



# The Beacon

Volume 13 Issue 7

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## Worcester Area Intergroup

100 Grove St., Suite 314

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[www.aaworcester.org](http://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 2011 to December 2011

**Editor:** Michelle G.

**Committee:** Gale P.

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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](mailto: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, Articles, and Tradition Checklists

[www.aagrapevine.org](http://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 SEVEN:** Humbly asked Him to remove our shortcomings.

#### **TRADITION SEVEN:**

Every AA group ought to be fully self-supporting, declining outside contributions.

#### **TRADITIONS CHECKLIST:**

- Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
  - Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
  - If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
  - Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
  - Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

#### **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 THE BEST FOR TODAY

*The principles we have set down are guides to progress.* ALCOHOLICS ANONYMOUS, p. 60  
Just as a sculptor will use different tools to achieve desired effects in creating a work of art, in Alcoholics Anonymous the Twelve Steps are used to bring about results in in my own life. I do not overwhelm myself with life's problems, and how much more work needs to be done. I let myself be comforted in knowing that my life is now in the hands of my Higher Power, a master craftsman who is shaping each part of my life into a unique work of art. By working my program I can be satisfied, knowing that "in doing the best that we can for today, we are doing all that God asks of us". Copyright © Daily Reflections, p. 191

### IDENTIFYING FEAR

*The chief activator of our defects has been self-centered fear. . . .* TWELVE STEPS AND TWELVE TRADITIONS, P.76

When I feel uncomfortable, irritated, or depressed, I look for fear. This "evil and corroding thread" is the root of my distress: Fear of failure; fear of others' opinions; fear of harm, and many other fears. I have found a Higher Power who does not want me to live in fear and, as a result, the experience of A.A. in my life is freedom and joy. I am no longer willing to live with the multitude of character defects that have characterized my life while I was drinking. Step Seven is my vehicle to freedom from these defects. I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear. This method works for me without fail and is one of the great miracles of my life in Alcoholics Anonymous.

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### THE HEART OF TRUE SOBRIETY

*We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open-mindedness are the essentials of recovery. But these are indispensable.*

ALCOHOLICS ANONYMOUS, p. 568

Am I honest enough to accept myself as I am to let this be the "me" that I let others see? Do I have the willingness to go to any length, to do whatever is necessary to stay sober? Do I have the open-mindedness to hear what I have to hear, to think what I have to think, and to feel what I have to feel?

If my answers to these questions is "Yes", I know enough about the spirituality of the program to stay sober. As I continue to work the Twelve Steps, I move on to the heart of true sobriety: serenity with myself, with others, and with God as I understand Him.

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### SURRENDER AND SELF-EXAMINATION

*My stability came out of trying to give, not out of demanding that I receive. Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.* THE LANGUAGE OF THE HEART, P. 238

### A PRAYER FOR ALL SEASONS

*God grant us the serenity to accept the things we cannot change, Courage to change the things we can, and wisdom to know the difference. †*

TWELVE STEPS AND TWELVE TRADITIONS, P.125

The power of this prayer is overwhelming in that its simple beauty parallels the A.A. Fellowship. There are times when I get struck while reciting it, but if I examine the section which is troubling me, I find the answer to my problem. The first time this happened I was scared, but now I use it as a valuable tool. By accepting life as it is, I gain serenity. By taking action, I gain courage and I thank God for the ability to distinguish between those situations I can work on, and those I must turn over. All that I have now is a gift from God: my life, my usefulness, my contentment, and this program. The serenity enables me to continue walking forward. Alcoholics anonymous *is* the easier, softer way.

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### 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](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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Make checks or money orders payable to Grapevine and mail to PO Box 422487, Palm Coast, FL 32142-2487. Canadian orders: 7 issues US \$27, 1 year (12 issues) US \$31. GST included. Outside the US or Canada: 7 issues US \$29, 1 year US \$39.

**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	Ferne S.	
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
Webmaster	John H.	webmaster@aaworcester.org
Joint Alcathon Committee	Joe 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](mailto: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.