



The Beacon

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Worcester Area Intergroup

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www.aaworcester.org

Office Hours:

Monday 10am-2pm

Tuesday 10am-8pm

Wednesday 10am-2pm

Thursday 10am-8pm

Friday 10am-2pm

Saturday 9am-2pm

Sunday CLOSED

The Beacon Staff: January 2010 to December 2010

Editor: Michelle G.

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H.A.L.T.LINE NEWS

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

WE NEED YOUR HELP!!!

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

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

What volunteers do:

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

What do you need to volunteer?

A phone

One year of sobriety is recommended.

Meeting list

A phone (touch tone or cell phone)

An hour of your time.

Great way to do service without leaving your home.

If you would like information please email haltline@aaworcester.org.

Will train the right candidate - great pay - HUGE REWARDS! **From time to time the HALT Line will be rewarding volunteers for their time and dedication by awarding someone with a subscription to the GRAPEVINE.**

Local Service Meetings

Intergroup Steering Committee* - Veterans, Inc., 59 South St.
Shrewsbury, MA —6:00pm

Intergroup Delegates* - Veterans, Inc., 59 South St. Shrewsbury, MA
—7:00pm

**The Intergroup meetings occur the second Tuesday of month.*



On-Line 12 Steps &
12 Traditions, Arti-
cles, and Tradition
Checklists

www.aagrapevine.org

Traditions Checklist

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through October 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

STEP ONE: We admitted we were powerless over alcohol – that our lives had become unmanageable.

TRADITION ONE: Our common welfare should come first; personal recovery depends upon AA unity.

TRADITIONS CHECKLIST:

Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?

Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?

Am I gentle with those who rub me the wrong way, or am I abrasive?

Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?

Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?

Am I as considerate of AA members as I want them to be of me? Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

Do I go to enough AA meetings or read enough AA literature to really keep in touch?

Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

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Are you willing to carry the message to an alcoholic in need?

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

DAILY REFLECTIONS EXCERPTS**POWERLESS**

We admitted we were powerless over alcohol— that our lives had become unmanageable.

TWELVE STEPS AND TWELVE TRADITIONS, P. 21

It is no coincidence that the very 1st Step mentions powerlessness: An admission of personal powerlessness over alcohol is a cornerstone of the foundation of recovery. I've learned that I do not have the power and control I once thought I had. I am powerless over what people think about me. I am powerless over how other people work (or don't work) the Steps. But I've also learned I am *not* powerless over my attitudes. I am *not* powerless over assuming responsibility for my own recovery. I have the power to exert a positive influence on myself, my loved ones, and the world in which I live.

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HITTING BOTTOM

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking.

TWELVE STEPS AND TWELVE TRADITIONS, P. 24

Hitting bottom opened my mind and I became willing to try something different. What I tried was A.A. My new life in the Fellowship was a little like learning how to ride a bike for the first time: A.A. became my training wheels *and* my supporting hand. It's not that I wanted the help so much at the time; I simply did not want to hurt like that again. My desire to avoid hitting bottom again was more powerful than my desire to drink. In the beginning that was what kept me sober. But after a while I found myself working the Steps to the best of my ability. I soon realized that my attitudes and actions were changing —if ever so slightly. One Day at a Time, I become comfortable with myself, and others, and my hurting started to heal. Thank God for the training wheels and supporting hand that I choose to call Alcoholics Anonymous.

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THE TREASURE OF THE PAST

Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that, in God's hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them.

ALCOHOLICS ANONYMOUS, p. 124

What a gift it is for me to realize that all those seemingly useless years were not wasted. The most degrading and humiliating experiences turn out to be the most powerful tools in helping others to recover. In knowing the depths of shame and despair, I can reach out with a loving and compassionate hand, and know that the grace of God is available to me.

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DO I HAVE A CHOICE?

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so called will power become practically nonexistent.

ALCOHOLICS ANONYMOUS, p. 24

(continued on next page)

My powerlessness over alcohol does not cease when I quit drinking. In sobriety I still have no choice—I can't drink.

The choice I *do* have is to pick up and use the "kit of spiritual tools" (*Alcoholics Anonymous*, p. 25). When I do that my Higher Power relieves me of my lack of choice—and keeps me sober *one more day*. If I could choose *not* to pick up a drink today, where then would be my need for A.A. or a Higher Power?

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**THANK YOU TO EVERYONE FOR ANOTHER
SUCCESSFUL ALCATHON SEASON!
A HUGE THANK YOU TO MICHELLE N. AND SYLVIA T. FOR
THEIR HARD WORK AND DEDICATION.**

**THE GRAPEVINE: AA's meeting in print IS IN TROUBLE! PLEASE HELP BY
PURCHASING A SUBSCRIPTION!**

The AA Grapevine is the international journal of Alcoholics Anonymous. Written, edited, illustrated and read by AA members and others interested in the AA program of recovery from alcoholism, the Grapevine is a lifeline linking one alcoholic to another. The AA Grapevine communicates the experience strength and hope of its contributors and reflects a broad geographic spectrum of current AA experience with recovery, unity and service. ©GRAPEVINE

7 Issues = \$17

1 year (12 Issues) = \$27

You may order the Grapevine in one of three ways

1. Call 1 (800) 631-6025
2. Online at: http://www.aagrapevine.org/catalog/shop_gvsuborder.php
3. Mail completed subscription form (see below) with payment to: GRAPEVINE; PO Box 422488; Palm Coast, FL 32142-6997

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Order by phone 1-800-631-6025 (US) 1-386-246-0148 (International)

AA Grapevine does not accept group contributions. It is self-supporting through the sale of magazine subscriptions and Grapevine items. Grapevine and all Grapevine items are mailed in packaging that protects anonymity.

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Intergroup Officers & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Maura J.	chair@aaworcester.org
Alt. Chair	Michelle N.	
Secretary	Marc B.	secretary@aaworcester.org
Treasurer	Ginny S	treasurer@aaworcester.org
Alt. Treasurer	Jody E.	
Trustees	Dot B., Joe N., Bill B., Bob L.	
Office Manager	John H.	steps@aaworcester.org
Joint Treatment Facilities		treatment@aaworcester.org
Joint Correctional Facilities	Sylvia T., Joe N.	corrections@aaworcester.org
Halt Line	Ferne S.	haltline@aaworcester.org
Social Committee	Pat M.	social@aaworcester.org
Joint Public Information		pichair@aaworcester.org
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Joint Alcathon Committee	Michelle N.	
Beacon Editor	Michelle G.	beacon@aaworcester.org
Liaison to District 25	Sylvia T.	
Liaison to District 26	Richard M.	
Liaison to Area 30	Richard M.	

FROM THE OFFICE MANAGER

Worcester Area Intergroup (WAI) accepts information regarding AA related events to be included in the website calendar. Let us know if you have an event you would like publicized. Please email information to the Office Manager at:

webmaster@aaworcester.org

MEETING NEWS

MEETING CHANGES/MOVES: the SATURDAY NIGHT HOW IT WORKS MEETING AT CHL IS NO LONGER MEETING. The 11th STEP IN THE PARK meeting in Clinton on Wednesday nights is NO LONGER MEETING. Also the Sunday morning There Is Hope group has MOVED to St. Casimir's Church, 22 Waverly St.

NEW MEETINGS: She Means Business (CDW) meets from 5-6PM on Tuesday nights at Bethel Lutheran, 90 Bryn Mawr in Auburn. Tuesday night in Northboro : Desire to Stop Drinking—(OB12). Meets 6-7 PM at 45 Howard Street. Saturday morning in Harvard: Happy, Joyous and Free—(OD) meets from 9-10 a.m. at St. Teresa's 15 Still River Rd. **MEETING SPACE**

AVAILABLE: Meeting space is now available for AA meetings at Veterans Inc., 59 South St., Shrewsbury, MA. For more information please contact: Susan Boucher at 508-791-1213, x132.



Subscription

Form

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

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

COUNTRY (If other than USA) _____ E

-MAIL ADDRESS _____

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

12 Step Volunteer Application

Name (First name and last initial): _____

Telephone Number: _____

Towns you will accept calls from: _____

Hours that you are available: _____

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

Other (Please specify) _____

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

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

Talk to a person on the phone Go to a persons home to talk *Give rides to AA Meetings Give rides to Detox *Meet someone at a meeting Other (please specify) _____

*It is suggested that a person NOT go on a twelfth step call alone to help an alcoholic who is still suffering. Also you should NOT drive a wet drunk to a treatment facility (detox) without having another A.A. member with you. If you circled either of these items, please be sure that you have another member of A.A. that is willing to go along with you.