

September 2007



The Beacon

Email: beacon@aaworcester.org

Volume 9 Number 9

This Month:

Summer is almost over, and now that normal schedules are resuming, it is a good time to take stock, and consider becoming more active in supporting AA, if not financially able, then by doing some job such as greeting folks as they come in, setting up before meetings, making coffee, stacking chairs after meetings, and so on. It is a good way to meet other members when we don't feel all that outgoing, and does help us toward recovery.

We have two stories from The Grapevine this month, five new "bookie" listings plus one update (Page 2), two new meeting updates and, sad to say, a new meeting closed (Page 8).

In order to make room for new announcements, notices for meetings will start dropping off from Page 8 after appearing in three issues. By then the changes should be reflected in the revised meeting list. By the way, the newest meeting list (2007-C) recently came out—it is green this time. If you don't have one, they are free at any AA meeting.

If your group is making plans for an anniversary, and you would like to get the word out, please send the "who, what, when and where" to webmaster@aaworcester.org and/or beacon@aaworcester.org - preferably at least two months ahead.

Sincerely,
Richard C, editor.

AA Wisdom

Yesterday is history, tomorrow is a mystery. Today is a gift --
That's why it's called the "present" -Jeanne JT

Courage consists in hanging on one minute longer. -Terhune

What's for you, won't go by you -Grapevine

Don't brag...it isn't the whistle that pulls the train. -Silver Dollar, ND

Where God guides, God provides.

The answer is not in the problem, the answer is in the answer. - Chuck C.

Step Nine

Tradition Nine

Concept Nine

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

"Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees."

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

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|---|---|
| 1. Do I still try to boss things in AA? | 2. Do I resist formal aspects of AA because I fear them as authoritative? |
| 3. Am I mature enough to understand and use all elements of the AA program-even if no one makes me do so-with a sense of personal responsibility? | 4. Do I exercise patience and humility in any AA job I take? |
| 5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them? | 6. Why doesn't every AA group need a constitution and bylaws? |
| 7. Have I learned to step out of an AA job gracefully-and profit thereby-when the time comes? | 8. What has rotation to do with anonymity? With humility? |

"Bookie" List

- Dennis F. "Holden Thursday Night" Holden Thursday 8-9:00PM [REDACTED]
 George K. "Barbershop Group" Hopkinton Tuesday 8-9:15PM [REDACTED]
 Ed H. "Hudson Second Chance Group" Hudson Monday 8:00-9:30 PM [REDACTED]
 Frank G. "Clean Air Group" Leominster Friday 7:45 - 9:00PM [REDACTED]
 Ed O. "Millbury Tradition" Millbury Saturday 7:30 - 8:30 PM [REDACTED]
 Walt B. "Northboro Saturday Morning" Northboro 10:00-11:00AM Saturday [REDACTED]
 Tom S. "Stow Sunday Morning" Stow 11:00AM - 12:00PM Sunday [REDACTED]
 Melissa "Upton Capertown" Upton Saturday afternoon 1:30-2:30 PM [REDACTED]
 Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM [REDACTED]
 Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00 [REDACTED]
 Dave A. "Shrewsbury Gratitude" Worcester Sunday 7:00 - 8:30 PM [REDACTED]
 Paul C. "How it Works" Worcester Saturday 6:45-8:00 PM [REDACTED]
 Paul C. "Stay Active" Worcester Thursday 6:45 PM [REDACTED]
 John Z. "Quinsig Group" Worcester Tuesday 8:00-9:00 PM [REDACTED]
 Tim W. "Serenity" Worcester Thursday 7:30-9:00 PM [REDACTED]
 James S. "There is Hope" Worcester Sunday 10:00-11:00 AM [REDACTED]
 Jaye J. "Way of Sobriety" Worcester Sunday 10:00-11:00 AM [REDACTED]
 Fran D. "We Mean Business" Worcester Outgoing Only [REDACTED]
 Mitch M. "Worcester 7 AM" Adcare Daily 7:00AM [REDACTED]

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Repairing the Damage

Good judgment, a careful sense of timing, courage and prudence—these are the qualities we shall need when we take Step Nine. Twelve and Twelve, p 83

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To make amends can be viewed in two ways: first that of repairing damage, for if I have damaged my neighbor's fence, first I "make a mend," and that is a direct amend; the second way is by modifying my behavior, for if my actions have harmed someone, I make a daily effort to cause no further harm. I "mend my ways," and that is an indirect amend. Which is the best approach? The only right approach, provided that I am causing no further harm in so doing, is to do both. If harm is done, then I simply "mend my ways." To take action in this manner assures me of making honest amends.

Daily Reflections, p. 265

Hard on Ourselves, Considerate of Others

We cannot disclose anything to our wives or our parents which will hurt them and make them unhappy. We have no right to save our own skins at their expense.

Such damaging parts of our story we tell to someone else who will understand, yet be unaffected. The rule is, we must be hard on ourselves, but always considerate of others.

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Good judgment will suggest that we ought to take our time in making amends to our families. It may be unwise at first to rehash certain harrowing episodes. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

As Bill Sees It, p. 240 (op. cit. Alcoholics Anonymous p.74, Twelve and Twelve, p. 84)



Making Amends

Above all, we should try to be absolutely sure that we are not delaying because we are afraid.

Twelve and Twelve, p 87



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To have courage, to be unafraid, are gifts of my recovery. They empower me to ask for help and to go forth in making my amends with a sense of dignity and humility. Making amends may require a certain amount of honesty I feel that I lack, yet with the help of God and the wisdom of others, I can reach within and find the strength to act. My amends may be accepted, or they may not, but after they are completed, I can walk with a sense of freedom and know that, for today, I am responsible.



Reflections, p. 263



THE HOME GROUP:**Hoping: Only a Glass of Champagne**From The Grapevine September 1970**And anyway, no one would ever know**

A few years ago, I accompanied a group of newsmen to Ottawa to spend a week as guests of the Canadian Government. It turned out to be an exhausting experience, with a heavy schedule of briefings and press conferences, plus luncheons, dinners, and cocktail parties which we were expected to attend.

As a ten-year veteran of Alcoholics Anonymous, I was confident of my ability to cope with the constant flow of wine and liquor at the meals and parties. Well-schooled in the art of saying "no" or taking evasive action, I found that my patience and ingenuity were severely tested nonetheless.

At the end of the week, we went to Montreal. On our schedule there was a visit to the office of the mayor, where we were greeted with great hospitality. One of the mayor's aides produced glasses and a magnum of champagne and proceeded to make sure all of us were prepared for a round of toasts. There seemed to be no chance to protest, no escape, no way out.

And suddenly, I just gave up. With full knowledge of what I was doing, I raised the glass to my lips and drank the champagne, telling myself that it was only a glass of champagne and drinking it wouldn't be the end of the world, so why make a big deal of it? I even allowed the ever-present man with the bottle to add more champagne to my glass. I drank again.

Nothing happened. The toasts were finished; the glasses were surrendered; we said goodbye to our host and went back to our hotel. Officially, the trip was over.

I had gone to an AA meeting in Ottawa during the middle of the week and had planned to go to one in Montreal that night. I looked up Montreal in the AA World Directory which I had brought with me, made one call, got no answer, and abandoned the idea. What I really needed was something to eat, I told myself.

I checked restaurants in the newspaper, but I was more interested in the night spots with their offerings of wine, women, and song. Why not go to one of these places to eat? After such a hard week, why not relax, let my hair down, enjoy myself? It was very tempting. Could I control my urge to drink? Supposing I did have a few? I was sweating and trembling. If I did get drunk, no one need ever know.

On the other hand, I could stay in my hotel room and write some articles about the trip, while the whole thing was fresh in my mind. My boss would expect them. Why not get them done?

The battle raged inside me for more than an hour. For the first time since sobering up, back in 1956, I was struggling against an overwhelming desire to get drunk.

I didn't leave my hotel room that night, even to get something to eat. I didn't dare. And I wrote a series of articles, sweated them out. (They were subsequently published.)

The next morning, I made another decision. My airline tickets were for late that afternoon. Instead of waiting, I took the next bus out of Montreal. On the way home, I had a chance to think about it. Nothing had happened, I assured myself -- only a matter of tension and tiredness. It would be better just to forget about it.

For more than a year, I kept my secret, going to AA meetings, but finding myself less and less interested, drifting away. Ironically, the crisis came when I went back to Montreal. I experienced panic, the same panic I remembered from my first year of sobriety, when I also was trying to free myself from dependence on tranquilizers.

This new experience forced me back to the Twelve Steps, and when I took an inventory, I was appalled at what I found. However good things looked outwardly, there was no doubt that the terrible egotism which had been so characteristic of me in my drinking years had reasserted itself and was controlling all my thinking and actions. The feeling of dependence on God and other AA members which had been such a powerful factor in my recovery had simply vanished.

There is no worse sin than pride--and pride had dictated that I tell no one about my slip. There can be no lasting sobriety without honesty -- and I was no longer honest with myself or others. Sobriety must be shared -- and I was hardly conscious of being an alcoholic.

It isn't easy to come back after you drift away. The newcomer's need for help is apparent in his bleary eyes and confused thinking, and all in AA who observe him want to help. But those of us who have slips face a different problem. Put most bluntly, it's a matter of getting down on our knees, and asking. . .

W. K., Albany, New York

The Key to Forgiveness

I've got two children, Ali and Erin, ages sixteen and seventeen, whom I love very much. When they were little, they gave me the unqualified love that children give to a parent, but as they grew older my drinking began to take its toll. I looked up one day from the fog I was in and I was alone. My wife had divorced me, taken the kids, and moved away. Everything I'd ever worked for was gone. I was as low as I'd ever been in my life, and I thought I was going to die but somehow, by the grace of God, I was able to stop drinking.

Erin, my youngest, seemed to forgive me as I went along. But Ali was different. She'd look at me with steely eyes. Anything I tried to do to make it better only drove her farther away. I tried to act like this cool, hip dad to her friends but I only ended up making a fool out of myself.

After I was sober for about a month I thought things would get better, but they didn't. Whenever I saw her, it was as if I was this ugly creature that had just walked in the room. I tried to change that but nothing worked. Finally I just gave up and prayed that time and my not-drinking would change her mind about me.

One day I was at her mother's house getting ready to leave and I heard a voice: "Dad?" It was Ali, calling from upstairs. I couldn't imagine why she wanted to talk to me. She said, "Come here." As I walked up the stairs my mind reeled. What had I done now? What could she possibly want with me? She was in her bedroom, her private place. As I neared the door I could see she was holding something in her hand. It was an old skeleton key. As we stood there it was as though the key was the center of the universe and we were swirling around it.

She looked down at it, back at me, and said, "You don't remember, do you?" Her look was one I hadn't seen since she was a little girl. Her eyes were warm and soft. She said, "Before we moved out, you gave me this key. You said it was the key to your heart and that if I could ever forgive you, I should give it back." She held her hand out and gave me the key.

With the help of Alcoholics Anonymous I haven't had a drink for five months now. There is still a lot of healing to be done but I will never forget that moment. It is a source of joy and promise that I will carry with me as long as I live.

Raymond S. Mission, Kansas

GENERAL SERVICE COMMITTEE - AREA 30 EASTERN MASSACHUSETTS WORKSHOP ASSEMBLY

Hosted by Districts 1&2-Cape Cod and the Islands

Who: ALL GSR'S, DCM'S, AREA OFFICERS, COMMITTEE CHAIRS AND ALTERNATES are **REQUIRED** TO ATTEND.

ALL INTERESTED AA'S ARE ENCOURAGED TO ATTEND

What: 9:00 AM Registration 9:30AM Orientation 10:00AM Assembly 12:00 Lunch
1:00PM Workshops 3PM Workshop Reports

When: **SUNDAY**SEPTEMBER 9, 2007** 9:00AM-4:00PM Coffee & Lunch

Where: UPPER CAPE REGIONAL TECH SCHOOL RTE. 6A—SANDWICH ROAD BOURNE, MA. 02532

Contacts: **Rudy H.** [REDACTED] Rudy756@aol.com **Christina** [REDACTED] Pat02673@aol.com

****DIRECTIONS****

OFF CAPE:

Take Route 495/25 east over the Bourne Bridge. At the rotary, take the third right—Rte. 6/Sandwich Rd. east—Upper Cape Regional Tech School is approx. ¼ mile on the right.

**** OR ****

Take Rte. 3 over the Sagamore Bridge. Take Exit I to traffic light, turn left. Rte. 6A/Sandwich Rd. approx. 2 ½ miles on the left at the blinking light is the school (just past Gallo Ice Arena)

ON CAPE:

Take mid-cape highway(Rte6), get off at exit I, take the second left; at lights go left (Rte 6A) stay straight, just past Gallo Ice Arena-school on the left

**** OR ****

Take Rte 28 towards Bourne Bridge, take first right off the rotary, Rte 6A, ¼ mile on the right is the school.



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Harry H.	chair@aaworcester.org
Alternate Chair	Bob D.	None
Secretary	Dot B.	secretary@aaworcester.org
Treasurer	Joe N.	treasurer@aaworcester.org
Alternate Treasurer	Ellen McQ	
Trustees	Bob McC, Bob L. Brandy H Liz C.	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	Jill Mc D	treatment@aaworcester.org
Correctional Facilities	Eric R	Corrections@aaworcester.org
Halt Line	Dan M.	haltline@aaworcester.org
Social Committee	Vacant	Social@aaworcetser.org
Public Information	Vacant	PiChair@aaworcester.org
Webmaster	Brandy H.	webmaster@aaworcester.org
Liaison to District 25	Eric R.	None
Liaison to Area 30	Ellen Mc Q.	None
Alcathon Committee	Joe N.	
Co—Chairs Intergroup & District 25	intergroup D-25 Tina P.	
The Beacon	Richard C.	Beacon@aaworcester.org
Grapevine Chair	John N.	gvd25chr@yahoo.com

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

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: Richard C.—Serenity, Worcester, MA., Volunteers include Lisa, Anna, Mike, Tom@Serenity, Joe at Intergroup

We hope you enjoy the changes!

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



SIGN IN A BAVARIAN PUB

Remember: The most dangerous tool in your kitchen is the corkscrew. -Joerg H. Oberhausen

EARLY SIGN of alcoholism: When your spouse tells you that your obituary will be listed under home improvements. C. C. Michigan

THE ONLY DRINK an alcoholic can control is the first one. . .by not taking it.

IMAGINATION WAS GIVEN to man to compensate him for what he isn't and a sense of humor provided to console him for what he is. -Chit-chat.

THE BEAUTY of a pun is in the "Oy!" of the Beholder

A DOG HAS many friends; he wags his tail instead of his tongue.

EXPERIENCE is what makes us recognize mistakes when we make them again.

THE INJURY we do . . .and the one we suffer. . .are seldom weighed in the same scale. -Railbeams

AS THE COP HELPED the bruised and battered boozier up from the pavement in front of the bar, he asked, "Can you describe the man who hit you?"

"Oh yes," said the drunk. "That's just what I was doing when he hit me."

AA HAS A TOOLBOX with a wrench to fit any nut that comes through the door

Service Meetings Monthly Schedule			
InterGroup/District 25 & 26			
Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	TBD
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	TBD
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
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am
Area 30			
Grapevine Committee	Conference call (Number TBA)	3rd Wednesday	8:00pm
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	7:30 pm
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

Is your Group Represented at the Inter-
group 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 meet-
ing 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 ques-
tions.

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 !!

To find out about social
events in **District 26**
(North & west of Worcester)
check out their unofficial
web site: www.26ac.org

We have three little mottos....
First Things First
Live and Let Live
Easy Does It
-Alcoholics Anonymous p.135

MEETING CLOSED
Any Lengths
Saturday 9:30—10:30AM
First Methodist Church
161 Main St. **Spencer**



Format Change
Made A Decision (C12)
Thursday 7:30 - 9:00 PM
Blessed Sacrament Church
551 Pleasant St. **Worcester**

Moved
Oxford Step Group
Tuesday 7:00 - 8:30 PM
Community Center
4 Maple Rd. **Oxford**

MEETING CLOSED
Constant Vigilance
Sunday 3:15 - 4:30 PM
St. Andrew's Church
6 Vineyard St. **Worcester**

Moved
Fitchburg Keep It Simple
Mon-Fri 12:00-1:00pm
Faith United Parish
820 Main St.
Fitchburg

Time Change
Second Chance
Mondays 8:00-9:15pm
First Federated Church
Central Street
Hudson

**The Halt-Line now has 12 hours of
unmanned phone time....can you
spare an hour? Available hours:**
Mon 2-3, 3-4, 6-7 AM, 8-9, 9-10PM
Wed 2-3 AM 3-4 AM
Fri 2-3, 3-4, 4-5, 5-6, 6-7 PM

Format & Name Change
Living Sober (CDNS)
Thursdays 7:30-8:30PM
United Methodist Church
61 Linwood Ave, **Whitinsville, Ma.**

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

Check the bulletin board for
meeting changes and new meet-
ings in our area on Intergroup's
very own web page:
www.aaworcester.org

HELP WANTED
RECOVERING ALCOHOLICS ARE NEEDED
NO BUSINESS EXPERIENCE NECESSARY
The Joint Treatment Facilities Committee needs help to carry the message of Alcohol-
ics Anonymous into treatment facilities. If you are a recovering alcoholic with a sug-
gested 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 carry-
ing AA's message to the alcoholic who still suffers.
For more information, e-mail: treatment@aaworcester.org