

April 2006



The Beacon

New Email addresses

Volume 8 Number 4

Email: Beacon@aaworcester.org

Volume 57 Issue 11 [April 2001](#)

Fear and the Fourth StepStep 4 -

Made a searching and fearless moral inventory of ourselves.

How often have you heard, "I know I should start on my Fourth Step, but I'm terrified!"? I know guys in the Fellowship who, when active, were flat-out reckless. But take these very same go-for-broke guys, and suggest it's time to do a Fourth Step and you've never seen such cagey deliberation, such wariness, such humorless, frozen-faced fear.

Where does this terror come from? Have we somehow unknowingly fostered this fear? Have we turned the Fourth Step into something that bears almost no resemblance to the original process?

At other times, we seem to let our disease come up with palliatives to put off doing a Fourth. For instance, when a newer member tells her sponsor she's afraid of tackling the Fourth Step, this well-meaning sponsor tells her with the best of intentions not to worry, or to hold off for a couple of years. Why? To stay irritable, restless, and discontented for two more years?

Sometimes, we make the Fourth Step just about impossible to do. Where did the suggestion "Write your life story" come from, for example? Very few of us have time to write an autobiography. And even if we did, how much of it would actually contain an inventory of the resentments, fears, and guilt that we have to get rid of? Then there are those recovery publications that peddle twenty-page inventories or guides. Are we writing federal legislation or doing an inventory?

Here's another new twist: "Don't forget to put down your assets, too." Why? Has anyone you know ever gotten drunk over an asset? Has anyone ever wanted to get rid of his or her assets?

Does Step Five say to share the exact nature of our assets? Is it possible that our disease has come up with yet another way to water down this Step?

Shouldn't we stick to the original analogy Bill W. used? He chose the word "inventory." He did not choose "balance sheet." Assets go on balance sheets. On one tape recording, Bill W. said that part of the reason for publishing the Big Book was to "nail it down in black and white so the drunks couldn't wiggle out of it." Nowhere in the Fourth Step section of the Big Book does it even once mention the word "asset." Could it be that we drunks are trying our best to "wiggle out" of this simple process?

Remember the classic scene from old gangster movies? The setting is an interrogation room at the police station. The veteran detective wants information from the nervous suspect, and in a tired, I've-been-here-before voice, says: "Okay, Louie. We can do this one of two ways: the hard way or the easy way." It's the same with the Fourth Step. We can do it one of two ways. The easy way is between pages 63 and 71 of the Big Book.

Ted D—* reprinted from the AA grapevine archives April 2001

Worcester Area Intergroup

NEW MEETING TIME

The Steering committee -meeting time has changed from 6:15 pm to **6:00PM** the 2nd Thursday of the month.

Attention all

Delegates & Trustee's

****In the event of a Storm call the Intergroup office to find out if the Steering committee meeting & Delegates meetings have been cancelled.**

Call after 3:30 PM

508-752-9000

PLEASE NOTE: !!!

The Delegates & Steering Committee Meetings will Be moved to the 3rd Thursday in April From the 2nd Thursday.

Due to a conflict with the church !!!

<u>Step Four</u>	<u>Tradition Four</u>	<u>Concept Four</u>
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“Made a searching and fearless moral inventory of ourselves.”

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

Throughout our conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

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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|---|--|
| <p>1. Do I insist that there are only a few right ways of doing things in A.A.?</p> <p>2. Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?</p> <p>3. Do I put down other members' behavior when it is different from mine, or do I learn from it?</p> | <p>4. Do I always bear in mind that, to those outsiders who know I am in A.A., I may to some extent represent our entire beloved fellowship?</p> <p>5. Am I willing to help a newcomer go to any lengths –his lengths, not mine –to stay sober?</p> <p>6. Do I share my knowledge of A.A. tools with other members who may not have heard of them?</p> |
|---|--|

AUTONOMY

Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Twelve and Twelve p 146

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Life is a dance, When you take the steps



SPONSORSHIP CORNER:

Continued from the March issue...

What does a sponsor do?

A sponsor does everything possible, within the limits of personal experience and knowledge, to help the newcomer get sober and stay sober through the A.A. program:

- Shows by present example and drinking history what A.A. has meant in the sponsor's life.
- Encourages and helps the newcomer to attend a variety of A.A. meetings - to get a number of viewpoints and interpretations of the A.A. program.
- Suggests keeping an open mind about A.A. if the newcomer isn't sure at first whether he or she is an alcoholic.
- Never takes the newcomer's inventory except when asked.

Introduces the newcomer to other members, particularly to those who may share the new person's occupational or social interests.

Sees the newcomer is aware of A.A. literature, in particular the Big Book, *Twelve Steps and Twelve Traditions*, and *Grapevine*, *As Bill Sees It*, *Living Sober*, and suitable pamphlets.

Is available to the newcomer when the latter has special programs.

Goes over the meaning of the Twelve Steps, and emphasizes their importance.

Never tries to impose personal views on the newcomer. A good sponsor who is an atheist does not try to persuade a religious newcomer to abandon faith, nor does a religious sponsor argue theoretical matters with an agnostic newcomer.

Urges the newcomer to join in group activities as soon as possible.

Impresses upon the newcomer the importance of all our Traditions.

Does not pretend to know all the answers, and does not keep up a pretense of being right all the time.

Tries to give the newcomer some picture of the scope of A.A., beyond the group, and directs attention to A. A. literature about the history of the Fellowship, the Three Legacies, the service structure, and the worldwide availability of A.A. - wherever the newcomer may go.

Explains the program to relatives of the alcoholic, if this appears to be useful, and tells them about the Al-Anon Family Groups and Alateen.

Does not hesitate to help the newcomer to obtain professional help (such as medical, legal, vocational) if assistance outside the scope of A.A. is needed.

Quickly admits, "I don't know" when that is the case, and helps the newcomer find a good source of information.

Finally, the sponsor encourages the newcomer to work with other alcoholics as soon as possible, and sometimes begins by taking the newcomer along on Twelfth Step calls.

In all work with a newcomer, the sponsor underscores the fact that it is the A.A. recovery program - not the sponsor's personality or position - that is important. Thus, the newcomer learns to lean on the program, not on the sponsor. A sponsor who has been truly putting the program first will not take it as a personal insult if the newcomer decides to change sponsors or to go to other A.A.s for additional assistance.

*Reprinted with AAWS permission - questions and answers on sponsorship P.14-15

A word on anonymity:

A Suggestion

If I were asked to outline a tradition for anonymity it might run as follows:

It should be the privilege of each individual A.A. to cloak himself with as much personal anonymity as he desires. His fellow A.A.s should respect his wishes and help guard whatever status he wants to assume.

Conversely, the individual A.A. ought to respect the feeling of his local group as to their anonymity. If his group wishes to be more anonymous than he does, he ought to go along with them until they change their views.

With very rare exceptions it ought to be a national tradition that no member of Alcoholics Anonymous shall ever feel free to publish his name or picture (in connection with his Alcoholics Anonymous activities) in any medium of public circulation, or by radio. Of course, this should not restrict the free use of his name in other public activities, provided he does not disclose his A.A. connection.

If for some extraordinary reason, for the good of A.A. as a whole, a member thinks it desirable to completely drop his anonymity he should only do so after consulting the older members of his local group. If he is to make a nationwide public appearance as an A.A. the matter ought to be referred to our Central Office.

Of course, I am not for a moment thinking of these statements as rules or regulations; they merely suggest what would seem to be sound tradition for the future. In the last analysis every A.A. will have to search his own conscience.

If we are going to evolve a clear-cut tradition about anonymity we shall do it only through our usual process, viz: --trial and error, much discussion, collective judgment and common consent.

To stimulate further discussion I would like, in an early issue of *The Grapevine*, to review our experience with anonymity. That we shall eventually come up with the right answers I can have no doubt.

Jan 1946 Grapevine

Bill W.

Joint Treatment Facilities Committee

Seminar: AA in our Community: IS our message clear?

Saturday April 22, 2006 ~10:00am-2:00pm

Unitarian Universalist Church Of Worcester

90 Holden Street ~ Worcester, Ma. 01606

Come support the seminar!

Contact Sue N. [redacted] at Treatment@rcn.com

For Treatment Professionals & AA Members

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

Positions Open:

[redacted] Corrections & Liaison to Area 30

As faith grows, so does our inner security. The vast underlying fear of nothingness commences to subside. We of A.A. find that our basic antidote for fear is a spiritual awakening.

Grapevine, January 1962

THE HOME GROUP:

About those A.A. group problems...

*reprinted from the AA pamphlet *The A.A. Group* p. 37

Group problems are often evidence of a healthy, desirable diversity of opinion among the group members. They give us a chance, in the words of Step Twelve, to "practice these principles in all our affairs"

Group problems may include such a common A.A. questions as: What should the group do about "slippers"? How can we boost flagging attendance at meetings? How can we get more people to help with group chores? What can we do about one members anonymity break? Another's romantic emphasis on "thirteenth-stepping? How can we get out from under the "bleeding deacons," those old-timers who insist they know what's best for the group? And how we get more old-timers to share their experience in resolving group dilemmas?

Almost every group problem has a resolution, which usually can be reached through the mechanism of an informed group conscience. Importantly, a good sense of humor, cooling-off periods, patience, courtesy, willingness to listen and to wait-plus a sense of fairness and trust in a "Power greater than ourselves" - have been found far more effective than legalistic arguments or personal accusations.

Is your Group the best group in A.A.?

Over the years I have had many home groups, each one has had it's own special meaning for me. I have made some very special friendships at my home groups, It has been for *me* the people at my home group that have walked me through my disappointments and fears in sobriety, kept me coming back, and helped me to stay honest with where I was at. I have had many jobs at my home group ranging from coffee maker, greeter, secretary, bookie, treasurer and have been honored to represent my group at the levels of Intergroup & District. My current home group, Charlton Courage to Change group, is for me "THE BEST GROUP IN A.A." They have listened to me week after week talk about my fears with my father's illness, my own health issues and most importantly put up with my defects that on occasion "rear their ugly heads" with patience, love, & tolerance and have just hugged me and said keep coming we need you! As a group we watch for newcomers to the meeting reach our hand out & introduce them to other group members. We go on commitments and carry the message of recovery one day at a time from booze. We do things socially together... This is why I think my groups the best group in A.A. ...~ Ellen McQ.

The H.A.L.T. line needs your help!

The halt line is the 24hour answering service for 12 step calls and meeting information .

You can volunteer for 1 hour or more to answer calls. You may do it from home or from your cell.

Call the halt line chair—Scott L.

██████████ email haltline@rcn.com for more information.

Hours available: SUNDAY 7:00am-2:00PM, MONDAY 1:00am—10:00am , TUESDAY 12:00AM-3:00AM & 8:00am-10:00am , WEDNESDAY 1:00AM - 5:00AM , THURSDAY 12:00AM—5:00AM, & 6:00AM-9:00AM, FRIDAY 6:00AM- 8:00AM

~ we can't keep it unless we give it away~

34 Available Hours



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob McC.	chair@aaworcester.org
Alternate Chair	Harry H.	
Secretary	Brandy H.	secretary@aaworcester.org
Treasurer	Mary M.	treasurer@aaworcester.org
Alternate Treasurer	Joe N.	
Trustees	Ellen McQ. Bob D. Jeanne L , Laraine S	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	Sue N.	treatment@aaworcester.org
Correctional Facilities	Open	Corrections@aaworcester.org
H.A.L.T. Line Chairperson	Scott L.	haltline@aaworcester.org
Social Committee	Kolleen H.	Social@aaworcetser.org
Public Information	[REDACTED]	PIChair@aaworcester.org
Webmaster	Brandy H	webmaster@aaworcester.org
Liaison to District 25	Mary M	
Liaison to Area 30	OPEN	
Alcathon Committee Co—Chairs Intergroup & District 25	Billy - Intergroup Tina P.—District 25	
Beacon Editor	Ellen McQ .	beacon@aaworcester.org [REDACTED]

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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**

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

[REDACTED] *The Beacon Staff*: September 2005-December 2006 ~ Editor: Ellen McQ.—Courage to Change , Charlton, MA.

Assistant Editor: Mary M.—Courage to Change, Charlton **Support Staff**: Renee R. Margaret P. ,Donna M. & Cathy L. & Stephen B -Pathway House

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



- The Monkey is off my back but the circus is still in town
- I have more than enough to handle today without dragging along yesterday’s baggage too.
- Speak when your angry and you’ll make the best speach you’ll ever regret-Lawrence J. Peter
- Life is perfect, just the way it is and just the way it is not-Peggy Bassett
- Control is an illusion. It doesn’t work—Melody Beattie
- Now that I don’t have to drink anymore, I’m glad I’m an alcoholic—Anne A.
- Time and again I have searched for you, not knowing it was me I needed to find.—Betty MacDonald
- It’s a long trip to serenity. I better start right now—Jill Clark
- A crisis is only a turning point—Anne Lindthorst

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	6:00pm
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am

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



2nd chance at Prom Night!!

"Underwater theme"
Semi-Formal

THE WORCESTER AREA INTERGROUP OF
ALCOHOLICS ANONYMOUS
SOCIAL COMMITTEE PRESENTS...

When: Saturday, April 29th, 2006
7 p.m. - 11p.m. Dinner served at 8 p.m.

Where: Sacred Heart Church
596 Cambridge Street, Worcester, MA

Cost: \$20.00 per person (includes catered dinner)

Contact us to purchase tickets and for more
information!



Volunteers needed for set-up and clean-up!
Spread the word!

Worcester Area Intergroup Social Committee:

- Hiking at Mt. Monadnock & full moon hiking at Mt. Wachusett when warm weather comes again !

Check the Website for up to the minute date and time information www.aaworcester.org or get Flyers from the Intergroup office. Questions??? Email: social@aaworcester.org or call the Intergroup office 508-752-9000

"nothing so much insures immunity from alcohol than intensive work with other alcoholics...."
The Treatment Facility Committee invites you or your group to bring the AA message to alcoholics in treatment facilities. Please contact Sue N. [redacted] at treatment@aaworcester.org

Here are the openings:

Spectrum Women & Children's 1st, 2nd, 3rd Sunday 7:30-8:30 pm 1st, & 2nd Tues.

Spectrum TSS 3rd & 4th Wed or Sat :30-8:30 pm

Westboro State Hospital 5th Tues. 7-8 pm

Worcester State Hospital 1st Tues, 5th Tues/Fri 6:30-7:30 pm

To find out about social events in District 26 check out the web site: www.26ac.org