

May 2007



# The Beacon

Email: [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

Volume 9 Number 5

## Letter from the Editor

It is both exciting and a challenge to be taking over from our previous editor, Ellen Mc'Q. I am discovering each day that there is nothing like actually doing the job to give one an appreciation for the great effort done by all our predecessors.

Since there has not been a new issue for four months, some things in the next couple of issues will be familiar to many of you, which, nonetheless may be of help to newcomers who have not yet seen a copy of the Beacon.

Next month we plan to resume publishing a bookie list pull-out page. The list from December is largely out of date because there are so many changes constantly going on throughout all the Worcester groups. We basically have had to start over from scratch.

If you have any ideas or suggestions for things you would like to see in the Beacon, please email me at [beacon@aaworcester.org](mailto:beacon@aaworcester.org).

## AA Wisdom

Alcohol gave me wings to fly  
Then it took away the sky.  
-AA Big Book

Resentment is like taking poison  
and waiting for the other person to die.  
-Malachy Mc Court

When I turned myself over to God  
I took my life out of the hands of an idiot

Honesty gets us sober  
tolerance keeps us sober  
- Bill W

Step Five

Tradition Five

Concept Five

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs ."

"Each group has but one primary purpose — to carry its message to the alcoholic who still suffers. "

"Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances

**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.

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

[www.aagrapevine.org/stepsTrads/stepsTrads\\_index.html](http://www.aagrapevine.org/stepsTrads/stepsTrads_index.html)

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1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?

2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?

3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?

4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?

5. Do I help my group in every way I can to fulfill our primary purpose?

6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

*OK...get off the cross, we need the wood.*

Under very trying conditions, I have had, again and again, to forgive others— also myself. As Bill Sees It, p.268

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Forgiveness of self and forgiveness of others are just two currents of the same river, both hindered or shut off completely by the dam of resentment. Once that dam is lifted, both currents can flow. The steps of A.A. have allowed me to see how resentment has built up and subsequently blocked off this flow in my life. The Steps provide a way by which my resentments may — by the grace of God as I understand Him — be lifted. It is as a result of this solution that I can find the necessary grace which enables me to forgive myself and others.

Daily Reflections, p. 146

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Toward Honesty

The perverse wish to hide a bad motive underneath a good one permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit and correct these flaws is the essence of character-building and good living.

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The deception of others is nearly always rooted in the deception of ourselves.

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Somehow, being alone with God doesn't seem as embarrassing as facing up to another person. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is still largely theoretical. When we are honest with another person, it confirms that we have been honest with ourselves and with God.

As Bill Sees It, p. 17

THE PAST IS OVER

AA experience has taught us that we cannot live alone with our pressing problems and the character defects which cause or aggravate them. If ....Step Four.... has revealed in stark relief those experiences we'd rather not remember, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

Twelve Steps and 12 Traditions, p. 55

Whatever is done is over. It cannot be changed. But my attitude about it can be changed by talking with those who have gone before, and with sponsors. I can wish the past never was, but if I change my actions in regard to what I have done, my attitude will change. I won't have to wish the past away. I can change my feelings and attitudes, but only through my actions and the help of my fellow alcoholics.

Daily Reflections, p. 141



Guilt is really the reverse side of the coin of pride. Guilt aims at self-destruction and pride aims at the destruction of others.

As Bill Sees It, p.140

**THE HOME GROUP:****Finders Keepers, Losers Weepers**

reprinted with permission from AAWS

In the last few years of my drinking I "proved" many times that I could stop drinking. Inevitably, then, in this stopped condition, the thought occurred to me, "There, see, you have proved it again. Now, when you get in trouble all you have to do is stop again." So I drank; comfortable and confident that I could stop again whenever I wanted to.

In time, another brilliantly logical idea struck me. "Since you have conclusively proved that you can stop, it is really silly to do it again unless you really want to." Since I didn't really want to, I did the perfectly natural thing and gave up stopping altogether. I watched things that I valued leave me: respect of coworkers, family, personal possessions, and my job performance. I watched this with cold cynicism that said, "All people in my life are shallow and can't appreciate the depth of my soul. They are not worthy of me. No one understands me. I could perform exceptionally well, but I won't since no one would appreciate it anyway!" People nagged me, suggesting that I had a bad attitude and that my drinking might have something to do with it.

I decided it was time to stop drinking again to prove to them that I could do it and to regain some of my lost status. I announced that I was stopping but couldn't get past mid-day without some alcohol to take away the shakes. Every night I drank to make up for what I had been denied during the day. I tried to act sober when drunk. I tried to adjust my attitude to what I thought others expected of me. I pretended to be in control but wasn't very convincing. I hated the pressure of constantly adjusting my drinking and behavior to what I thought I could get by with. I was a real mess and I knew it. I absolutely had to stop drinking again or I might as well check out of this world. But circumstances were never quite right for stopping completely.

Logic again came to my rescue! "Fred, you've been drinking this way for years and getting by. One more day won't make any difference. But, tomorrow you will exercise your proven will-power and go completely dry again." For at least two years this thought recurred again and again. I honestly believed that tomorrow would be different. I was drinking one day at a time!

The second week of January 1991, I thought I had the flu or something, so I took a few days off to recuperate. I knew I should drink plenty of liquid so I laid in a good supply of rum, vodka, wine, and beer. Two or three days, I thought, and I will be as good as new. Something terribly important happened. The Persian Gulf War started and for some reason I thought I should keep informed, so I took off the rest of the week. When my supply of booze ran short I ventured out to buy more. I felt worse and concluded that I must have a really bad case of the flu. Maybe I wasn't drinking enough liquid!

On Monday morning, January 21, 1991, I got up determined not to drink and returned to work. I was so weak and shaky that I couldn't perform even the simplest of tasks. I left work at lunch time and didn't go back. I needed rest, which meant sleep, which meant alcohol because I couldn't sleep at all without it.

Tuesday I tried again. Coworkers looked at me, I thought, strangely and accusingly. I was embarrassed and ashamed so I again left early but took work home with me, determined not to drink and to get caught up with my work. At home I couldn't concentrate and the shakes were so bad I was really frightened. I drank. Then I didn't want to do the work. I drank more and realized I would never get any better. No "try again tomorrow" this time. Today was tomorrow. I was lost, finished, done for. I remember saying aloud, "God help me." I called AA.

The next night the East End Group had a First Step meeting just for me. I wanted to tell everyone the entire story of my life but just sat there feeling stunned and kind of special for all the attention I was receiving. After the meeting they told me to come back tomorrow. I went home alone with a handful of slips of paper with names and telephone numbers. I didn't sleep at all; I couldn't shut down my mind. I called most of the numbers I had and one man said I could call him as many times as I wanted to. I called him four or five times that first terrible night. There were to be more bad nights but that first one was really terrifying.

The next night I arrived at the East End meeting complaining that I didn't sleep at all and was told "no one ever died from a

lack of sleep!" Today, I am not sure of the scientific validity of that statement, but then I took great comfort in that simple claim so positively stated. I attended 137 meetings in the first ninety days and got better--a lot better. The shakes subsided, I was able to sleep again, and gone were all my old ideas of controlling my drinking. I not only admitted I was an alcoholic but enthusiastically embraced the idea. All my problems, I thought, were caused by alcohol. Why hadn't I seen that years before? The solution was so embarrassingly simple: just don't drink alcohol.

But problems began to present themselves in other areas. I received a poor job performance rating which I thought was undeserved. I had financial problems. People didn't take my ideas seriously. My irresponsible past actions weighed heavily in my lonely moments. Even AA seemed to miss the point with its emphasis on spiritual issues like gratitude, honesty, unselfishness, acceptance, and God. I knew a lot about these things, especially the God idea. After all, I was once an ordained minister and missionary to Jamaica. I had been a fundamentalist Christian, an atheist, an agnostic, a Catholic, and an alcoholic. Having devoted so much time and thought to these "spiritual" issues I must be some kind of authority in this field. I certainly wasn't wrong about everything, was I? Hadn't I accomplished some really important things and was only defeated by my alcoholism? Which old ideas do I need to let go of? Surely not all of them!

The process of softening, loosening, and letting go started with the God thing. I secretly hoped that AA would convince me, with irrefutable proof, that God was real and meaningful. No one even tried! My college apologetics class had better arguments than the "chapter to the agnostics"! But the idea of the electrons making up the steel girder really got under my skin. At some point I simply gave myself permission to believe, in spite of insufficient evidence. I had the right to believe if I wanted to and I cautiously exercised that right, uncertain of the consequences.

Thus began my journey into the Steps of Alcoholics Anonymous. It turned out that not all my old ideas were wrong, but every single one had to be released from the narrow-minded hold I had on them. For me, the process of the Twelve Steps was much like prospecting for gold; everything went into the pan and after much sifting and washing some gold nuggets remained. I now have values I firmly hold for myself without imposing them on others. They are my nuggets! Others can find their own gold the same way recovering alcoholics have been doing for the last sixty years.

As children, we would taunt someone with the words, "Finders keepers--losers weepers." For me, as with many other alcoholics, it has been a case of "keepers weepers" because for as long as we rigidly hold our old concepts, we will be held by them in a state of uncertainty, confusion, and fear. In AA, it is in losing ourselves completely that we find new life.

Fred H.  
Virgin Islands

## **WEBSTER TRITON GROUP**

42ND A.A. ANNIVERSARY

**Sunday, May 6, 2007**

United Church Of Christ Federated Parish Hall

Corner of Main & Church Streets

Webster, MA

Coffee & Social 6:30 pm

Buffet 6:45 pm

Meeting 7:30 - 9:00 pm

2 A.A. Guest Speakers

### **HELP WANTED**

**RECOVERING ALCOHOLICS ARE NEEDED  
NO BUSINESS EXPERIENCE NECESSARY**

**The Joint Treatment Facilities Committee needs help to carry the message of Alcoholics Anonymous into treatment facilities. If you are a recovering alcoholic with a suggested minimum of six months sobriety and are working the steps with a sponsor you can perform this rewarding work.**

**Current Needs Include: Planning Annual Seminar, Outreach to Nursing Homes, Bookie for Treatment Facilities, Keeping Literature Racks Stocked, Bringing the 'Bridging the Gap' Program Information to Facilities and Groups. Help keep your sobriety by carrying AA's message to the alcoholic who still suffers.**

**For more information, e-mail:**

**[treatment@aaworcester.org](mailto:treatment@aaworcester.org)**



**Steering Committee & Committee Chairpersons**

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	<i>Harry H.</i>	<a href="mailto:chair@aaworcester.org">chair@aaworcester.org</a>
Alternate Chair	<i>Bob D.</i>	None
Secretary	<i>Dot B.</i>	<a href="mailto:secretary@aaworcester.org">secretary@aaworcester.org</a>
Treasurer	<i>Joe N.</i>	<a href="mailto:treasurer@aaworcester.org">treasurer@aaworcester.org</a>
Alternate Treasurer	<i>Ellen McQ</i>	
Trustees	<i>Bob McC, Bob L. Brandy H Liz C.</i>	
Office Manager	<i>John H.</i>	<a href="mailto:steps@aaworcester.org">steps@aaworcester.org</a>
Treatment Facilities	<i>Jill Mc D</i>	<a href="mailto:treatment@aaworcester.org">treatment@aaworcester.org</a>
Correctional Facilities	<i>Eric R</i>	<a href="mailto:Corrections@aaworcester.org">Corrections@aaworcester.org</a>
Halt Line	<i>Dan M.</i>	<a href="mailto:haltline@aaworcester.org">haltline@aaworcester.org</a>
Social Committee	<b>Vacant</b>	<a href="mailto:Social@aaworcetser.org">Social@aaworcetser.org</a>
Public Information	<b>Vacant</b>	<a href="mailto:PiChair@aaworcester.org">PiChair@aaworcester.org</a>
Webmaster	<i>Brandy H.</i>	<a href="mailto:webmaster@aaworcester.org">webmaster@aaworcester.org</a>
Liaison to District 25	<i>Eric R.</i>	None
Liaison to Area 30	<i>Ellen Mc Q.</i>	None
Alcathon Committee	<i>Joe N.</i>	
Co—Chairs Intergroup & District 25	<i>intergroup D-25 Tina P.</i>	
The Beacon	<i>Richard C.</i>	<a href="mailto:Beacon@aaworcester.org">Beacon@aaworcester.org</a>

**Worcester Area Intergroup**

100 Grove St., Suite 309  
 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-8pm  
 Thursday 10am-8pm  
 Friday 10am-2pm  
 Saturday 9am-2pm  
 Sunday CLOSED

## Do I do my part?

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*The Beacon—100 Grove Street Suite 309 Worcester, MA 01605 email:beacon@aaworcester.org*

*The Beacon Staff: April 2007 to December 2007*

**Editor:** Richardc. — Serenity, Worcester, MA. , **Assistant Editor:** Open

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



*If you don't feel ready for A.A. yet, here are The Promises of Alcoholism*

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the word CONFLICT and we will know PAIN.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self esteem will slip away.
9. Our whole attitude and outlook upon life will SUCK.
10. Fear of people, and of economic insecurity will multiply.
11. We will intuitively know how to run from situations, which never used to bother us.
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled amongst us every day -- sometimes quickly, sometimes slowly.

—John B

<b>Service Meetings Monthly Schedule</b>			
<b>InterGroup/District 25 &amp; 26</b>			
Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	<b>TBD</b>
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	<b>6:00 pm</b>
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am
<b>Area 30</b>			
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	<b>TBD</b>
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

Is your Group Represented at the Intergroup Delegates Meeting?

If you don't attend you can't vote...

If you don't vote you don't have a voice..

Come find out what's going on in our area

2nd Thursday of the month  
St. Joan of Arc Church Lincoln Street Worcester 7:00 -8:30 PM

We counted 150 Groups in Worcester area only about 20 are represented, and only 8 show up at the Delegates meeting on a regular basis. Want to find out more call the Intergroup office 1-508-752-9000

or email the beacon

beacon@aaworcester.org

We'd be happy to answer your questions.

**Women's Meeting** Big Book (tapes)  
Thursdays 5:30—6:45 PM  
Calvary Retreat House South Street  
**Shrewsbury, MA.**

**MEETING CLOSED**

**Big Book Thumpers**

Thursday Night 7:30-9:00pm  
Calvary Retreat House  
59 South St. **Shrewsbury**

**Moving**

As of June 4, 2007

**Crozier Group** - Mondays  
to Our Lady of Loretto  
Church - 37 Massasoit Rd.

**Worcester**

**W.A. I. Needs your help!**  
There are service positions that remain unfilled.  
Join us the 2nd Thursday of each month 7:00pm  
St. Joan of Arc Church Lincoln Street .....come see  
where you can help! Please Join us !!

**The Halt-Line still has 11 hours of unmanned phone time....can you spare an hour? Available hours:**  
**Mon 2-3 AM 3-4 AM 5-6 AM 6-7 AM**  
**Wed 2-3 AM 3-4 AM**  
**Fri 2-3, 3-4, 4-5, 5-6, 6-7 PM**  
**Call the Haltline Chair**

Check the bulletin board for meeting changes and new meetings in our area On Intergroup's Very own web page:  
**www.aaworcester.org**

**MEETING CLOSED**  
**Joy of Living**  
Thursday Night 8:00-9:00pm  
Church of Reconciliation  
3 North Main Street

To find out about social events in District 26 (North & west of Worcester) check out their unofficial web site:  
**[Redacted]**



**Moved**  
"The Way Out" has Moved to Bethel Lutheran Church  
90 Byrn Mawr Ave.  
**Auburn, Ma.**  
Thursdays 7:30-8:30PM

**OPPORTUNITY**  
Any person who is a group grapevine representative or who is interested in being one, please contact the Grapevine chair of Area 30 at  
**Grapevine**  
P.O. Box 51411-  
Boston MA 02205  
or  
grapevine@aaemass.org

**You Are Cordially Invited To Join Us For An Open Seminar "AA In Our Community: Is Our Message Clear?"**  
Who: AA Members, Treatment Professionals, & Other Community Professionals  
What: A Seminar with Informational Presentations, AA World Service Video - Hope, Literature Displays, Floor Discussion/Open  
When: Saturday, June 16, 2007 10:00 AM to 2:00 PM Coffee & Lunch will be served  
Where: Unitarian Universalist Church of Worcester\* 90 Holden Street Worcester, MA  
*For More Information e-mail **treatment@aaworcester.org** \*Handicap access*