

January 2006



The Beacon

Volume 8 Number 1

Email: AABeacon@RCN.COM

12 signs of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen
2. Frequent attacks of smiling
3. Feelings of being connected with others and nature
4. Frequent overwhelming episodes of appreciation
5. A tendency to think and act spontaneously rather than from fears based on past experiences
6. An unmistakable ability to enjoy each moment
7. A loss of ability to worry
8. A loss of interest in conflict
9. A loss of interest in interpreting the actions of others
10. A loss of interest in judging others
11. A loss of interest in judging self
12. Gaining the ability to love without expecting anything in return

Is sobriety all we can expect of a spiritual awakening? No, Sobriety is only a bare beginning.

As bill sees it pg. 8

A fellow A.A. calls for help!

Pat K. an old timer (30 years) from Worcester is in a nursing home and is looking for AA members to come and visit. Please call the Intergroup office 508-752-9000 or email the Beacon: aaBeacon@rcn.com to find out how to get in touch with her.

Worcester Area Intergroup

NEW MEETING TIME

The Steering committee *only* meeting has changed it's starting time from 6:15 pm to **6:00PM** the 2nd Thursday of the month.

****In the event of a Storm call** the Intergroup office to find out if the Steering committee meeting & Delegates meetings have been cancelled. Call after 3:30 PM

508-752-9000

Step One

Admitted we were powerless over alcohol ~ that our lives had become unmanageable

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity.

Concept One

The Final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship

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 September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

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On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklist's

www.aagrapevine.org/stepsTrads/stepsTrads_index.html

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 A.A. remarks, such as comparing one group with another or contrasting A.A. in one place with A.A. in another?

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

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

Am I as considerate of A.A. 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 A.A. meetings or read enough A.A. literature to really keep in touch?

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

W.A. I. Needs your help!

There are service positions that are unfilled.

Join us the 2nd Thursday of each month 7:00pm St. Joan of Arc Church Lincoln Street

Positions Open:

- Alternate Treasurer
- Corrections Chair
- Liaison to Area 30

Thank you to the Alcaathon Committee for all the tireless effort they put into making all three Alcaathons so successful!

Great job ~ Billy (Intergroup chair) & Tina (District 25 Chair)

And all the "behind the scenes" people who volunteered

*God does not require that we be successful, only that we be faithful ~
Mother Theresa*

"We pause...and ask" ~

As we go through our day we pause, when agitated or doubtful, and ask for the right thought or action. Big Book pg. 87

SPONSORSHIP CORNER:

Continued from December issue...

Must the newcomer agree with everything the sponsor says?

If the sponsor's ideas sound strange or unclear, the newcomer had better speak up and ask questions. There is supposed to be an easy, open relationship, in which both parties talk freely and honestly with each other.

The A.A. program is simple, but it didn't seem that way at first. Often, we learned by asking questions, at closed meetings or—most especially—in conversations with our sponsors.

What if the sponsor is unavailable when needed?

It is the whole A.A. program—not the individual's sponsor—that maintains the newcomer's sobriety. Sponsorship is just the best way we know of introducing a newcomer to the program.

So we have many resources when we are unable to contact our sponsors. We can telephone other members; go to an A.A. meeting; phone or visit the nearest A.A. office or clubroom for sober alcoholics; read A.A. books or pamphlets or our magazine, the A.A. Grapevine, to find answers for almost any problem troubling us at the moment.

May a newcomer have more than one sponsor?

Many feel it is best for a newcomer to have only one sponsor. Choosing one sponsor helps to avoid the precarious practice of a newcomer going from sponsor to sponsor seeking the advice he or she *wants* to hear.

However, some newcomers benefit from more than one sponsor. Here is the newcomer shares in a wide range of experience and hears a great variety of ways to use the A.A. program. In addition, this is a means of averting the crisis in the preceding question—it is unlikely that the two or more sponsors would be unavailable at the same time.

May a newcomer change sponsors?

We are always free to select another sponsor with whom we feel more comfortable, particularly if we believe this member will be more helpful to our growth in A.A.

*Reprinted with AAWS permission ~ questions & answers on sponsorship P. 10-11

Many groups have temporary sponsors ~ these are people that are willing to; talk, have coffee, answer questions, go to meeting with you & introduce you to other A.A.'s until you find a sponsor.

If you don't have a sponsor get one!



A word on anonymity:**Some questions and answers about anonymity**

* Reprinted with AAWS permission Understanding Anonymity pamphlet pgs 7-9

A.A. members as well as many people outside the program are sometimes puzzled about how to put the principle of anonymity into practice. Some of the most frequently asked questions about both personal anonymity and the anonymity at the media level:

Personal anonymity

Q. After I tell my loved ones about my A.A. membership, should I ask them not to disclose this information to anyone else?

A. This is entirely a personal matter, but it is usually best for all concerned to let the A.A. member decide who shall be told and when.

Q. If relatives, friends, and business associates comment on my improved appearance and functioning after I become sober, should I tell them I'm in A.A.?

A. Members of the immediate family and close friends are usually pleased to learn about an alcoholic's membership in A.A. As for business associates, it might be best simply to say that you've stopped drinking and postpone decision about disclosing your membership until after you have been in the fellowship for several months.

Q. What should I do if I meet old acquaintances at A.A. meetings?

A. You need to ask them to protect your anonymity; they are there for the same, or similar reasons. They will generally respect your privacy and you in turn, should respect theirs.

Q. What if I see public figures at a meeting?

A. Like everyone else, public figures should have the protection of anonymity to the extent that they desire it.

Q. I know that I should not reveal the names of members that I learn in A.A. meetings, but what about other personal information?

A. It is understood by A.A. members that personal disclosures made in A.A. meetings are to be treated as confidential. For example, if friends outside the program are acquainted with some of your A.A. friends and know of their membership, you should be careful not to violate confidences picked up at meetings, however harmless they may appear at the time.

Q. Should I tell people who seem to have a drinking problem about my A.A. affiliation?

A. This is a personal matter. However, the spirit of the program is one of sharing and a recent study of A.A. members shows that a high portion of them joined the fellowship through another member. Before reaching a decision about such matters, most members find it helpful to discuss them with sponsors or A.A. friends.

Q. Should I reveal my anonymity to my boss so that I can attend A.A. meetings regularly?

A. Asking for special favors because of A.A. membership is not in the spirit of anonymity Tradition.

Next month Anonymity at the media level...

THE HOME GROUP:

Social committee is Planning events they meet 3rd Thursday at Intergroup

....Continued from the December issue: "the AA group" pamphlet pgs 25-26

Tradition Seven: Every A.A. group ought to be fully self-supporting, declining outside contributions.

Treasurer: A.A. groups are self-supporting through their members voluntary contributions. Passing the basket at meetings usually covers the groups monetary needs, with enough left over so the group can do its fair share of supporting the local Intergroup (central office), the general service district and area and the General Service Office.

No one is obligated to contribute, but most people do. Those who can are generally willing to put a bit extra into the basket to make up for those who can't. Group funds ordinarily are earmarked for such services as:

- Rent
- AA literature
- Local meeting lists, usually purchased from your nearest intergroup office (central service), district or general service area committee
- Coffee and refreshments
- Support of all A.A. service entities, usually on a monthly or quarterly basis.

Treasurers generally maintain clear records (a ledger book is helpful) and keep their groups informed about how the money is taken in and how it is spent. They make periodic reports to the group and post financial statements quarterly. Problems can be avoided by keeping group funds in a separate group bank account that requires two signatures on each check.

A.A. experience shows that it is not a good idea for groups to accumulate large funds in excess of what is needed, plus a prudent reserve, an amount to be determined by the group conscience. Group troubles may also arise when extra-large donations—in money, goods or services— are accepted from one member.

The conference-approved pamphlet "self support— where money and spirituality mix" makes suggestions as to how groups may support A.A. services.

Additionally, G.S.O., area and sometimes district committees and your local intergroup accept contributions from individual A.A. members—not to exceed \$2,000.00 in any one year. Bequests or in-memorial contributions of not more than \$2,000.00 are acceptable on a one-time basis, but **only** from A.A. members.

Some members celebrate their A.A. anniversary by sending a gratitude "gift" to the General Service office for it's world services—usually one dollar for each year of sobriety. For additional information talk to your general service representative or write to G.S.O.

The H.A.L.T. line needs your help!

The halt line is the 24hour answering service for 12 step calls and meeting information .

You can volunteer for 1 hour or more to answer calls. You may do it from home or from your cell.

Call the halt line chair—Scott L.

 email haltline@rcn.com for more information.

Hours available: MONDAY 1:00am—10:00am , TUESDAY 12:00AM-3:00AM , WEDNESDAY 1:00AM - 5:00AM , THURSDAY 12:00AM—5:00AM, & 6:00AM-9:00AM, FRIDAY 6:00AM- 8:00AM ~ we can't keep it unless we give it away~

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. Comments, questions and articles may be directed to The Beacon.

The Beacon—100 Grove Street Suite 309 Worcester, MA 01605

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We hope you enjoy the changes!



Steering Committee & Committee Chairpersons

| <u>Position</u> | <u>Name</u> | <u>eMail Address</u> |
|------------------------------------|---|--|
| Chairperson | Bob McC. | Intergroupchair@rcn.com |
| Alternate Chair | Harry H. | |
| Secretary | Brandy H. | Intergroupsecretary@rcn.com |
| Treasurer | Mary M. | Intergrouptreasurer@rcn.com |
| Alternate Treasurer | Jeanne L. (temporary) | |
| Trustees | Ellen McQ. Bob D. Jeanne L , Laraine S | |
| Office Manager | John H. | steps@rcn.com |
| Treatment Facilities | Sue N. | treatment@rcn.com |
| Correctional Facilities | Open | Corrections@rcn.com |
| H.A.L.T. Line Chairperson | Scott L. | haltline@rcn.com |
| Social Committee | Kolleen H. | Social@rcn.com |
| Public Information | Bruce W. | PIChair@rcn.com |
| Webmaster | Bruce W. | webmaster@rcn.com |
| Liaison to District 25 | Mary M | |
| Liaison to Area 30 | OPEN | |
| Alcathon Committee | Billy - Intergroup | |
| Co—Chairs Intergroup & District 25 | Tina P.—District 25 | |
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Worcester Area Intergroup

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Office Hours:

Monday 10am-2pm

Tuesday 10am-8pm

Wednesday 10am-8pm

Thursday 10am-8pm

Friday 10am-2pm

Saturday 9am-2pm

Sunday **CLOSED**

Rule 62 “ Don't take yourself too damn seriously.”

- *Drunk is feeling sophisticated when you can't even say it.*
- *I was never a sloppy drinker. I was always very proper- I always made sure my drink was on the bar before I fell off my stool—Brian D Minneapolis*
- *If I could be a normal drinker, I'd drink all the time—Cliff, Portland*
- *How many sponsors does it take to change a light bulb? One- as long as the light bulb is willing to change—Carlos S. Alamos*
- *Every saint has a past and every sinner has a future—Oscar Wilde*
- *It's alcohol-ism not alcohol-“was”-m*
- *Never play leapfrog with a unicorn*



| Service Meetings Monthly Schedule | | | |
|--|--|--------------|----------------|
| InterGroup/District 25 & 26 | | | |
| Public Information | Intergroup Office 100 Grove St. # 309 Worcester | 4th Monday | 7:00 pm |
| District 25 (GSR's) | St. Joan of Arc Church 570 Lincoln St. Worcester | 1st Tuesday | 7:30 pm |
| Joint Corrections | Intergroup Office 100 Grove St. # 309 Worcester | 2nd Tuesday | 7:00 pm |
| District 25 - CPC Committee | Intergroup Office 100 Grove St. # 309 Worcester | 2nd Wed. | 6:30 pm |
| District 26 (GSR's) | Local 60 Union Hall Mechanic St. Leominster | 1st Thursday | 7:00 pm |
| Steering Committee | St. Joan of Arc Church 570 Lincoln St. Worcester | 2nd Thursday | 6:00 pm |
| Intergroup Delegates | St. Joan of Arc Church 570 Lincoln St. Worcester | 2nd Thursday | 7:00 pm |
| Social Committee | Intergroup Office 100 Grove Street # 309 Worcester | 3rd Thursday | 6:30 pm |
| Joint Treatment | Intergroup Office 100 Grove St. # 309 Worcester | 4th Saturday | 10:00 am |
| Area 30 | | | |
| Grapevine Committee | Boston Central Service 368 Congress St. Lower Level Boston | 4th Sunday | 1:00pm |
| Literature Committee | Carter Methodist Church 800 Highland Ave. Needham | 1st Monday | 7:30pm |
| Eastern Mass. GSC | St. John's 80 Mt. Auburn Watertown | 4th Wed. | 8:00pm |
| Joint Public Information | Boston Central Service 368 Congress St. Lower Level Boston | 1st Thursday | 7:00pm |
| CPC Committee | Boston Central Service 368 Congress St. Lower Level Boston | 2nd Thursday | 7:00pm |
| Archives Committee | St. John's 80 Mt. Auburn Watertown | 3rd Thursday | 7:30pm |
| Corrections Committee | Boston Central Service 368 Congress St. Lower Level Boston | 4th Thursday | TBD |
| Joint Treatment Facilities | St. Paul's 59 Court Street Dedham | 3rd Friday | 8:00pm |

FOR THE READER BY THE READER:

Submit your article to aabeacon@rcn.com or
Mail to 8 meadow Lane Dudley, Ma 01571

~Upcoming Events ~

Worcester Area Intergroup Social committee has been busy planning events, here's a look at the upcoming list:

Roller Skating 2nd weekend in January, Bowling 4th weekend in January, Tubing in February, 2nd Chance Prom Night in April , Hiking at Mt. Monadnock & full moon hiking at Mt. Wachusett when warm weather comes again !

Check the Website for up to the minute date and time information www.aaworcester.org or get Flyers from the Intergroup office.

Questions??? Email: social@rcn.com or call the Intergroup office 508-752-9000

The social committee meets the 3rd Thursday of the month at the Intergroup office 100 Grove Street # 309—if you want to be a part of the planning—They can use your help!

January 8 2006 ~ Area 30 Kickoff Assembly Hosted by District 26 ~ St. Edwards School Gymnasium North Montello Street Brockton MA. 9-4 PM

District 26 will host a Comedy Night Jan 14th tickets available only at meetings in D-26 (raffle)
To check out other social events in District 26 check out the web site: www.d26ac.org

| | |
|----------------------|---|
| February 9-12 2006 | International AA women's Conference, Minneapolis -St.Paul, MN Web site : www.IAAWC.org for more info. |
| February 24-26, 2006 | NERAASA 2006 Sheraton Burlington VT. Jacki P. [REDACTED] |
| March 24-26 2006 | 2nd Annual International Big Book Step Study Convention Florida Atlantic University, Glades Rd. Boca Raton Fl. |

March 24-26, 2006 ~ 30th Rhode Island Convention ~ Web site <http://www.rhodeisland-aa.org/ricc>

A New Meeting is looking for support!
B.Y.O.C. (bring your own coffee)
OD-Saturdays 7:00-8:00am
United Methodist Church
Linwood Ave. Whitinsville (Northbridge) Ma

