



# The Beacon

Volume 12 Issue 8

August 2010

## Worcester Area Intergroup

100 Grove St., Suite 314

Worcester, MA 01605

(508) 752-9000

(508) 752-0755 (fax)

[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 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](mailto:haltline@aaworcester.org) or call Ferne at (508) 847 - 3802. 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.** Winners of Grapevine subscriptions: Sue N. has received her subscription won in June, Michelle G. won this months drawing.

## 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

**Joint Public Information Committee**— Worcester Area Intergroup Of-  
fice 100 Grove St. Suite 314—4th Monday of each month—7:00pm



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 EIGHT:** Made a list of all persons we had harmed and became willing to make amends to them all.

**TRADITION EIGHT:** Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

#### **TRADITIONS CHECKLIST:**

*TRADITION EIGHT: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

Is my own behavior accurately described by the Traditions? If not, what needs changing?

When I chafe about any particular Tradition, do I realize how it affects others?

Do I sometimes try to get some reward - even if not money - for my personal AA efforts?

Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?

Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?

In my own AA life, have I any experiences which illustrate the wisdom of this Tradition.

Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition - How It Developed?

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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 off 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****LIVING IT**

*The spiritual life is not a theory. We have to live it.*

ALCOHOLICS ANONYMOUS, p. 83

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.

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**LISTENING DEEPLY**

*How persistently we claim the right to decide all by ourselves just what we shall think and just how we shall act.*

TWELVE STEPS AND TWELVE TRADITIONS, P.37

If I accept and act upon the advice of those who have made the program work for themselves, I have a chance to outgrow the limits of the past. Some problems will shrink to nothingness, while others may require patient, well-thought-out action. Listening deeply when others share can develop intuition in handling problems which arise unexpectedly. It is usually best for me to avoid impetuous action. Attending a meeting or calling a fellow A.A. member will usually reduce tension enough to bring relief to a desperate sufferer like me. Sharing problems at meetings with other alcoholics to whom I relate, or privately with my sponsor, can change aspects of the positions in which I find myself. Character defects are identified and I begin to see how they work against me. When I put my faith in the spiritual power of the program, when I trust others to teach me what I need to do to have a better life, I find that I can trust myself to do what is necessary.

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**TOWARD EMOTIONAL FREEDOM**

*Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one.*

TWELVE STEPS AND TWELVE TRADITIONS, P.80

Willingness is a peculiar thing for me in that, over a period of time, it seems to come, first with awareness, but then with a feeling of discomfort, making me want to take some action. As I reflected on taking the Eighth Step, my willingness to make amends to others came as a desire for forgiveness, of others and myself. I felt forgiveness toward others after I became aware of to whom I had harmed and that I had been my own worst enemy. In order to restore my relationships with my fellow human beings, I knew I would have to change. I wanted to learn to live in harmony with myself and others so that I could also live in emotional freedom. The beginning of the end to my isolation—from my fellows and from God—came when I wrote my Eighth Step list.

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**THIS WORKS, IF YOU WORK IT!!! So work it, because you are worth it!**

***DISTRICT 26 UPCOMING EVENTS***  
**SOBER DANCE CRUISE 2010**

Saturday August 14th 7:30 PM-10:30 PM Rain or Shine

Boston Harbor Cruise aboard the "Fredrick L. Nolan Jr." Dance under the stars with a D.J. on the top level, kick back on the 1st and 2nd levels.

Location: Long Wharf Boston, MA Boarding begins at 7:00, departs at 7:30 SHARP!

Tickets: \$10. Contact: Karen M. 978 386 7154 or Frank G 978 940 9785

**WEEKEND CAMP OUT: JULY 30-31st 2010**

Lake Dennison Recreation Area, Rte. 202 across from Lucky Dragon, 219 Baldwinville State Rd., Winchendon. BRING YOUR OWN TENTS! BRING YOUR OWN FOOD. \$5.00 per person per night. MUST PRE-REGISTER. Hot dogs and smores provided. Contact: Larry B. 978 660 1815 or Frank G. 978 840 9785 Visit website: [www.26ac.org](http://www.26ac.org)

**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

**YES** I want to receive the experience of strength, and hope of Grapevine.

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Make checks or money orders payable to Grapevine and mail to: PO Box 422488, Palm Coast, FL 32142-2488. Canadian orders: 7 issues US \$21, 1 year (12 issues) US \$31. GST included. Please add 14% GST to Canadian orders. US \$39.

Order by phone 1-800-631-6025 (US) 1-386-245-0245 (International)

AA Grapevine does not accept group contributions. It is self-sustaining through the sale of individual subscriptions and Grapevine items. Grapevine and all Grapevine items are priced at package or the lowest possible price.

6/20/10

## Intergroup Officers & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Billy B.	chair@aaworcester.org
Alt. Chair	Maura R.	
Secretary	Marc B.	secretary@aaworcester.org
Treasurer	Dot B.	treasurer@aaworcester.org
Alt. Treasurer	Ginny S.	
Trustees	Bob L., Joe N., Michelle N., Bob D.	
Office Manager	John H.	steps@aaworcester.org
Joint Treatment Facilities	Rich D.	treatment@aaworcester.org
Joint Correctional Facilities	Joe N.	corrections@aaworcester.org
Halt Line	Ferne S.	haltline@aaworcester.org
Social Committee	Maura R.	social@aaworcester.org
Joint Public Information	Hermis Y. (Junior)	pichair@aaworcester.org
Webmaster	John H.	webmaster@aaworcester.org
Joint Alcathon Committee	Michelle N.	
Beacon Editor	Michelle G.	beacon@aaworcester.org
Liaison to District 25	Jane P.	
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 Worcester Area Intergroup Delegates and Steering Committees will now be meeting at Veterans Inc., South St. in Shrewsbury on the 2nd Thursday of each month. Same times as previous (see page 1). The FOUR CORNERS group now meets on Thursday night from 8:00 —9:00 P.M., with all AA business conducted after the meeting. ***The Wednesday night Big Book meeting at the ARC in Marlboro (33 Main St.) no longer exists. It has officially closed!!***

**NEW MEETING:** Fridays in Hopedale — Friday Night Lights, ODNs, Sacred Heart Church, 187 Hopedale St., Hopedale, 8:00-9:00 P.M. **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.