



# *The* **Beacon Weekly**

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

Please call the office  
number (shown  
above) or email the  
Office Manager  
(shown below) for  
any assistance

## **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@  
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## NEW YORK THE CUT

### **How Do I Stay Sober Now?**

By the time I was eight months sober, the version of myself who drank felt like a distant memory. I'd think back on her with pity, and a little condescension. Why did I think I needed alcohol to have fun? I'd wonder, knowing full well that fun had nothing to do with it. In sobriety, I'd become a new person, I thought — someone braver and calmer who had more hobbies and did more laundry. This version of myself seemed permanent and unshakable, until a few weeks ago...

<https://www.thecut.com/2020/05/stay-sober-isolation.html>

## AXIOS **Coping with the pandemic's hidden**

As COVID-19 continues to strain health systems around the country, local leaders are trying to address the mental health needs of people in their communities.

**Why it matters:** Unlike the physical maladies the pandemic causes, its psychological toll is often invisible, and stress tends to have a cumulative effect that may not be apparent until months after the trauma of this period.

<https://www.axios.com/coronavirus-mental-health-toll-ab771036-8424-4011-b86e-fa0029a1ca96.html>

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 Over 1,000 Downloads Already—Thanks to the WAI VM Team !

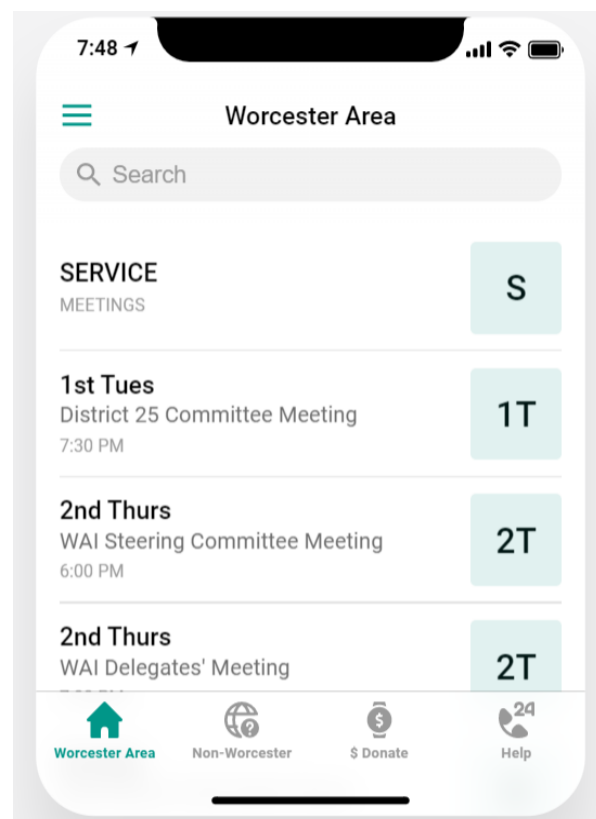
<https://so7ey.glideapp.io/>

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> The spreadsheet's left tab includes links to **181** meetings in the Central Mass. and surrounding areas. Got a meeting to add? See the link in the Virtual Meeting box to the Virtual Meeting Request Form to submit a new meeting. The spreadsheet includes a second tab (right tab—see illustration below) listing **66** 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**



**QR CODE**

Scan with camera  
to install app



**Boston's Central Service Committee meeting list**  
— [https://drive.google.com/drive/u/0/folders/12-gRXU\\_fNZ2ggNxI2KdCbzODwR9mNvVW](https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxI2KdCbzODwR9mNvVW)  
**358** meetings

**A nationwide list from A.A. World Services in NY -**  
[ [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online) ]

These meetings are not associated with Worcester Area Intergroup. Any questions or concerns must be directed to the meeting itself.

Day	Time (ET)	Meeting Name	Topic/Meeting Format	ZOOM Link	Meeting ID	Password	Phone Number	Notes
Saturday	5:00 PM	RDU Fellowship	Boston Saturday Speaker Discussion	<a href="https://zoom.us/j/9963323885">https://zoom.us/j/9963323885</a>	996 332 3885	None	1 929 436 2866	
Saturday	10:00 PM	1 Day at a Time	1 Day at a Time	<a href="https://zoom.us/j/773878425">https://zoom.us/j/773878425</a>	773 878 425	None	1 646 876 9923	
Saturday	10:00 PM	Sober Voices Group	Daily Reflections	<a href="https://sites.google.com/site/aatelephonemeetings/home">https://sites.google.com/site/aatelephonemeetings/home</a>		654443#	1 712 432 0075	<a href="https://sites.google.com/site/aatelephonemeetings/home">https://sites.google.com/site/aatelephonemeetings/home</a>
		s Group	AA Topic Discussions	<a href="https://sites.google.com/site/aatelephonemeetings/home">https://sites.google.com/site/aatelephonemeetings/home</a>		654443#	1 712 432 0075	<a href="https://sites.google.com/site/aatelephonemeetings/home">https://sites.google.com/site/aatelephonemeetings/home</a>

**Worcester Area meeting list**

**Non-Worcester Area meeting list**

Worcester Area Non-Worcester Area Explore



## Chapter 6 — *Into Action (Step 5)*

**“Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path.**

**We have admitted certain defects; we have ascertained in a rough way what the trouble is; we have put our finger on the weak times in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects.**

**This brings us to the Fifth Step in the program of recovery mentioned in the preceding chapter.**

**This is perhaps difficult--especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story.**

**More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it.**

**The inconsistency is made worse by the things he does on his sprees. Coming to his sense, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As far as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension--that makes for more drinking.**

**Psychologists are inclined to agree with us. We have spent thousands of dollars for examinations. We know but few instances where we have given these doctors a fair break. We have seldom told them the whole truth nor have we followed their advice. Unwilling to be honest with these sympathetic men, we were honest with no one else. Small wonder many in the medical profession have a low opinion of alcoholics and their chance for recovery!**

**We must be entirely honest with somebody if we expect to live long or happily in this world. Rightly and naturally, we think well before we choose the person or persons with whom to take this intimate and confidential step. Those of us belonging to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty it is to receive it. Though we have no religious conception, we may still do well to talk with someone ordained by an established religion. We often find such a person quick to see and understand our problem. Of course, we sometimes encounter people who do not understand alcoholics.”**



## The Fifth Tradition

**Each group has but one primary purpose ...to carry its message to the alcoholic who still suffers.**

From the Foreword of the 12 & 12: "A.A.'s Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which A.A. maintains its unity and relates itself to the world about it, the way it lives and grows."

### "We Only Have One Purpose

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. This Tradition delineates pretty clearly our individual primary purpose, as well as the group's. Each of us is but a small part of the whole, but by joining AA's primary purpose to our own, we become something bigger than our individual selves.

Am I willing to surrender my old primary purposes?

To work this tradition means that I am willing to say "yes" to this question and rearrange the rest of my priorities. Devoting myself to a new primary purpose means that I am willing to let go of many old ideas. I have many thinking patterns that are automatic that I need to change in order to consecrate myself to a new primary purpose.

### Step -Tradition Parallel

The relationship of the fifth step to the fifth tradition is that the fifth step taught me the exact nature of my wrongs, "I'm not in charge." In the fifth tradition I learned just the opposite, I learned what my exact nature should be: my talent to carry the message to the alcoholic who still suffers, my primary purpose.

In the fifth step I learned what's wrong about me and in the fifth tradition I learned what's right about me. What's right about me is my ability to carry the message when no one else can because of the experiences that I have had which were transformed into a message of hope in the fifth step. My alcoholism is my greatest talent, not my talents as a husband, father, son, or my job. I can fulfill my primary purpose for being born by carrying the message to the alcoholic who still suffers."

(Excerpts from the text above come from the *Traditions Study* developed by the Unity Insures Recovery Through Service A.A. Group, Los Angeles, CA.)

**GRAPEVINE** Daily Quote

**"I play a responsible role in my own destiny, not just a bit part."**

May 9, 2020

El Granada, California, April 1991, "Listening for the Reality," *Spiritual Awakenings*



## A.A.— Related Podcasts—Another Tool to Stay Sober during the COVID-19 Crisis

Dozens of different topic areas plus daily readings

Well....now that are all digital media and A.A. virtual meeting professionals, more digital recovery tools are available at—

<https://player.fm/podcasts/Alcoholics-Anonymous>



Hosted at Player.FM, this site offers a library of podcasts on recovery, the 12 Steps, and content produced by individuals and Alcoholics Anonymous groups across the country including an Alcoholics Anonymous radio show —

<https://player.fm/series/alcoholics-anonymous-radio-show-2336394>



<https://play.google.com/store/apps/details?id=fm.player>

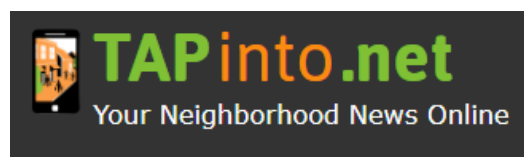


<https://apps.apple.com/us/app/podcast-app-by-player-fm/id940568467>



## RECOVERY COMMUNITY: Help for recovering addicts during the COVID-19 pandemic

Our entire world is being shaken up by the COVID-19 pandemic. Many of the luxuries of life we enjoyed have been stripped away, as we are humbled by the Coronavirus. Unfortunately, millions of Americans are now facing uncertainty and unemployment, with zero timetable for when things will return to normal. <https://www.themindfulword.org/2020/stay-sober-pandemic>



## Addiction: 'A Pandemic Within a Pandemic;' Recovering Addict Tim Ryan, Star of A&E Documentary 'Dope Man' Talks Staying Sober During the Coronavirus Pandemic

NORTH JERSEY — As the country continues to be in lockdown amid the coronavirus pandemic, forcing millions of Americans to stay at home to help curb the spread of the potentially deadly virus that has to date touched more than 3.4 million people and claimed almost a quarter of a million lives, another serious pandemic should not be overshadowed: addiction...

<https://www.tapinto.net/articles/addiction-a-pandemic-within-a-pandemic-recovering-addict-tim-ryan-star-of-a-e-documentary-dope-man-talks-staying-sober-during-the-coronavirus-pandemic>





## AA is a Bridge to Happy Living May 1948 Grapevine

The Alcoholics Anonymous program is a bridge from the negative or egocentric personality of the sick alcoholic to the more desirable affirmative personality of the sober man, Dr. Harry M. Tiebout, physician in charge of Blythwood Hospital, Old Greenwich, Connecticut, believes. "An incident that happened twenty-five years ago when I was an intern, explains to me the alcoholic personality," Dr. Tiebout told an open meeting of the Manhattan Inter-Group recently. Patients of the "quiet ward" in the hospital where the doctor was an intern became upset and jittery. The nurses on the floor told the doctor that the trouble was caused by a patient who claimed to be able to read minds - and seemed to be doing so. "This of course was of great interest to me," said the doctor. "I couldn't read anybody's mind so it seemed like a good idea if I met the man who could. I called the patient to my office. I asked him how he could do this impossible thing."

### A Matter of Muscles

"'It's easy,' the man said. 'All you have to do is watch the muscle reaction. If a man is thinking 'no' his muscles unconsciously contract and he pulls away. When he is thinking 'yes' he is relaxed.'" "It wasn't until this summer, twenty-five years later, that the full impact of that incident hit me," Dr. Tiebout continued. "When the alcoholic is sick, he is an 'aginner.' His mental attitude is one of withdrawal - his psychological 'muscles' contract." The "aginner" cannot enjoy life, Dr. Tiebout continued, "No, I won't go along, I'll do it myself," is his attitude. He feels an apartness from others because of this inner refusal to go along. This person feels unrest, discomfort, tension, dissatisfaction. He is full of resentments and hostility. In order to overcome these feelings, he seeks happiness in excitement and liquor is one outlet. Then he becomes gregarious, noisy, opinionated, in his fear of becoming a "Mr. Milquetoast." This person, too, may become overconscientious - he is selfish and full of guilt. "The 'aginner,' said Dr. Tiebout, "has no acceptance of life and the world as it is. He hasn't a chance of living on a twenty-four-hour program. Why doesn't this man give up? Because he has will power - he can fight the world, alone - he thinks." The more desirable, affirmative personality is quieter and feels fewer compulsions. He shares in fellowship and feels less guilt. This man is even-tempered and has learned to take things in his stride. He has an affirmative enjoyment of life as it is. He no longer demands that life produce thus-and-so. He's no longer trying to whip the world single handedly. "The Alcoholics Anonymous program," Dr. Tiebout continued, "tends to produce the 'yes' state of mind."

### Admits It

"In your First Step the alcoholic admits that his life has become unmanageable. He can't whip the world alone - and admits it. Then in the Second Step, he reiterates; admitting that he cannot manage his life himself, he asks for help from the Power greater than he. He reminds himself of this constantly. "By attending group meetings he gradually loses the feeling of aloneness - he is no longer set apart. He has become an integral part of a group of people, enjoying their activities with them; he belongs. "By doing Twelfth Step work, the man or woman begins to 'sell' someone else and, by so doing, sells himself for what he is. "The person on the AA program then begins to say 'yes' to the kind of person he is. He takes a moral inventory and when he begins to say 'yes' he begins to grow. "Then as he begins to grow, he says 'yes' to God. Thy will be done. Through this he gains humbleness and humility," Dr. Tiebout emphasized.



## 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 15**



## 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.

### New & Enhanced Features

**Search** — Find A.A meetings by name or location, in addition to day and time

**Daily Reflections** — a selection of reflections by and for A.A. members

**Enhanced location functionality**

**Expanded user interface**, with a new menu bar and “Contact” feature.

**“News”** — Learn about events at the General Service Office (G.S.O.) and Grapevine, as well as information about updates within the app.



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



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





## The GRAPEVINE AND LA VIÑA ARE HERE TO HELP

Home Group

Spanish issues



APRIL 2020



LA VIÑA

Due to the current COVID-19 pandemic, many AA meetings across the U.S. have closed. To help members during this time, The AA Grapevine, Inc., publisher of the *International Journal of Alcoholics Anonymous*, is providing free access to most of 2020's *Grapevine* and *La Viña* issues. The AA Grapevine, Inc., notes, "Grapevine and *La Viña* were created for such a time as this." See this link to download available issues: [ <https://www.aagrapevine.org/we-are-here-to-help> ]

Please share with your fellows.

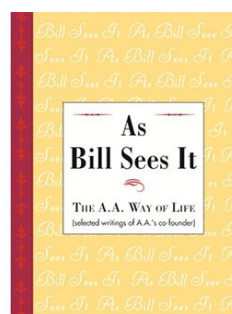
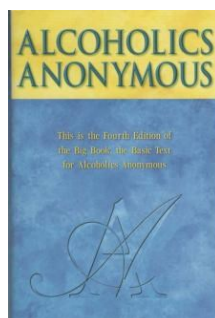
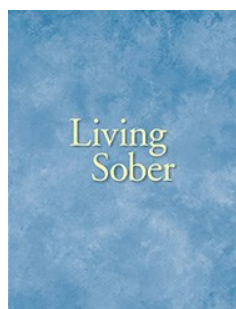
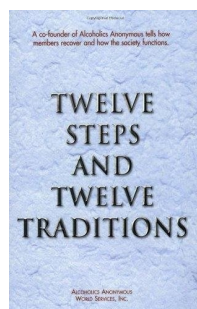
## Worcester Area Intergroup's Online Bookstore

WAI has launched 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 check off the 'shipping' box—we are not offering in-person orders. Please remember to close out the transaction after Paypal returns you to the bookstore.



## VIRTUAL A.A. MEETINGS WORLDWIDE

The COVID-19 crisis isn't only happening in the U.S. Worldwide, A.A.'s have stepped up to the challenge of service to their fellows by launching virtual meetings almost everywhere A.A. is— we count **1,084** meetings here:

[www.bit.ly/aaonline2020](http://www.bit.ly/aaonline2020)





## 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](http://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, 118 Theresa 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 5/12/20)**

<u><b>Position</b></u>	<u><b>Name</b></u>	<u><b>email address</b></u>	<u><b>Bold = new in 2020</b></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	
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Beacon Editor	<b>John Mcl</b>	beacon@aaworcester.org	
Treatment Facilities	<b>Raymond M.</b>	treatment@aaworcester.org	
Corrections	<b>Steve O.</b>	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>		

### **Treatment Facilities Service Opportunities**

Due to COVID-19, treatment commitments are being revamped. Contact the Treatment Committee for updates—Raymond M.—[treatment@aaworcester.org](mailto:treatment@aaworcester.org)



## Online Intergroup—Online Meetings Directory

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

The Online Intergroup URL listed is a resource and starting point for finding an online meeting format and time that suits you, including by Email, Chat (text), Audio/Video, Discussion Forums, and Telephone

Online Intergroup  
Alcoholics Anonymous®  
www.aa-intergroup.org

Get Help Now | Online Meetings | Worldwide Events | About AA | Members

Čeština/Slovenčina | Dansk | Deutsch | Español | Farsi | Français | Ελληνικά | Italiano  
日本語 | Polski | Português | Russki | Slovenčina | Svenska

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

This directory lists over 100 different Groups—each group hosting from 1 to more than a dozen scheduled ‘meetings.’ Each group listed displays how to connect or enter the group, the time(s) of the meetings (in local or Daylight Savings time), a brief description of the format style of the meeting, and URLs/telephone numbers or other relevant access info. Besides English, the list includes meetings offered in 12 other languages, and, meetings hosted in the U.S., Canada, and many other countries.

The Directory also offers information on the Guidelines for Submitting a Meeting for incorporation in the Directory here: [http://aa-intergroup.org/directory\\_form.php](http://aa-intergroup.org/directory_form.php)

The Directory offers a confidential “Get Help Now” page, a Calendar section displaying info on A.A.-related local, regional, national and international A.A.-related events.

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



**NOTICE ABOUT EXTERNAL LINKS** This newsletter provides links to other websites, including websites affiliated with other organizations. Linking to any other website, including but not limited to websites affiliated with other organizations inside the Alcoholics Anonymous (A.A.) service structure, does not constitute the endorsement, sponsorship, or approval of such other website by Alcoholics Anonymous World Services, Inc. (A.A.W.S.), or any products, services, or content displayed, provided, promoted, or offered by such other website. Please be aware that A.A.W.S. is not responsible for the content, practices, policies, or methods of any other website, including, without limitation, any other website's collection, dissemination, use, and protection of personal information, its use of tracking technology, or its level of computer security. Additionally, A.A.W.S. cannot attest to the accuracy, relevancy, timeliness, legality, or completeness of information provided by any other website.



## 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](#)

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 adding a digital Seventh Tradition capability to a group — [ <https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices> ] ('Best Practices For a Digital 7th Tradition').

## GRAPEVINE Daily Quote

May 11, 2020

**"I do not agree that the newcomer is the most important member at any meeting. In my opinion, equally important are those old-timers who showed me the way, and any middle-timer who may today be suffering. If newcomers are indeed the lifeblood of AA, old- and middle-timers are its skin and backbone. What a bewildered mess we would be in without them!"**

**New York, New York, June 1970, "Tradition Five," The Best of the Grapevine, Vol. 3**

## 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)





## OPTIONS FOR CREATING AN ONLINE MEETING

A. A. General Services offers suggestions and shared experiences for creating online meetings here— [ [https://www.aa.org/pages/en\\_US/options-for-meeting-online](https://www.aa.org/pages/en_US/options-for-meeting-online) ] This outline includes points to consider and links to other pages:

- Decide if you want to create your own online meeting or attend one that already exists.
- To create your own online meeting, choose a platform to use, and provide group members with relevant info/instructions for your meeting.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs - and several providers offer information on how to use their platforms to set up an online meeting are -

- Google Hangouts/Meet
- Zoom
- Free Conference Call

### Getting additional help

You may be able to request additional help and guidance on this topic by reaching out to your local A.A. office, technology committees, or the online Technology in A.A. forum [ [https://www.aa.org/pages/en\\_US/disclaimer?u=https://tiaa-forum.org/](https://www.aa.org/pages/en_US/disclaimer?u=https://tiaa-forum.org/) ] Page 8 in this newsletter outlines issues of working with the popular Zoom platform.

**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

## In online meetings—don't forget Tradition Twelve

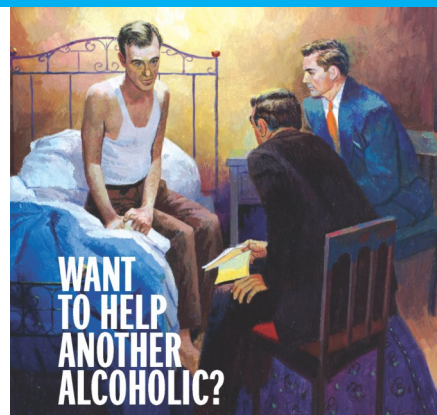
Especially in the digital universe—anonymity matters: See this link to a booklet including guidance and suggestions:

[https://www.aa.org/assets/en\\_US/p-47\\_understandinganonymity.pdf](https://www.aa.org/assets/en_US/p-47_understandinganonymity.pdf)

## Want To Help Another Alcoholic?

Join Us in our 2020  
*Carry The Message  
Project*

To learn more, visit our website at  
[aagrapevine.org/carry-the-message](http://aagrapevine.org/carry-the-message)  
or visit our YouTube channel at  
[youtube.com/aagrapevine](https://youtube.com/aagrapevine).





### **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 has a helpful guide for using Zoom as a virtual meeting platform, addressing topics such as:

- The Account Setup Guide, and, How to use Zoom
- A Guide for Meeting Chairs
- Managing anonymity in virtual meetings
- Support— Zoom offers support videos and other resources—explore <https://support.zoom.us>
- Member and Group resources

#### **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.”

Thankfully, 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) ] addressing concerns such as:

- What should you do if your meeting is disrupted?
- Turn off a Participant's Video and Remove Participant, and, Locking a Meeting
- Preventing “Zoom Group Chat” Abuse, and, Preventing “Share Screen” Abuse

Zoom 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,





## 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)