Summer 2008



The Beacon

Email: beacon@aaworcester.org

Volume 10 Numbers 6-7

IMPORTANT CORRECTION - TRITON Group in Webster has NOT moved!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! This was an error in the print edition which will be corrected next issue. Our sincerest amends to all at Triton. Please see Page 8 for the correct time and location. R.C.

Summer is here, sort of. So much rain... The weeds seem to grow a foot a day in my yard, yet some schools are starting next week!

We regret any inconvenience the pause in our publishing schedule may have caused you. We have many announcements and meeting changes to catch up with, on Page 8; also, an *enlarged and greatly updated* "bookie" listing on Page 5 - We are now including hospital commitments and contact info; If you know of a meeting on the list that has a new bookie, please have them contact The Beacon with their updated info.

The <u>Worcester Area Intergroup</u> has changed its office hours. Now, on Wednesdays, the office closes at 2:00PM (all other days remain the same). It has been related to us that this will be a semi-permanent change until further announcement.

The current yellow meeting list, is number 2008-C. If you do not have one, they are free at any AA meeting or at the Intergroup office.

The big news this summer is the closing of Notre Dame Cathedral in Downtown Worcester, which will continue to host the "High Noon" meetings each day through the end September, at least. While we have been told of a new location and exact date, they have not been made official as of this writing, but soon now, so the new meeting location will appear in the next issue of the Beacon.

One of the notices on the back cover is a time change for the Wednesday Night Candlelight meeting in Shrewsbury. This is a wonderful group which needs some new blood, and they have changed their meeting time to accommodate people commuting longer distances, and coming home from work later. If you have a Wednesday night available to try them out, you will not be disappointed.

Richard C, editor.

AA Wisdom

We all stop drinking sometime.

It's just nice to do it while you're still alive.

The grace of God works through human instruments - You.

Failure is not being knocked down; it's staying down.

Do what you can, with what you have, where you are. -Theodore Roosevelt

It's OK to drink like a fish - if you drink what a fish drinks.

Some people don't believe in God - fortunately God is more tolerant.

The program is about spiritual fruits, not religious nuts. -Anon

Step Six Tradition Six Concept Six

"Were entirely ready to have God remove all these defects of character. "

"An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

"The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board "

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.

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

www.aagrapevine.org/stepsTrads/stepsTrads index.html

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- 1. Should my fellow group members and I go out and raise money 2. Is it good for a group to lease a small building? to endow several AA beds in our local hospital?
- 3. Are all the officers and members of our local club for AAs famil- 4. Should the secretary of our group serve on the mayor's adviiar with "Guidelines on Clubs" (which is available free from GSO)?
 - sory committee on alcoholism?
- 5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

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

HOW to get and stay Sober: Honesty **Open-mindedness** Willingness

Check the bulletin board for meeting changes and new meetings in our area on Intergroup's very own web page:

www.aaworcester.org

AA in Eight Words: Quit drinking. Trust God. Clean house. Help others. -Ms. Sam H. Florida

About AA

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

The statement above, which is read at the beginning of many AA meetings around the world, is known as the Preamble of AA.

According to a recent estimate, there are more than 2 million AA members and 100,000 AA groups in 150 countries throughout the world.

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June - July 2008

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Giving Up Defects

Looking at those defects we are unwilling to give up, we ought to erase the hard and fast lines that we have drawn. Perhaps in some cases we shall say "This I cannot give up yet..." but we should not say to ourselves "This I will never give up!"

The moment we say "No, never!", our minds close against the grace of God. Such rebellion may be fatal. Instead we should abandon limited objectives and begin to move toward God's will for us.

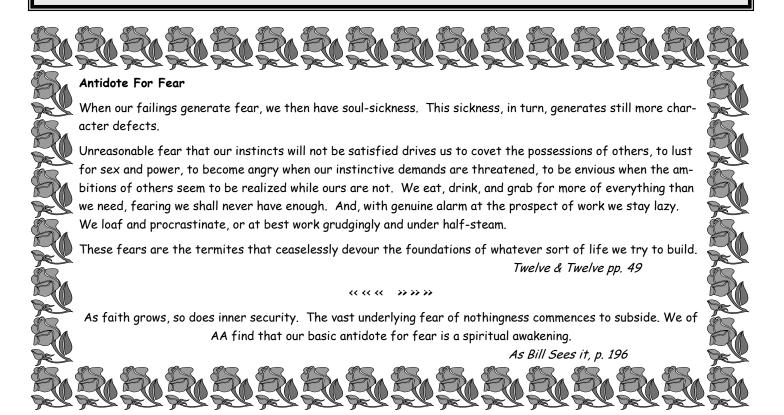
As Bill Sees It, p. 136 (Twelve & Twelve pp. 68-69)

Self Respect Through Sacrifice

At the beginning we sacrificed alcohol. We had to, or it would have killed us. But we couldn't get rid of alcohol unless we made other sacrifices. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it.

Were these sacrifices? Yes, they were. To gain enough humility and self-respect to stay alive at all, we had to give up what had really been our dearest possessions - our ambition and our illegitimate pride.

As Bill Sees It, p. 97 (AA Comes of Age p. 287)



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TWENTY QUESTIONS:

- 1: Do you lose time from work due to drinking?
- 2: Is drinking making your home life unhappy?
- 3: Do you drink because you are shy with other people?
- 4: Is drinking affecting your reputation?
- 5: Have you ever felt remorse after drinking?
- 6: Have you gotten into financial difficulties as a result of drinking?
- 7: Do you turn to lower companions and an inferior environment when drinking?
- 8: Does your drinking make you careless of your families welfare?
- 9: Has your ambition decreased since drinking?
- 10: Do you crave a drink at a definite time daily?
- 11: Do you want a drink the next morning?
- 12: Does drinking cause you to have difficulty sleeping?
- 13: Has your efficiency decreased since drinking?
- 14: Is drinking jeopardizing your job or business?
- 15: Do you drink alone?
- 16: Have you ever had a complete loss of memory as a result of drinking?
- 17: Do you drink to escape from worries or trouble?
- 18: Has your physician ever treated you for drinking?
- 19: Do you drink to build up your self-confidence?
- 20: Have you ever been to a hospital or institution on account of drinking?

HELP WANTED
RECOVERING ALCOHOLICS ARE NEEDED
NO BUSINESS EXPERIENCE NECESSARY

The Joint Treatment Facilities Committee needs help to carry the message of Alcoholics Anonymous into treatment facilities.

If you are a recovering alcoholic with a suggested minimum of six months sobriety and are working the steps with a sponsor you can perform this rewarding work.

Current Needs Include:
Planning Annual Seminar,
Outreach to Nursing Homes,
Bookie for Treatment Facilities,
Keeping Literature Racks Stocked,
Bringing the 'Bridging the Gap' Program Information to Facilities and Groups.
Help keep your sobriety by carrying AA's message to the alcoholic who still suffers.
For more information, e-mail:
treatment@aaworcester.org

Now I Have It All!

From The Grapevine
Vol. 39 No. 8

I AM A twenty-one-year-old alcoholic. I was six years old when my drinking started and eighteen when I was first introduced to AA.

My story is one of childish attitudes, because I was a child drunk. I drank because grown-ups did and because my parents allowed it. My mother recognized I had a problem a long time before I would admit it, but my father still refuses to believe alcohol was ever a problem for me.

When I was out on my own, life really became hard. I call it "on my own" because, though I moved in with my mother after her divorce, I had to work and support myself. I was supposed to be a young adult, but I hadn't aged emotionally at all since I had found alcohol.

Working failed as I moved from job to job, but I always managed to get by some way. I know now that during that time, I was breaking my mother's heart. She saw her little girl killing herself, and there was nothing she could do to stop me. So I ran, hard and fast, but my troubles stayed with me no matter where I went.

Finally, the day came when I called mom and begged to come back home for help. She accepted me with open arms but also with rules: I had to settle in a job, and I had to look into AA.

Well, there I was. I would have done anything to get out of the dark hole I had buried myself in. I hated AA, but I stuck with it. Most of all, it stuck with me. I kept drinking, but AA messed up every drink I had after my first meeting. I had to look at myself, and I didn't like me very much. When I finally started liking myself, I found I could like other people and AA.

That was three years ago. I now have one and a half years of sobriety, but only because God, AA, and my mother believed I was worth saving.

I am married, with one child, and my life gets better with each passing day. I never want to forget what I went through to get where I am today.

Without love from everyone in AA and the love and understanding of the most special husband in the world, I would still be that destructive and selfish little girl who had to have a drink to survive. All I need now is AA and my Higher Power. See--I have it all!

-K. M. Louisiana

- Dr. Bob, cofounder of Alcoholics Anonymous, wrote very little, spoke infrequently before large groups, and left no legacy of writings. But his major quotes of importance, as recorded in A.A.s own literature, are:
- 1. "Your Heavenly Father will never let you down!" Alcoholics Anonymous, 4th ed., 181.
- 2. "In early A.A. days, . . . our stories didn't amount to anything to speak of. When we started in on Bill D., we had no Twelve Steps, either; we had no Traditions. But we were convinced that the answer to our problems was in the Good Book." The Co-Founders of Alcoholics Anonymous: Biographical Sketches Their Last Major Talks, 13.
- 3. "I had refreshed my memory of the Good Book, and I had had excellent training in that as a youngster." The Co-Founder of Alcoholics Anonymous, 11-12.
- 4. "To some of us older ones, the parts that we found absolutely essential were the Sermon on the Mount, the thirteenth chapter of First Corinthians, and the Book of James." The Co-founders of Alcoholics Anonymous, 13.
- 5. "I didn't write the Twelve Steps. I had nothing to do with the writing of them. . . . We already had the basic ideas, though not in terse and tangible form. We got them, as I said, as a result of our study of the Good Book." The Co-founders of Alcoholics Anonymous, 14.
- 6. "If someone asked him a question about the program, his usual response was: 'What does it say in the Good Book?"" DR. BOB and the Good Oldtimers, 144.

"Bookie" and Hospital Contact List

Vivian Athol Tuesday 8:00-9:00PM

Fran "Life Second To None" Charlton Saturday 7:00-8:00PM

Kevin S. "Maintenance & Repair" Douglas Thursday 7:00-8:00 PM

Andy S. "Fitchburg Sunday Morning" Fitchburg Sunday 10:15-11:30AM

T.B.A. "Holden Thursday Night" Holden Thursday 8-9:00PM George K. "Barbershop Group" Hopkinton Tuesday 8-9:15PM

Ed H. "Hudson Second Chance Group" Hudson Monday 8:00-9:30 PM

Frank G. "Clean Air Group" Leominster Friday 7:45 - 9:00PM

Ken "Am I Listening" Leominster Sunday 7:45-9:00PM

"Leominster Original Group" Leominster Monday 7:45-9:00PM

Tom M. "Marlboro Helping Hand" Marlboro Saturday 12:00-1:00 PM

Ed O. "Millbury Tradition" Millbury Saturday 7:30 - 8:30 PM

Shawn "How It Works" Northboro Wednesday 8-9PM

Walt B. "Northboro Saturday Morning" Northboro 10:00-11:00AM Saturday

Tom S. "Stow Sunday Morning" Stow 11:00AM - 12:00PM Sunday

No Bookie "Upton Capertown" Upton Saturday afternoon 1:30—2:30 PM (See notice just above)

Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM

Melanie Spectrum Westboro State Hospital contact for incoming only-3 meetings nightly (508) 898-1570 x2213 (3d floor)

Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00

Junior "Shrewsbury Gratitude" Worcester Sunday 7:00 - 8:30 PM

Mary Ellen "Four Corners" Worcester Wednesday 8:00 - 9:30 PM

Christine "Greendale" Worcester Friday 8:30-10:00PM

Paul C. "How it Works" Worcester Saturday 6:45-8:00 PM

Paul C. "Stay Active" Worcester Thursday 6:45 PM Art F. "Quinsig Group" Worcester Tuesday 8:00-9:00 PM

Brendan C. "Serenity" Worcester Thursday 7:30-9:00 PM

Bobby W. "Worcester New Beginnings" Friday 6:45-8:00 PM

James S. "There is Hope" Worcester Sunday 10:00—11:00 AM

Jaye J. "Way of Sobriety" Worcester Sunday 10:00-11:00 AM

Fran D. "We Mean Business" Worcester Outgoing Only Justin "Worcester 7 AM" Adcare Daily 7:00AM

Bob White Adcare Hospital contact for incoming only-3 meetings nightly (508) 799-9000

Jen Boris CHL Hospital Worcester contact for incoming only-nights and weekends (508) 421-4464

Ask for 8-East UMass Hospital contact for incoming only - nights and weekend (508) 334-1000

Kira "Crozier Group" Worcester Monday 8:00-9:00PM

Josh "Young Peoples' Group" Worcester Tuesday 7:30-9PM



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-2p m	
Tuesday	10am-8pm	
Wednesday	10am-2pm	
Thursday	10am-8pm	
Friday	10am-2pm	
Saturday	9am-2pm	
Sunday	CLOSED	

Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	email address
Chairperson	Bob D.	chair@aaworcester.org
Alternate Chair	Joe N.	None
Secretary	Dot B.	secretary@aaworcester.org
Treasurer	Ellen Mc Q.	treasurer@aaworcester.org
Alternate Treasurer	Lori B.	
Trustees	Harry H.	
	Bob L. Jill Mc D.	
	One vacancy	
Office Manager	John H.	steps@aaworcester.org
Joint Treatment Facilities	Jill Mc D	treatment@aaworcester.org
Joint Correctional Facilities	Eric R	Corrections@aaworcester.org
Halt Line	Dan M.	haltline@aaworcester.org
Social Committee	Vacant	Social@aaworcester.org
Joint Public Information	Vacant	PiChair@aaworcester.org
Webmaster	Bob L.	webmaster@aaworcester.org
Liaison to District 25	Eric R.	<u>None</u>
Liaison to District 26		
Liaison to Area 30	Ellen Mc Q.	<u>None</u>
Joint Alcathon Committee	Joe N.	
CoChairs Intergroup & District 25	intergroup	
	D-25 Tina P.	
The Beacon	Richard C.	Beacon@aaworcester.org
District 25 Grapevine Chair	John N.	gvd25chr@yahoo.com

Do I do my part?

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 * All excerpts & Articles reprinted with permission from AAWS Beacon.

The Beacon—100 Grove Street Suite 314 Worcester, MA 01605 email:beacon@aaworcester.org

The Beacon Staff: January 2008 to December 2008

Editor: Richard C. — Serenity, Worcester, MA. Volunteers include Lisa, Anna, Mike, Glen, Linda & Tom, all at Serenity; Tom at Noontime; Joe at Intergroup

Rule 62 "Don't take yourself too damn seriously."

"I'M just like every other alcoholic in the world. I'm different."

- Anon

"I LIVE IN A DYSFUNCTIONAL HOUSEHOLD and it's really a problem," confessed one beginner, "especially since I live alone"

It was W. C. Fields who said, "I drink to steady my nerves, and sometimes I get so steady I can hardly move."

COLLECTED wisdom from local meetings:

"When I was drinking, I was afraid I was not achieving my potential. Now that I'm sober, I worry that maybe I am."

"One reason I don't like to talk about what I did when I was drunk is that I don't like to repeat hearsay."

"The worst thing about my problems is that they are mine."

"More and more, I am grateful for the things I used to be proud of."

"The best way to appreciate AA is the same way you appreciate a stained-glass window: Look at it from the inside."

REGARDING the first drink: "The size of the spark has nothing at all to do with the severity of the explosion."

-Anon.

IF YOU COULD kick the person in the pants responsible for most of your troubles, you wouldn't sit for a month.

-Theodore Roosevelt

Service Meetings Monthly Schedule					
InterGroup/District 25 & 26					
Public Information	Intergroup Office 100 Grove St. # 314 Worcester	4th Monday	TBD		
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. # 314 Worcester	2nd Tuesday	TBD		
District 25 - CPC* Committee	Intergroup Office 100 Grove St. # 314 Worcester	3rd Tuesday.	6:00 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		
Joint Treatment	Intergroup Office 100 Grove St. # 314 Worcester	4th Saturday	10:00 am		
Area 30					
Grapevine Committee	Conference call (Number TBA)	3rd Wednesday	8:00pm		
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	7:30 pm		
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm		



Is your Group Represented at the Intergroup 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 7:00-8:30PM

We counted 150 Groups in Worcester area only about 20 are represented, and only 8 show up at the Delegates meeting on a regular basis. Want to find out more? Call the Intergroup office 1-508-752-9000 or email the beacon beacon@aaworcester.org
We'd be happy to answer your questions.

Your Anniversary

Can be announced Here!

Send your info (who, what, when, where) well in advance to: beacon@aaworcester.org

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In Memoriam

Tom K. passed away on June 25 He was active in district service and was District 26 Liaison to Worcester Area Intergroup 5 or 6 years ago. He will be missed.

Format Change UPTON CAPERTOWN

Saturday 1:30 - 2:30 PM Upton Senior Center Centennial CT Open Discussion, Non-Smoking

Moved

The ARC (Addiction Referral Center) in Marlboro has moved from 110 Pleasant St. to 33 Main St. Marlboro

God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life. May I do Thy will always. Amen.

-- Alcoholics Anonymous Prayer

W.A. I. Needs your help!

There are service positions that remain unfilled. Join us the 2nd Thursday of each month 7:00pm St. Joan of Arc Church Lincoln Street_....come see where you can help! Please Join us!!

The Halt-Line still has 12 hours of unmanned phone time....can you spare an hour? Available hours:

Mon 2-3, 3-4, 6-7 AM, 8-9, 9-10PM Wed 2-3 AM 3-4 AM Fri 3-4, 4-5, 5-6, 6-7, 7-8 PM Call the Haltline Chair

OPPORTUNITY

Any person who is a group grapevine representative or who is interested in being one, please contact the Grapevine chair of Area 30

at **Grapevine**

P.O. Box 51411-Boston MA 02205

or

grapevine@aaemass.org

Time Change

New Time 7:00—8:00 PM
Shrewsbury CANDLELIGHT Meeting is a 12 Step Meeting and a Traditions Meeting on the 1st Wednesday of the month at St. Anne's Church Route 9 Shrewsbury.

Located in Separate building at rear of Church, enter down the front of the

Al Anon - Al Ateen

building

The email address to request a packet and a meeting list for Al Anon is: LDCofMA@aol.com.

In Westboro

Al-Anon Family Groups of Massachusetts, Inc. 57 East Main Street, Suite 109 Westborough, MA 01581-1457 (508) 366-0556

web sites for Massachusetts: http://www.ma-al-anon-alateen.org/

US

http://www.al-anon.alateen.org/english.html

Closed IN THE WIND

Friday 8:00 - 9:00 PM Holy Angels Church 1 Milford Rd **Upton**

Moved TURNING POINT

Thursday 5:30 - 6:45 PM Saint Mary's Church Main Street **Shrewsbury** CWBBSSNSh

Moved

The Monday night C12 meeting in **Whitinsville** (7:30 - 9:00 pm.) has moved *from* the Village Congregational Church to Trinity Church, 31 Linwood Ave. The time remains the same.

Webster

ALL Meetings formerly held at 275

Main St have moved. The daily 7AM
meeting has moved to Church of
Reconciliation at 3 N. Main St.

Webster. All others have moved to
6 Mechanic St Webster

<u>Moved</u> Early Risers

Every Day 7:00 - 8:00 AM Church of Reconciliation 3 N. Main St. Webster

<u>Moved</u> First Day

Sunday 10:00 - 11:00 AM 6 Mechanic St. Webster

Correction Triton

Sunday 7:00 - 8:30 PM is still at United Church of Christ, Main St. Webster

Why was I reluctant to call my sponsor before I had a drink, yet so often willing and able to call anyone at any time of day and night, after I'd had a few?

-Richard C.