

November 2005



The Beacon

Volume 7 Number 11

Email: AABeacon@RCN.COM

November is Gratitude month :

I have heard many times within the halls "A grateful heart will NOT drink".

- With all the devastation in the wake of Hurricane's Katrina & Rita, BOX 459 has published a Special Insert "Hurricane Katrina-How can I help?" it is available online at www.aa.org/hurricanekatrina.pdf.
- If you wish to help out locally.... There are people from the Gulf coast that are at Edwards Air Force Base in need of Literature. Email: secretary@RCN.Com for more info.
- As A.A. co-founder Bill W. wrote in 1959 " Gratitude should go forward, rather than backward....if you carry the message to still others, you will be making the best possible repayment for the help given to you." (As Bill Sees It. P.29)
- Another suggested way to express your gratitude is Financial support. Box 459 ran a story in last months issue ; "Sober Recollections Evoke the Spirit of Gratitude Month" we have printed some excerpts form this article. " Gratitude is a serious-sounding, high-dignity word but, as babs's "hair curling" experience shows, it's close companions are humor and joy. The Big Book (p.132) concurs: "outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have helped others to recover. What greater cause could there be for rejoicing than this?"
- I have heard at meetings: "who do I Pay for this?" (the new life I've been given)
- GSO & WAI have envelopes for birthday & Group contributions that are free of charge. your financial support helps to carry the message to the still sick and suffering.

~Wishing all our readers a sober and Thankful Thanksgiving. In service—Ellen McQ Editor 05-06

District 25 & Worcester Area Intergroup jointly support

The Thanksgiving Alco-thon

Sacred Heart Church—Cambridge Street, Worcester, Ma.

Noon Wednesday 23rd-Midnight Friday 25th

LEARN TO LISTEN ...LISTEN TO LEARN

Featured Articles Every month

- *Sponsorship- Pg 3.*
- *A word on Anonymity -Pg. 4.*
- *The Home Group—Pg. 5*
- *Halt line available hours p. 5.*
- *Editorial -Statement of purpose P. 6*
- *Rule 62—pg 7.*
- *Service committee meetings p. 7*
- *For the reader by the reader 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.

**~LIFE IS A BALANCE BETWEEN HOLDING ON
.....AND LETTING GO ~**

Step Eleven
(Recovery)

Tradition Eleven
(Unity)

Concept Eleven
(Service)

*“Sought through prayer and meditation to improve our conscious contact with God **as we understood him**, praying only for knowledge of his will for us and the power to carry that out.”*

Our Public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

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

- | | |
|---|--|
| 1. Do I sometimes promote AA so fanatically that I make it seem unattractive? | 4. Am I ashamed of being a recovered, or recovering, alcoholic? |
| 2. Am I always careful to keep confidences reposed in me as an AA member? | 5. What would AA be like if we were not guided by the ideas in tradition eleven? Where would I be? |
| 3. Am I careful about throwing AA names around-even within the fellowship? | 6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself? |

Worcester Area Intergroup

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

In meditation, debate has no place. We rest quietly with the thoughts or prayers of spiritually centered people who understand, so that we may experience and learn. This state of being that so often discovers and deepens a conscious contact with God.—Twelve and Twelve pp. 100-101

District 25 & Worcester Area Intergroup

The Alco-thon Hosting Committee Needs help!

Do you have an Hour to donate? You or your Group would be responsible for making Coffee and light clean up.

If interested Please call Tina P. [REDACTED] Or

Adriana T. [REDACTED] email: Advi2679@aol.com



SPONSORSHIP CORNER:

What Sponsorship means to me:

When I came to "AA" I was confused & sick physically & emotionally & consumed with guilt & fear. I had absolutely NO idea what AA was or what recovery was about. All I knew was that when I stepped into the door there was "something" in these halls that lead me to believe that there is an element of peace & love here that I have never felt before. A woman named Mary Mac. Approached me & said she would be my sponsor— I said "well I'm not sure if I am an alcoholic or not; she stated "if you look like a duck, walk like a duck, chances are you are one" people were approaching me from all angles and had the audacity to ask if I had found a sponsor yet. That was 30 years ago. I had Mary M. for the 1st 3 years. As she said "we know how to get drunk; but you don't know how to get sober" I had one slip and came back to the program "willing as the dying can be ` to go to any lengths for my sobriety" I was told (suggestions) what meetings to go to, where to sit, who to talk to, who to call-to utilize the phone, "it's a meeting between meetings" I had to learn to trust the experience of the "old timers", the ones who went before me. One very important thing is I MUST learn to take suggestions-"when all else fails try following suggestions" suggestions like— go to meetings-I was told to go to Monday and Friday Holy Cross step meetings—Wednesday night Home group and I could choose whatever meetings I wanted on the weekend. Noon time meetings were great but I couldn't count them as one of my meetings. They said "you get real recovery at the night time meetings." one good suggestions was "stick with the winners" - also get on you knees every morning and ask for help-thank him at night if you were successful "utilize the telephone" talk to other alcoholics who are serious about recovery" many more life saving suggestions were given— such as "don't go on the track if you don't want to get hit by the train" "make gratitude list every day" Gratitude is a very important tool for recovery. As that is the first thing to go when we get "off the beam" So please don't hesitate to get a sponsor— we need the life saving guidance to get through this program One day at a time" Procrastination can be fatal"

In the fellowship of the spirit-Ruth M.

Take My Advice—I'm Not Using It

I was feeling rather depressed and called my sponsor and found her in a similar mood. I said,"What shall I do?" At first she said, "I don't know. If you figure it out call me back." The because she is a loving person, a good friend, and has a terrific grasp of the AA program, she shifted into sponsorship gear and told me to do the following:

1. Wear life like a loose garment.
2. Don't take myself so seriously.
- 3.Count my blessings.
4. Find another alcoholic to work with.
5. Read the Big Book and go to a meeting.

The she laughed and said, "Take my advice-I'm not using it."

I called one of my sponsees, and she was also in a negative frame of mind. I addressed her problem and suggested one through five listed above. She said she had a sponsee in a melancholy mood. I proposed that I and my sponsor, she and her sponsee could form a singing group called The Depressions and sing the blues. She was not amused.

Later in the day my sponsor dropped by with another friend for coffee-what a change! She'd made a Twelfth Step call and taken another alcoholic to a detox. They recounted how she looked like ten miles of bad road, was ill and full of fear and remorse. Suddenly we were all full of gratitude and laughing at the insanity of self-pity and self-imposed depression. We remembered all the pain and confusion of our early days in Alcoholics Anonymous.

The simplicity of this program never changes-what works is constant:trust in God, clean house, and work with others.

Terry B.

Concord, California reprinted from the AA Grapevine, Volume 53, Issue 12, May 1997



A word on anonymity:

Alco-thon's are at : Sacred Heart Church Cambridge Street
Drawings for slots Nov 1 District (GSR) Nov 10 InterGroup

Honor not me--Honor AA and my anonymity Bill tried to maintain a delicate balance between the spiritual need to preserve the vital Tradition of anonymity in AA and the practical impulse to bring AA to the attention of struggling alcoholics....."Alcoholics Anonymous does not publicize its leaders by name, picture or extensive personal description. This tradition, strictly binding on me, enjoins us to place principles before personalities. Such is the scope of our anonymity. To us it has immense spiritual significance, it is probably the greatest protective device against exploitation and big-shotism that AA will ever have."

"Because of AA's principle of anonymity at the public level—the most important tradition we have...to act fully in the spirit of anonymity, I would surely have to reject the creation of any marked image of myself, whatever the immediate benefits to AA might be. Let me try to make this a bit clearer:

"AA's anonymity has a three-fold purpose:

1. It makes new people more willing to approach us.
2. It prevents over-eager members from being AA public figures, with the object of them using the AA name to secure publicity and raise money for other enterprises.
3. From a spiritual point of view, it manifests the complete willingness of each of us to abandon—in the vital interest of AA as a whole the reckless pursuit of prestige and power which once wrecked so many of our lives and which so menacingly characterizes the world around us today. Nor do we dare meet the prestige temptation naked—hence, anonymity before the general public, in letter and spirit.

"Therefore it follows that anonymity requires that none of us accepts public honors or public acclaim for AA work, even though we stay technically within the minimum requirement of 'no names, no pictures.'

(excerpts taken from the AA grapevine digital archives volume 60 Issue 9 February 2004)

A few weeks ago, an AA friend called me to ask if I had the phone number of Helen, a member in good standing and regular at groups all three of us attended. He was anxious to contact her about speaking at a meeting he was leading.

I did not have her number. And no, I did not know her last name. My friend finally gave up and asked someone else.

The lady was no newcomer; I have been sitting in meetings with her for at least six or seven years. But during all that time, she has been content to give her name as Helen—plain, unadorned, "Helen"—isolated and uncommitted.

Here in the northern Virginia area (and elsewhere I understand), the practice of "first names only" has become all too common. In fact, I am tempted to start a new fellowship known as "Anonymous Anonymous," in which only first initials will be given at meetings. Newcomers could give a number. But if I did start such a group, I would have to throw out A.A.'s Eleventh Tradition.

That Tradition reads: "our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

There is nothing in the Tradition that remotely suggests anonymity at the group level. In fact, Dr. Bob, AA's co-founder, went so far as to charge those who withhold last names at AA meetings with violating the Tradition, as witness this passage from the book *Dr. Bob and the Good Old Timers*:

"In an article in the February 1969 Grapevine, D.S. of San Mateo, California, wrote that Dr. Bob commented on the Eleventh Tradition as follows:

"Since our Tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition.

"The AA who hides his identity from his fellow AA by using only a given name violates the Tradition just as much as the AA who permits his name to appear in the press in connection with matters pertaining to AA.' "

The problem may be that too many A.A.'s fail to read the Traditions. Every meeting that I attend on the Eleventh Tradition reflects a misunderstanding on the part of a significant number of members.

Reprinted from Grapevine Article

THE HOME GROUP:

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

Coffee, tea and fellowship

Many AA members report that their circle of AA friends has widened greatly as a result of coffee and conversation before and after meetings. Most groups depend on their members to prepare for each meeting, serve the refreshments, and do K.P. afterward. You often hear A.A. members say that they first felt "like members" when they began making coffee, helping with the chairs, doing the "dishpan" therapy. Some newcomers find that such activity relieves their shyness and makes it easier to meet and talk to other members. (p. 20 The AA group pamphlet)

What do A.A. group members do?

" I am responsible...when anyone, anywhere, reaches out for help I want the hand of A.A. always to be there and for that I am responsible." in short, when newcomers walk into our meeting rooms, we want A.A. to be there for them as it was for us-something we can do continuously only if we function as a group.

But, for a group to keep going, all kinds of jobs must be done. It is through combined efforts and ongoing commitment of group members that:

- A meeting place is provided and maintained
- Programs are arranged for the meetings.
- Contributions are collected, and properly allocated and spent
- A.A. Conference approved literature on hand
- Grapevine literature and lists of local group meetings are available
- Refreshments are often available
- Alcoholics in the area learn that A.A. is available and how to find it.
- Calls for help are answered.
- Groups problems are aired and resolved
- Continuing contact is sustained with the rest of A.A.-locally through the intergroup (central office), district and area's general service committee; nationally and internationally, through the General Service Office in New York. (p. 22-23 The AA Group Pamphlet) reprinted with permission

H.A.L.T. Line need your help!

The following chart shows the available hours that need to be filled on the H.A.L.T. Line.

During the hours listed below there is nobody to answer the phones when someone calls looking for a meeting in the area.

Contact the haltline chair at Haltline@rcn.com or via the Intergroup office 508-752-9000 to volunteer

"...We can't keep it unless we give it away..."

Day	Available Hours		
Sunday	All slots filled!		
Monday	All slots filled!		
Tuesday	All slots are filled!		
Wednesday	1 am- 5 am		All other slots filled!
Thursday	3:00 - 4:00 am	4:00 - 5:00 am	5:00 - 8:00 am All other slots Filled!
Friday	6 am-9 am	All other slots filled !	
Saturday	All slots filled !		

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

The Beacon Staff: September 2005-December 2006

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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	Charlie	webmaster@rcn.com
Liaison to District 25	Mary M	
Liaison to Area 30	OPEN	
Alcathon Committee	Billy - Intergroup	Call [REDACTED] If you want to help.
Co—Chairs Intergroup & District 25	Tina P.—District 25	
Beacon Editor	Ellen McQ .	AAb beacon@rcn.com or [REDACTED]

Worcester Area Intergroup

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www.aaworcester.org

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."

~The best thing about the future is that it comes only one day at a time. - Abraham Lincoln

~Patience is needed with everyone, but first of all with ourselves.- St. Francis De Salles

~My drinking could be divided into three stages: impulsive, compulsive, and repulsive.—Gary, Ontario

~Poor me and The Great I—Am are identical twins. They're both looking for all the attention they can get.

~I don't get well to go to God . I go to God to get well. Sandy A.

~This is not an overnight matter. It should continue for our lifetime. Alcoholics Anonymous p.84

~To experience a feeling is to open a window to our soul. Sarah Desmond

~The alcoholic is the one with both feet planted firmly in mid air. Jo Jo



36 Hours of continuous Meetings...
Alco- thons are at Sacred Heart Church
Cambridge Street—Worcester

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	6:15 pm
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	Sacred Heart Church 595 Cambridge St. 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:

"I am Jack"

I am an alcoholic sober over 20 years and realize that when you get then you Give. When I am giving to the new comer it allows me freedom to be me. The AA program will always be my guide in living life. I love tomorrow because I live my life "one day at a time" the newcomer always encourages me to be; Humble, fair and loving. I live a simple life working part time, talking with my daughters often, going to several meetings weekly and learning about myself. I always enjoy my weekends which consist of meetings, being with AA friends and attending Pow Wows. (American Indian) I accept my disease and know it remains in remission as long as I don't take the first drink, which leads to a Drunk. Today is the day that I learn to listen and listen to learn. I am grateful that I keep my life awful simple otherwise my life would be simple awful. When it comes to change—Things don't change we do. I'm not a person trying to get good, I'm a sick person trying to get well. I also realize that alcoholism is an equal opportunity illness. That is why I put on presentations at local area organizations and clubs*. If I bring the mind the body will follow. I stay out of controversial matters! it's just this simple "when the student is ready the teacher will appear" when the alcoholic gains control it's just the long way of spelling GOD—Yours in faith, Phillipston, MA.

*edited for content by the editor

~Upcoming Events ~

November 1	Slots for Thanksgiving Alcathon drawn at district 25 Meeting-(see pg.7 for info)
November 10	Slots for Thanksgiving, Christmas & New Year's Alcathon's drawn.
Monthly Mtg Schedule	September 8, October 13, November 10, December 8.

District 26 is Hosting Thanksgiving Alco-thons on thanksgiving Day: Ayer Ma St. Andrews w. Main Street 8am-12MN & Gardner Ma Knights of Columbus Hall 12Noon-6PM

November 11-13	42nd Massachusetts State Convention hosted by areas 30 & 31 "Sponsorship, Service and Self-Support in a Changing World" Sheraton Framingham Hotel 1657 Worcester Road Route 9 westbound Framingham MA.
February 9-12 2006	International AA women's Conference, Minneapolis -St.Paul, MN Web site : www.IAAWC.org for more info.
March 24-26 2006	2nd Annual International Big Book Step Study Convention Florida Atlantic University, Glades Rd. Boca Raton Fl. More info at : www.bbssconvention.org

District 26 will host a Christmas Breakfast December 3rd and a Comedy Night Jan 14th call Tom K. for info 978-342-8169

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

