



The Beacon

Volume 12 Issue 4

April 2010

Worcester Area Intergroup

100 Grove St., Suite 314

Worcester, MA 01605

(508) 752-9000

(508) 752-0755 (fax)

www.aaworcester.org

Office Hours:

Monday 10am-2pm

Tuesday 10am-8pm

Wednesday 10am-2pm

Thursday 10am-8pm

Friday 10am-2pm

Saturday 9am-2pm

Sunday CLOSED

The Beacon Staff: January
2010 to December 2010

Editor: Michelle G.

Beacon Committee: Joe P.
and John H.

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. All excerpts & Articles reprinted with permission from AAWS and/or The Grapevine.

H.A.L.T. LINE NEWS

Thank you to all the new H.A.L.T. line Volunteers! We still have hours available that need to be covered on the H.A.L.T. line.
WE NEED YOUR HELP!!!

What is the HALT line? One alcoholic talking to another alcoholic. Isn't that what AA is all about?

"Talk to a drunk", you may be the link in the chain that could save their life.

What volunteers do:

- Give out current meeting list information.
- Talk and/or listen to a sober alcoholic in danger of picking up a drink.
- Talk to those seeking help with their drinking problem.

What do you need to volunteer?

A phone

One year of sobriety is recommended.

Meeting list

A phone (touch tone or cell phone)

An hour of your time.

Great way to do service without leaving your home.

If you would like information please email haltline@aaworcester.org or call Ferne at (508) 847 - 3802. Will train the right candidate - great pay - HUGE REWARDS!

Local Service Meetings

Intergroup Steering Committee - St. Mary of the Hills 630 Cross St
Boylston - 2nd Thursday of each month—6:00pm

Intergroup Delegates - St. Mary of the Hills 630 Cross St Boylston -
2nd Thursday of each month—7:00pm

Joint Public Information Committee— Worcester Area Intergroup Of-
fice 100 Grove St. Suite 314—4th Monday of each month—7:00pm



STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

TRADITION FOUR:

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

TRADITIONS CHECKLIST:

Tradition Four: Each group should be autonomous except in matters affecting other groups or AA as a whole.

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths - his lengths, not mine - to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?

Copyright © The A.A. Grapevine, Inc.

On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklists

www.aagrapevine.org

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 October 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

W.A.I. Needs your help!

Many groups do not have an intergroup representative. We are also in great need of a Treatment facilities chairperson to ensure adequate coverage in each treatment facility in our region. We all need help, especially when newly sober. Join us the 2nd Thursday of each month: 7:00pm @ St. Mary of the Hills Church, 630 Cross St., Boylston (Exit 23B from I290) We can use your help in many areas. **GET INVOLVED IN YOUR RECOVERY!**

Dealing with Resentments

Resentment is the Number One offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have also been spiritually ill. When our spiritual malady is overcome, we straighten out mentally and physically.

In dealing with our resentments, we set them on paper. We listed people, institutions, or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened.

Copyright © Alcoholics Anonymous, p. 64-65

DAILY REFLECTIONS EXCERPTS

April 1st

Looking Within

Step Four is the vigorous and painstaking effort to discover what the liabilities in each of us have been, and are. I want to find exactly how, when, and where my natural desires have warped me. I wish to look squarely at the unhappiness this has caused others and myself. By discovering what my emotional deformities, are, I can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for me.

To resolve ambivalent feelings, I need to feel a strong and helpful sense of myself. Such an awareness doesn't happen overnight, and no one's self awareness is permanent. Everyone has the capacity for growth, and for self-awareness, through an honest encounter with reality. When I don't avoid issues but meet them directly, always trying to resolve them, they become fewer and fewer.

Copyright © Daily Reflections, p.100

April 11

A WORD TO DROP: "BLAME"

To see how erratic emotions victimized us often took a long time. We could perceive them quickly in others, but only slowly in ourselves. First of all, we had to admit that we had many of these defects, even though such disclosures were painful and humiliating. Where other people were concerned, we had to drop the word "blame" from our speech and thought.

TWELVE STEPS AND TWELVE TRADITIONS, P.47

When I did my Fourth Step, following the Big Book guidelines, I noticed that my grudge list was filled with the prejudices and my blaming others for my not being able to

(continued on next page)

succeed and to live up to my potential. I also discovered I felt different because I was black. As I continued to work on the Step, I learned that I always had drunk to rid myself of those feelings. It was only when I sobered up and worked on my inventory, that I could no longer blame anyone.

Copyright © Daily Reflections, p.110

April 24

LEARNING TO LOVE OURSELVES

Alcoholism was a lonely business, even though we were surrounded by people who loved us...we were trying to find emotional security either by domination or by being dependent upon others... We still vainly tried to be secure by some unhealthy sort of domination or dependence.

As Bill Sees IT, p. 252

When I did my personal inventory I found that I had unhealthy relationships with most people in my life—my friends and family, for example. I always felt isolated and lonely. I drank to dull emotional pain.

It was through staying sober, having a good sponsor and working the Twelve Steps that I was able to build up my low self-esteem. First the Twelve Steps taught me to become my own best friend, and then when I was able to love myself, I could reach out and love others.

Are you willing to help an alcoholic in need? The intergroup delegates are working to devise an updated list of people willing to volunteer for "12 Step calls". This information will be kept CONFIDENTIAL and only be used by the HALT line chair and other appropriate individuals. Please complete the "**12 Step Volunteer Application**" on page 6 and return to your groups Intergroup representative or drop of at the Intergroup office. Please mail completed application to: Worcester Area Intergroup 100 Grove St, Suite 314 Worcester, MA 01605

-----Meeting News-----

MEETING CHANGES/MOVES: The Westborough Sunday morning meeting is changing venue as of April 4th. (It will no longer be held at the National Grid building). The meeting will now be held at MA Veteran's Inc. 59 South Street in Shrewsbury. (The old Calvary Retreat Center). The meeting will now be called THE SHREWSBURY SUNDAY MORNING AA GROUP. It will still meet from 11:00 a. until Noon. The meeting is non-smoking and handi-cap accessible. Open speaker, all are welcome.

ANNIVERSARIES: The Shrewsbury Sunday Morning AA Group (see above) is holding their 35th anniversary on April 11th. Meeting is from 11:00 until noon with food to follow. All are welcome.

Intergroup Officers & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Billy B.	chair@aaworcester.org
Alt. Chair	Maura R.	
Secretary	Marc B.	secretary@aaworcester.org
Treasurer	Dot B.	treasurer@aaworcester.org
Alt. Treasurer	Ginny S.	
Trustees	Bob L., Joe N., Michelle N., Mike B.	
Office Manager	John H.	steps@aaworcester.org
Joint Treatment Facilities	<u>VACANT</u>	treatment@aaworcester.org
Joint Correctional Facilities	Joe N.	corrections@aaworcester.org
Halt Line	Ferne S.	haltline@aaworcester.org
Social Committee	Maura R.	social@aaworcester.org
Joint Public Information	Hermis Y. (Junior)	pichair@aaworcester.org
Webmaster	John H.	webmaster@aaworcester.org
Joint Alcathon Committee	Michelle N.	
Beacon Editor	Michelle G.	beacon@aaworcester.org
Liaison to District 25	Jane P.	
Liaison to District 26	Richard M.	
Liaison to Area 30	Richard M.	

From the Office Manager

Worcester Intergroup has jumped into the 21st century! We are now accepting credit cards for payment on items we sell. We currently can take Discover, Master Card and Visa. If we get enough requests we will look into American Express also. Over the last few years we have gotten more and more requests from customers wishing to pay with credit cards so we will see how this works out.



The 2010 International Convention of Alcoholics Anonymous will be held July 1-4 in San Antonio, Texas with the theme "A Vision for You." Convention registration, housing reservation and all other necessary information is available at <http://www.aa.org>



Subscription

Form

Please fill out form, enclose your payment, and mail to
The Beacon
 100 Grove Street Suite 314
 Worcester Mass. 01605

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

COUNTRY (If other than USA) _____ E

-MAIL ADDRESS _____

Subscriptions to The Beacon are \$5.00 per year to defray the cost of production and postage. Additional donations from members are gratefully accepted. Worcester Area Intergroup is a non-profit organization, dependent on members' contributions. Please make checks payable to Worcester Area Intergroup.

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: Males Only Females Only BothAges I am willing to work with: Teens 20 to 30 30 to 40 40 to 50 50 to 60 Over 60

Other (Please specify) _____

MAIL TO: Worcester Area Intergroup
100 Grove St., Suite 314
Worcester, MA 01605

I am willing to: (please circle all that apply)

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 go on 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 willing to go along with you.