

Worcester Area Intergroup



The **Beacon Weekly**

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aaworcester.org

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@
aaworcester.org

Psychology Today

The Facts are In: AA Works

'Critics may have their own opinions, but not their own facts.'

In March 2020, *The Facts Speak: The 2020 Cochrane Report* was published—a review of research on addiction. The review included 27 studies and 10,565 participants. The report's authors summarized their findings, saying, in effect, that AA works, and that the men and women in the 100,000+ AA meetings are not deluded. More on page 7, read the report itself

<https://www.psychologytoday.com/intl/blog/the-almost-effect/202004/the-facts-are-in-aa-works>

District 25 Virtual Scavenger Hunt

When: Friday May 29 6:45PM **Where:** Your home/Zoom, duh!

Meeting ID: 9464 507 6283

Password: Hunt

Fellowship 6:45PM —7:15PM

Come early to get ready for the
fun!



The Hunt will begin at **7:15PM**
and all participants will be placed in a 'breakout room' - so be
on time! There will be a moderator who will announce the
game rules and which items to find around your home.

See the flyer on page 19



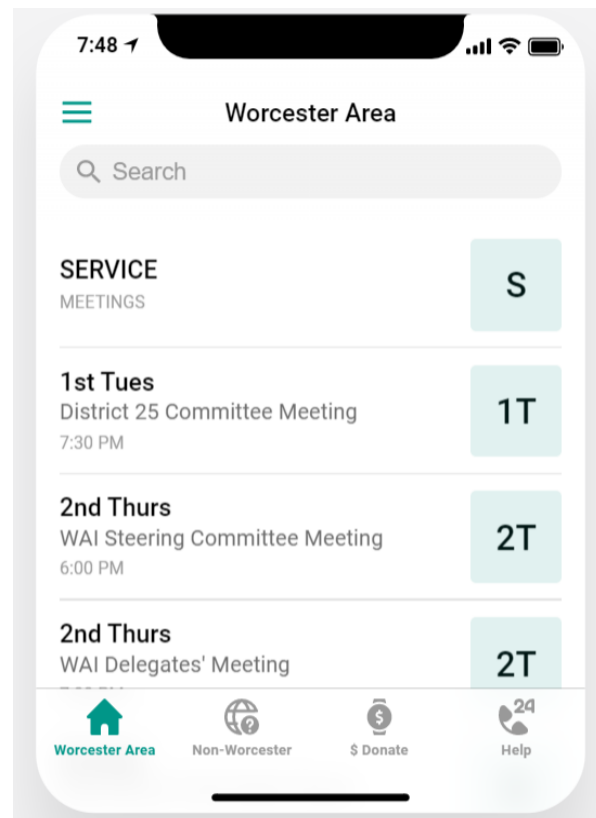
WAI's VIRTUAL LOCAL MEETING SUPPORT APP Over 1,000 Downloads Already—Thanks to the WAI VM Team !

<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> The spreadsheet's left tab includes links to **182** 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**



Boston's Central Service Committee meeting list

— https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxI2KdCbzODwR9mNvVW

401 meetings

A nationwide list from A.A. World Services in NY -

[https://www.aa.org/pages/en_US/options-for-meeting-online]

100% View only

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	https://zoom.us/j/9963323885	996 332 3885	None	1 929 436 2866	
Saturday	10:00 PM	1 Day at a Time	1 Day at a Time	https://zoom.us/j/773878425	773 878 425	None	1 646 876 9923	
Saturday	10:00 PM	Sober Voices Group	Daily Reflections	https://sites.google.com/site/aatelephonemeetings/home		654443#	1 712 432 0075	https://sites.google.com/site/aatelephonemeetings/home
		s Group	AA Topic Discussions	https://sites.google.com/site/aatelephonemeetings/home		654443#	1 712 432 0075	https://sites.google.com/site/aatelephonemeetings/home

Worcester Area meeting list

Non-Worcester Area meeting list

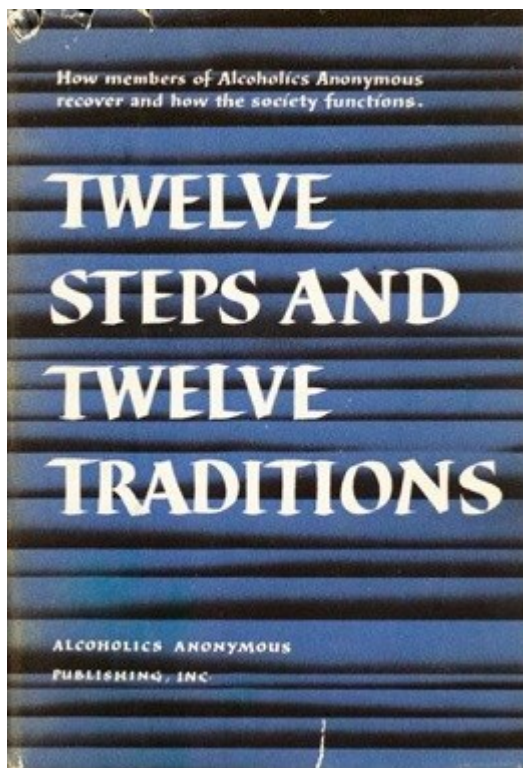
Worcester Area Non-Worcester Area Explore



Step Five -

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

‘The Beginning of True Kinship’



Cover of the First Edition
of the 12&12, 1953

“When we reached A.A., and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved.

But we soon discovered that, while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong.

Step Five was the answer. It was the beginning of true kinship with man and God....”

“Provided you hold back nothing in taking the Fifth Step, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur.

Many an A.A., once agnostic or atheist, tells us that it was during this stage of Step Five that he first actually felt the presence of God. And even those who already had faith often become conscious of God as they never were before. “

TWELVE AND TWELVE, P. 57, P. 62 © 1953 AA World Service New York, NY



How Alcoholics Are Coping with AA Meetings Over Zoom

Face-to-face meetings are a fundamental part of AA, but now they're happening virtually. Does it work?

“Hi, I'm Lara, I'm an alcoholic.” About 60 people from around the world have dialed into a Zoom session of Alcoholics Anonymous (AA). Lara has introduced herself this way three times a week for the past nine years, but usually her audience is sitting in circle of chairs in Berlin. Now, she's looking at 60 tiny faces on her phone screen. https://www.vice.com/en_uk/article/939jn3/coronavirus-alcoholics-anonymous-meetings-zoom



The Fifth Tradition

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

Questions to ask yourself for Tradition 5:

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

(This excerpt from "*The 12 Traditions Checklist* - from the A.A. Grapevine / Service Material is from GSO. 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. Though originally intended primarily for individual use, many AA groups have used them as a basis for wider discussion.)



Has 'Stay at Home' Meant More Drinking at Home?

Whether it's isolation, lack of in-person support group meetings or sheer boredom, the nation's consumption of alcohol has spiked as the pandemic drags on. Figures reported by the market research firm Nielsen, say sales of alcoholic beverages climbed 55 percent in one week over the same timeframe in 2019. Hard liquor sales were up 75 percent, beer up 66 percent and wine up 42 percent..... "People who didn't have a problem before may be developing one,...[and] people who had a problem but were in recovery are at greater risk of relapsing and those with an active problem may be getting worse." <https://rushford.org/about-us/news-press/news-detail?articleid=25920&publicid=471>



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 A.A. 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/>



Meditation: A simple, fast way to reduce stress

Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.

Did you know that with just a minute a day, you can decrease stress and anxiety with meditation? We are a busy society that thrives off of a crammed schedule and

multi-tasking. Just taking a moment to quiet our mind has amazing benefits.

Meditation can also reduce the potential negative effects of anxiety, chronic pain, depression, heart disease and high blood pressure.

"The heart rate drops, your respiratory rate drops. There is decreased oxygen consumption, decreased carbon dioxide expired. The body is healing itself and starting repair." For more information on the benefits of meditation, go to:

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



'Deaths of despair': Coronavirus pandemic could push suicide, drug deaths as high as 150k, study says

Courier & Press

PART OF THE USA TODAY NETWORK

“The federal mental health czar is calling for more money to expand services to help people suffering amid

the social isolation imposed by the coronavirus pandemic, as a new study estimates related deaths from alcohol, drug overdose and suicide could reach 150,000.”

“...a February report in the British journal *The Lancet* on the psychological effects of quarantine....The Lancet study said the effects can include post-traumatic stress disorder and suicide and are "wide-ranging, substantial, and can be long lasting."...

"The impetus is COVID-19, but the need was there before and it's just been increased by what's happened as a result of the virus," ...

[a] new study,... by the Well Being Trust and the American Academy of Family Physicians, factored in isolation and uncertainty when it calculated the expected deaths from suicide, alcohol and drugs, based on nine unemployment scenarios....

The likely toll from these "deaths of despair" was the loss of an additional 75,000 lives, the study found. Death estimates ranged from 27,644 if the economy recovers quickly, to 154,037 if recovery is slow.”

<https://www.courierpress.com/story/news/health/2020/05/08/coronavirus-pandemic-boosts-suicide-alcohol-drug-death-predictions/3081706001/>

Addiction Professional

THE OFFICIAL NEWS SOURCE OF  **NCAD**

Technology Will Only Grow, So Let's Apply it Successfully to Recovery

“There are certainly advantages to online, some of which are surprising. A study by Donald S. Grant (“Has Social Media Begun to 'Sponsor' Addiction Recovery?: A Study of Face-to-Face Versus Online Recovery Support”) found that patients were less likely to lie about their sober time during online therapy as compared to F2F therapy, and also were less likely to be drunk or high during online therapy. However, F2F still showed better long-term results than online recovery. “ <https://www.psychcongress.com/article/technology-will-only-grow-so-lets-apply-it-successfully-recovery>



Clinical Psychiatry News

The Facts are In: AA Works

[Note: the medical community now calls the disease of alcoholism “Alcohol misuse and alcohol use disorder (AUD)”]

- George F. Koob, PhD, director of the NIAAA, presented the at the annual meeting of American Psychiatric Association some facts -

Alcohol*	
Use	178,736,000
% of population	65.7
AUD	14,500,000
% of population	5.3
ED visits	1,714,757 Primary reason
	4,936,690 All alcohol-related
Deaths	~88,000 Total deaths
	49,544 Acute – overdose, injury
	38,880 Chronic – liver, cancer

AUD— number of Americans with alcoholism

ED – Emergency Department

age 16 or older, alcohol-related deaths in America rose from 35,914 in 1999 to 72,558 (or about 2.6% of all U.S. deaths) in 2017. The largest increase was seen in non-Hispanic white females

- Koob, notes that alcohol is playing a bigger role in “deaths of despair,” - that it contributes to about *one-quarter of suicides* and up to 20% of drug overdoses, and “*half of liver disease* in the U.S. is now caused by alcohol”

- There are at least 14 million people in the United States with AUD
- More than 178 million Americans report having used alcohol—over 65% of Americans
- Koob suggests doctors should strive to reduce the stigma related to AUD, and reinforce the understanding that these individuals have a treatable chronic condition – just like hypertension or diabetes
- One research center says psychiatrists can play a key role in reducing a screening and treatment gap—*data suggest fewer than half of psychiatric patients with substance use disorders (SUDs) are being diagnosed or treated* — one study shows only about 9% of psychiatrist office visits involved a substance use disorder [SUD—which includes AUD] diagnosis or prescribed medication, though at least 20% of adults with mental health conditions have an SUD
- Koob asserts that the rates of screening and referral for AUD by psychiatrists needs to be increased among patients with other mental health conditions, and, improvements are needed in training or incentives for psychiatrists to screen for AUD and make sure patients get treatment for it

- A new report shows that *alcohol-related deaths have doubled* over the past few decades — for those

Related Deaths in the United States

- Alcohol-related deaths **doubled** from 1999 to 2017
 - Death rates were highest among men and middle-aged and older adults (ages 45-74)
 - Death rates increased over time across all age groups except 16-20 and 75+
 - Increase in death rate over time was greater in women than men



The Facts are In: AA Works—Report Highlights (cont.)

- Alcohol plays a prominent role in “**deaths of despair**”, contributing to:

- 15-20% of all drug overdoses
- 26% of suicides
- 50% of liver disease deaths

- Research shows that three neurofunctional areas are to addiction behavior: *incentive salience, negative emotionality, and executive function*

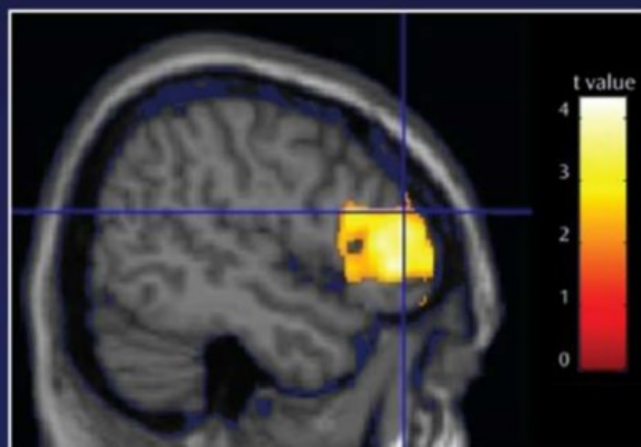
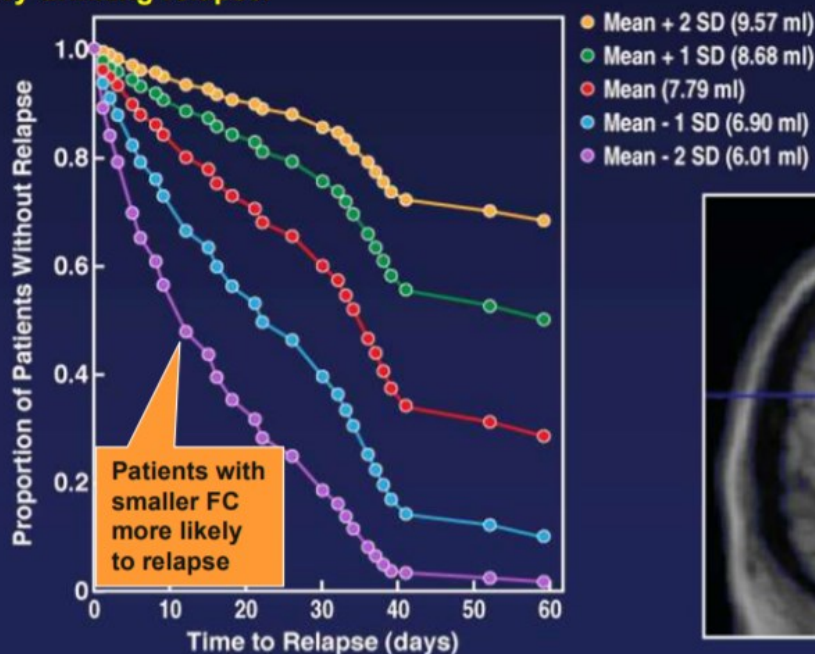
- Advocates using non-stigmatizing, person-first language –“*Person with alcohol use disorder*” vs. “*alcoholic*”

- “*The...Report ...suggests that those who, having thought about their own [alcohol] abuse and whether the best (and honest) alternative is to pursue abstinence, would do well to give a fellowship like AA a try.*”

Research suggests that possible relapse may be predictable based on the size/volume of certain areas of the brain (below)

Gray Matter Volume Deficits Predict Time to Relapse in Alcohol-Dependent Patients

Forty-five abstinent alcohol-dependent patients in treatment and 50 healthy comparison subjects were scanned once using high-resolution structural MRI, and voxel-based morphometry was used to assess regional brain volume differences between the groups. Significantly smaller gray matter volume was seen in alcohol-dependent subjects in three regions: the medial frontal cortex, the right lateral prefrontal cortex, and a posterior region surrounding the parietal-occipital sulcus. **Smaller medial frontal and parietal-occipital gray matter volumes were each predictive of shorter time to any alcohol use and to heavy drinking relapse.**





The Facts are In: AA Works—Report Highlights (cont.)

- Advocates using and promoting the use of non-stigmatizing, person-first language/terms –“*Person with alcohol use disorder*” vs. “*alcoholic*”

Hyperkatifeia

1. Defined as the increased intensity of negative emotional/motivational symptoms and signs observed during withdrawal from abused drugs
2. Derived from the Greek word *katifeia* for dejection, sadness, or negative emotional state
- 3 “Hyperkatifeia” refers to the increases in emotional distress and emotional pain experienced by individuals with addiction during abstinence.
4. “Hyperkatifeia” is hypothesized to represent elements such as dysphoria, irritability, alexithymia, or simply symptoms often described as ill at ease, uncomfortable within one’s own skin, or simply not hedonically normal, symptoms historically difficult to define.

(Re: above—Restless, irritable, and discontent?)

- “*The bottom line is that those men and women who...honest enough to acknowledge that their [alcohol] abuse has done harm to themselves, their loved ones, their careers, and/or their lifestyles would be wise to be open to trying a fellowship that advocates abstinence and offers fellowship as a pathway to achieving it.*”

(Re: above—Sound like honesty, open-mindedness, and willingness to you?)

Notes:

- Quotes are from Dr. Koob’s article in ‘*Psychology Today*’ and his presentation—available here: <https://americanpsychiatricassociation.app.box.com/s/huq5ym8d71jpg8z8i7nx6vj34cumh7xu/file/657486433126>
- And here: <https://www.psychologytoday.com/intl/blog/the-almost-effect/202004/the-facts-are-in-aa-works>
- Watch/listen to recording here: <https://vimeo.com/412128741/75502cfafb>



Find a Meeting—Local or Anywhere!

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

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)

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Treatment Facilities Service Opportunities

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



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.

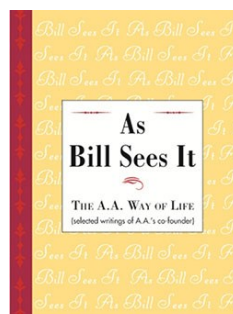
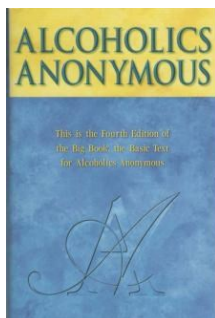
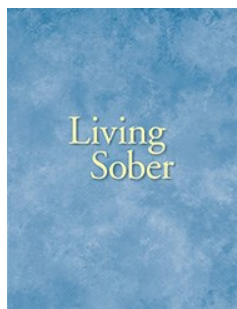
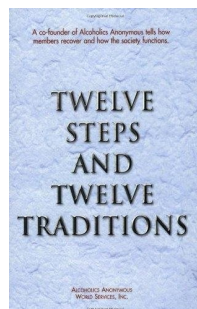
Worcester Area Intergroup's Online Bookstore

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





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 5/20/20)

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

Worcester Intergroup Service Opportunities—Step Up!

Worcester Intergroup has three open positions (see above) for A.A.'s seeking an opportunity to serve — Please contact officemanager@aaworcester.org for more info



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

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] on 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 19, 2020

"Feelings are neither right nor wrong. It is what we do with them that we need to concentrate on."

Temple, Texas, March 1983, "*An Equal Opportunity Deplorer*," AA Grapevine
New York, New York, June 1970, "Tradition Five," *The Best of the Grapevine*, Vol. 3

May 18, 2020

"I cannot do great things; but I can finish what I start."
Lombard, Illinois, March 1979, "*Think Small*," *Emotional Sobriety*

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



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 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 18



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] 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/] 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 (508) 752-9000

In online meetings—don't forget Tradition Twelve

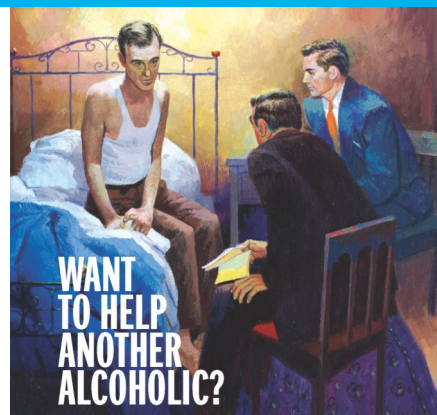
Especially in the digital universe—anonymity matters: See this link to a booklet including guidance and suggestions:

https://www.aa.org/assets/en_US/p-47_understandinganonymity.pdf

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
or visit our YouTube channel at
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] 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

<https://www.courierpress.com/story/news/health/2020/05/08/coronavirus-pandemic-boosts-suicide-alcohol-drug-death-predictions/3081706001/>

*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 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 or send an email to haltline@aaworcester.org



JOIN US...

for the 1st ever District 25 Virtual Scavenger Hunt!!

When: Friday, May 29

Where: Your home/Zoom, duh!

Meeting ID: 946 4507 6283

Password: Hunt

Starts at 6:45pm

Goes until the game ends

Fellowship 6:45-7:15pm
Come early to get ready
for the fun!

GENERAL INFO:

“The hunt” will begin promptly at 7:15 and everyone will be placed in a breakout room at that point. So, be on time or you’ll miss the fun!

How “the hunt” works: Participants will be muted upon entry. There will be a moderator in each room who will announce the game rules and items to find around your home. The first person to find, unmute, and announce “got it” will receive a point. The person with highest score in each room will receive a prize.

