—please come join us!

**AREA 30 Eastern Mass. General Service Committee** — Belmont / Watertown United Methodist Church 421 Common St., Belmont—4th Wednesday 8:00pm

### Intergroup Officers & Committee Chairpersons (as of 7/27/20)

<u>Position</u>	<u>Name</u>	<u>email address</u>	<u>Bold = new in 2020</u>
Chairperson	<b>Steve O</b>	chair@aaworcester.org	
Alt. Chair	<b>OPEN</b>	altchair@aaworcester.org	
Secretary	<b>Hilary D</b>	secretary@aaworcester.org	
Alt. Secretary	<b>OPEN</b>	altsecretary@aaworcester.org	
Treasurer	<b>Ted K</b>	treasurer@aaworcester.org	
Alt. Treasurer	<b>OPEN</b>	alttreasurer@aaworcester.org	
Trustee	<b>Fred F.</b>	trustee1@aaworcester.org	
Trustee	<b>Kim N.</b>	trustee2@aaworcester.org	
Trustee	<b>Alice B.</b>	trustee3@aaworcester.org	
Trustee	<b>Emily D.</b>	trustee4@aaworcester.org	
Office Manager	Brandy H.	officemanager@aaworcester.org	
Alcathon (WAI)	<b>Brandy H.</b>	alcathon@aaworcester.org	
Beacon Editor	John Mcl	beacon@aaworcester.org	
Treatment Facilities	<b>Raymond M.</b>	treatment@aaworcester.org	
Corrections	Steve O.	corrections@aaworcester.org	
HALTline	<b>Donna H.</b>	haltline@aaworcester.org	
Liaison to District 25	<b>Steve O.</b>		
Liaison to District 26	<b>Jenn C.</b>		
Liaison to Area 30	<b>Jim B.</b>		
Public Information	<b>Alice B.</b>	pichair@aaworcester.org	
Social Committee	<b>Jeff W.</b>	social@aaworcester.org	
Webmaster	<b>Fred F.</b>	webmaster@aaworcester.org	
Bookie Exchange	Bill S. & Fred F.	bookieexchange@aaworcester.org	



## 12 Step Volunteer Application

Name (First name and last initial): \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Towns you will accept calls from: \_\_\_\_\_

Hours that you are available: \_\_\_\_\_

I wish to help (please circle *all* that apply): Males Only Females Only Both

Ages I am willing to work with people ages:

Teens      20 to 30      30 to 40      40 to 50      50 to 60      Over 60

I am willing to (please circle):

Talk to a person on the phone      Go to a persons home to talk \*      Give rides to AA Meetings

Give rides to Detox \*      Meet someone at a meeting

Other (please specify) \_\_\_\_\_

*\*It is suggested that a person NOT make a Twelfth Step call alone to help an alcoholic who is still suffering. Also you should NOT drive a wet drunk to a treatment facility (detox) without having another A.A. member with you. If you circled either of these items, please be sure that you have another member of A.A. that is available and willing to go along with you.*

## Anniversary Donation

Name: \_\_\_\_\_

City/Home Group: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_ Amt. Enclosed: \_\_\_\_\_

Mail to: **Worcester Area Intergroup**—address on page 1. All Anniversaries submitted will be published the month following submission. Please contact the newsletter Editor at [beacon@aaworcester.org](mailto:beacon@aaworcester.org) if an Anniversary has not been published for two months following submission.

## HALT LINE NEEDS VOLUNTEERS

The Intergroup HALT line needs volunteers to cover open time slots. The HALT line is there to assist any alcoholic needing to find a meeting. This is service work that really matters.

See the flyer on page 26



## Online Intergroup—Online Meetings Directory

<http://aa-intergroup.org/directory.php>



The Directory lists different meeting formats—Regular, Men/Women, Men only, Women only, Gay/Lesbian/Bisexual/Transgender, Deaf/Hard of Hearing, Blind/Visually Impaired, Loners Internationalists, Atheist/Agnostic, Regional / Ethnic, Profession Specific, Closed or Open

The Online Intergroup aids its member groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

## Find a Meeting—Local or Anywhere!

Find a local meeting fast on a Map, a grid, or on a list!

[MeetingMap.aaWorcester.org](http://MeetingMap.aaWorcester.org)

## Alcoholics Anonymous World Services Meeting Guide

The official Meeting Guide is a free of charge meeting finder app for iOS and Android that provides meeting information from A.A. service entities in an easy-to-access format. Meeting Guide syncs with area, district, intergroup/central offices and international General Service Office websites (some of which are listed on A.A. Near You), relaying meeting information from more than 300 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily. This app gives A.A. service entities full control of their local meeting information while collecting it in one place, making it easy for anyone to find a meeting.



<https://play.google.com/store/apps/details?id=org.meetingguide>

[apps.apple.com > app > meeting-guide](https://apps.apple.com/app/meeting-guide)

Google Play and the Google Play logo are trademarks of Google LLC. The App Store and iOS are registered trademarks of Apple Inc.

**NEED HELP? A.A. Worcester Intergroup offers in-depth user training called *Zoom Trooper Boot Camp* — training assistance for using Zoom — please contact Brandy, WAI Office Manager, for info: [officemanager@aaworcester.org](mailto:officemanager@aaworcester.org) (508) 752-9000**

## Worcester Intergroup Service Opportunities—Step Up!

Worcester Intergroup has three open positions (see page 20). For A.A.'s seeking an opportunity to serve — Please contact: [officemanager@aaworcester.org](mailto:officemanager@aaworcester.org) for more info



## **SUPPORT LOCAL VIRTUAL MEETINGS and WAI**

One element in online meetings which *is* different is that the digital world needs a special method to ‘*Pass the (Virtual) Basket*’ for the Seventh Tradition. Online hosting—(such as Zoom meetings) - cost money to operate, and area A.A. activities still need support to provide ongoing services, so a link to a contribution page is included [http://aaworcester.org/contribution\\_page.html](http://aaworcester.org/contribution_page.html) on [www.aaworcester.org](http://www.aaworcester.org).

Please help keep local A.A. resources available for the alcoholic who still suffers. Payment services charge WAI a *per transaction* fee - so when using them, please contribute less frequently but in larger amounts—reducing transaction fees. The contribution page offers PayPal or Square Cash/Cash App payment options, and both offer an app for download.



<https://www.paypal.com/>



Square

[\\$WAIintergroup](#)

Of course, these stone-age paper sheets work just fine also.....



You can specify that your contribution be credited to your home group—and acknowledge that in your transaction. If your group is looking to add digital contributions, this link offers an overview for adding a digital 7th Tradition capability to a group — [https://](https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices)

[aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices](https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices)

Many thanks to our fellow A.A.’s for continuing to support WAI’s mission of service to alcoholics in Central Massachusetts.

## **GRAPEVINE Daily Quote**

July 27, 2020

“AA may or may not get me to heaven, but it surely got me out of hell.”

“*Something Revolutionary,*” Nairobi, Kenya, April 1998  
AA Around the World: Adventures in Recovery



## **A Guide to using Zoom as a Virtual Meeting Platform**

Highlights from the New York Intergroup’s suggestions for developing and managing virtual meetings using Zoom

<https://www.nyintergroup.org/remote-meetings/join-the-nyig-zoom-meeting-room/what-is-the-aa-zoom-room/nyig-zoom-room-support/>

The NYC Intergroup offers a helpful guide for using Zoom as a virtual meeting platform, addressing topics such as Account Setup, How to use Zoom, Guide for Meeting Chairs, Managing anonymity in virtual meetings, and Member and Group resources.

Zoom also offers support videos and other resources—explore <https://support.zoom.us>

### **Virtual Meetings face their own challenges**

Some A.A. groups hosting virtual meetings on Zoom have had problems with internet trolls who are jumping into public Zoom calls and using the screen-sharing feature to project graphic (and sometimes pornographic) content to unwitting conference participants, forcing hosts to shut down their events. This practice is apparently called “Zoom Bombing.”

The Inter-Group Association of A.A. New York offers a helpful 4 page guide, ‘NYIG Toolkit for Handling Unwanted Meeting Disruptions’ [ download: [https://www.nyintergroup.org/wp-content/uploads/2020/03/NYIG\\_Zoom-Protection-Guide\\_033020.pdf](https://www.nyintergroup.org/wp-content/uploads/2020/03/NYIG_Zoom-Protection-Guide_033020.pdf) ]

Zoom also offers a security guide - How to Keep Uninvited Guests Out of Your Zoom Event — [ <https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/> ]

## **WAI’s ZOOM WARRIOR COMMITTEE TO THE RESCUE!!**

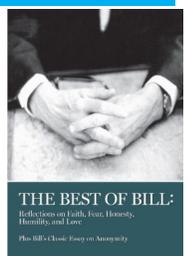
Worcester Intergroup’s new committee—The ZOOM Warriors— consists of 12 Zoom Warriors and 2 Honorary Warriors, along with over 70 Zoom Troopers, who’s mission is to help keep local A.A. meetings going when our physical locations are closed by giving technical support to groups adding online sessions. Need help? The Warriors have a useful guide to Zoom, and, offer training assistance for using Zoom — contact Brandy, WAI Office Manager, for info: [officemanager@aaworcester.org](mailto:officemanager@aaworcester.org) (508) 752-9000

## **GRAPEVINE** Daily Quote

July 26, 2020

*“Had I not been blessed with wise and loving advisers, I might have cracked up long ago .”*

AA Co-Founder, Bill W., August 1961, “This Matter of Honesty”, Best of Bill





*Virtual*

# 5th Annual Unity & Service Conference

"Applying our 12 Traditions & 12 Concepts to Real Life"

**September 5-6, 2020 (PDT)  
Labor Day Weekend  
Concord, CA, USA**



**Pacific  
Daylight  
Time Zone**

**Saturday, September 5**

**Sunday, September 6**

**Welcome!**

**Serenity Prayer & Kickoff**

**8:45 am**

**9:00 am**

**Memoirs of a Judge that Nudged**

*Rogelio Flores, Santa Barbara, CA  
Retired Judge & Past Class A Trustee*

**Contempt Prior to Investigation?**

**The 12 Concepts -  
"A Spiritual Experience"**  
*Jennifer D., Wilmington, NC*

10-Minute Tradition or Concept Vignette Before Each Main Speaker

**10:30 am**

**Service Panels**

Panel 1 - **Young People**  
Panel 2 - **Bridging the Gap**  
Panel 3 - **Corrections (H & I)  
Q&A**

**Service Panels**

Panel 1 - **Public Info & Cooperation with  
Professionals**  
Panel 2 - **Intergroup/Hotline**  
Panel 3 - **General Service**  
Panel 4 - **Sponsorship  
Q&A**

**12:00 pm**

**Break**

**12:30 pm**

**Finance & Romance  
in AA's Digital Age**

*Jennifer D., Wilmington, NC*

**Anonymity and Outside Issues:  
Right vs. Responsibilities**

*Roger W., Vine Grove, KY*

10-Minute Tradition or Concept Vignette Before Each Main Speaker

**2:00 pm**

**The Three Legacies and Relationships**

*Chuck & Beth H., Cary, NC*

10-Minute Tradition or Concept Vignette  
from an AI-Anon Speaker

\*This 2 Hour and 15-Minute Session Includes  
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm\*

**Ask It Basket with Speakers**

*Rogelio, Jennifer, Don, Roger,  
Chuck & Beth*

**3:00 pm**

**Break**

**Close with Responsibility Statement**

**4:30 pm**

**Unity vs. Conformity  
in the Home Group**

*Don L., Bellingham, WA*

10-Minute Tradition or Concept Vignette to Open

**6:00 pm**

**Close with Responsibility Statement**

**Online-Only Event!**

**Space is Limited.....**

**Pre-Registration Encouraged!**



**Registration Link & Contact Info: [Unityandserviceconference.org](http://Unityandserviceconference.org)**

**925.222.5639**



## HALT Line Volunteers needed

### What the HALT line is:

One alcoholic talking to another alcoholic --- Isn't that what A.A. is all about?

One might:

- \*Give out meeting time and location information.
- \*Talk and/or listen to a sober alcoholic in danger of picking up a drink.
- \*Talk and/or listen to a sober alcoholic who is visiting the area.
- \*Talk to a "drunk". You may be the link in the chain that could save their life.
- \*Refer a caller to the Intergroup Office and inform them of the office hours.

**This is a very easy way to do service from the convenience of your own home.**

### What you need to be a volunteer:

\*1 year of sobriety is suggested because the first year needs focus on recovery before such service.

\*Meeting lists (we suggest District 26 and Worcester Area). These are available free of charge from Worcester Area Intergroup and are available on the Website [www.aaworcester.org](http://www.aaworcester.org) or use the App MeetingGuide on your cell phone.



\*3 or more hours of time during the week that you will be available to answer calls. This is done from your own home or cell phone. You do not have to answer as A.A. you can simply answer and when asked say you are "Answering for Worcester Area Intergroup, how can I help you?"



Please call Donna H., the HALT Line chair, at 508-735-8559 or email her at [donnaaham@charter.net](mailto:donnaaham@charter.net) or send an email to [haltline@aaworcester.org](mailto:haltline@aaworcester.org)