

January—April 2008



# The Beacon

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

Volume 10 Numbers 1-4

**At Last...** It is Spring, and after some delay we have finally gotten out our first issue for 2008. We have one article from The Grapevine this month; a "bookie" listing which needs updating (on Page 5); One upcoming anniversary (Page 8); one closed meeting and one meeting change (Page 8). If you know of a meeting on the list that has a new bookie, please have them contact The Beacon with their updated info.

The Worcester Area Intergroup has changed its office hours. Now, on Wednesdays, the office closes at 2:00PM (all other days remain the same). If you are interested in working for WAI Wednesdays from 2 PM to 8 PM, Please fill out the Application, bring it in to the office Monday thru Thursday 10 AM till 2 PM, and see the office manager. The application can be downloaded from the internet at the Worcester AA Website page at: [http://www.aaworcester.org/Office%20Job%20Application/new\\_page\\_1.htm](http://www.aaworcester.org/Office%20Job%20Application/new_page_1.htm)

The current (light blue) meeting list, is number 2008-B. If you do not have one, they are free at any AA meeting or at the Intergroup office.

New "Bookie" listings are always welcome. If your bookie has recently changed from what we have listed, please let us know. Articles and notices (anniversaries preferably at least two months ahead) are welcome as long as they are brief (who, what, when, where), must meet Traditions' guidelines, MUST be in MS Word format, and emailed to [webmaster@aaworcester.org](mailto:webmaster@aaworcester.org) and/or [beacon@aaworcester.org](mailto:beacon@aaworcester.org) no later than the 14th of the prior month to guarantee inclusion. They may be delayed or shortened to fit.

Richard C, editor.

## AA Wisdom

I am thankful to be released from alcohol, but I am more thankful to be bound by the responsibilities of sobriety

A necessary evil is one we like so much we don't care to abolish it.

Put your sobriety first, to make your sobriety last. - Bill S. Mass.

Experience is the substitute for the advice you didn't take. - Challenger

It's better to get glasses because of too many headaches, than headaches because of too many glasses.

No one needs a smile so much as one who has none left to give,

Let us make haste to live, since every day to a wise man is a new life. -Seneca

Step Four

Tradition Four

Concept Four

"Made a searching and fearless moral inventory of ourselves."

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

"At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility

**First 3 steps in six words: I can't. He can. Let Him.**

**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.

**On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklist's  
[www.aagrapevine.org/stepsTrads/stepsTradsindex.html](http://www.aagrapevine.org/stepsTrads/stepsTradsindex.html)**

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- 1 Do I insist that there are only a few right ways of doing things in AA?
- 2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- 3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
- 4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- 5. Am I willing to help a newcomer go to any lengths-his lengths, not mine-to stay sober?
- 6. Do I share my knowledge of AA tools with other members who may not have heard of them?

**AA in Eight Words: Quit drinking. Trust God. Clean house. Help others. -Ms. Sam H. Florida**

**About AA**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking.

There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

The statement above, which is read at the beginning of many AA meetings around the world, is known as the Preamble of AA. According to a recent estimate, there are more than 2 million AA members and 100,000 AA groups in 150 countries throughout the world.

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Out of the Dark

Self-searching is the means by which we bring new vision, action, and grace to bear upon the negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God's help. Yet it is only a step. We will want to go further.

We will want the good that is in us all, even in the worst of us, to flower and to grow. But first of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun. Twelve and Twelve, p. 98

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A clear light seems to fall upon us all—when we open our eyes. Since our blindness is caused by our own defects, we must first deeply realize what they are. Constructive meditation is the first requirement for each new step in our spiritual growth. Bill W. letter 1946 in As Bill Sees It, p. 10

The Spiritual Alibi

Our first attempts at inventories are apt to prove very unrealistic. I used to be a champ of unrealistic self-appraisal. On certain occasions, I wanted to look only at the part of my life which seemed good. Then I would greatly exaggerate whatever virtues I supposed I had attained. Next I would congratulate myself on the grand job I was doing in AA.

Naturally this generated a terrible hankering for still more "accomplishments" and still more approval. I was falling straight back into the pattern of my drinking days. Here were the same old goals—power, fame, and applause. Besides, I had the best alibi known—the spiritual alibi. The fact that I really did have a spiritual objective made this utter nonsense seem perfectly right.

The Grapevine June 1961 in As Bill Sees It, p. 193



Who is to Blame?

At Step Four we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened? Though a given situation had not entirely been our fault, we often tried to cast the whole blame on the other person involved.

We finally saw that the inventory should be ours, not the other man's. So we admitted these wrongs honestly, and became willing to set these matters straight. As Bill Sees It, p. 222

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Today you can be happy, not Yesterday nor Tomorrow. There is no happiness except Today's.

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The soul would have no rainbow had the eye no tear. Ray H., California



**THE HOME GROUP:****The Value of Life**

Volume 62 Issue 1

June 2005

I am doing a life sentence in prison because of an alcohol-related accident, one that resulted in the death of an innocent man. So far, I have had several thousand days to reevaluate my life.

When the shadows of my past were placed in the light, I was thankful for the "design for living" that the Twelve Steps provide. It helps me to handle the shock of who I was, who I am today, and who I want to be. But, even after ten years of sobriety, I find I am just scratching the surface. I have had some very painful moments of reflection on my life and on the actions and behavior that brought me where I am today.

Today, thankfully, a clear and sober mind provides me with the framework to lock my priorities in place. These priorities have become a part of what I consider imperative to the success of my life. But more importantly, they are imperative to the happiness and success of my family. Someone had said that the greatest gift we can give our family is peace of mind; I agree whole-heartedly.

However, once I think I have everything in place and the transformation into my new life is complete, something happens and I am reminded that I am a work in progress.

Three years ago, in my seventh year of sobriety and sixth year of incarceration, I thought I had finally got all my priorities straight. I couldn't have been more wrong.

I was talking to a good friend on the phone, and I brought up the fact that my youngest daughter, Shelly (not her real name), was turning six in a couple of weeks. I explained to him that I was very sad she didn't know what it was like to have a daddy at home. Up to that point, the only daddy that Shelly knew was the one she saw every now and again in a prison visiting room. When she was a baby, I knew I was going to prison for the loss of a man's life, so I memorized every single thing about her and hoped that she would recognize me when she saw me again.

As my friend and I talked, he recognized my despair and wanted to make Shelly's birthday better. He asked me what kinds of things she liked because he wanted to go out and buy her some presents for me. I sat there on the phone in silence because I didn't have a clue what my little girl liked or wanted. I couldn't talk anymore and hung up the phone and went to my bunk and cried. Here I thought I had made all the right changes to ensure my family's happiness, and I didn't know what to tell my friend about my own little girl. I had, once again, discovered that an important priority in my life was missing--not only with my youngest daughter, but with all of my children.

This provided me with the opportunity to make some necessary changes. Sure, it was tough to endure another failure, but in dealing with life on life's terms, I already know it's going to be difficult at times.

Seven years after my last drink, I still had not become the person I wanted to be. But after weeks and weeks of asking questions and sharing laughs with my little girl, I am a whole lot closer to being that person.

I discovered that everything I thought really mattered no longer did. I found that the little things I took for granted on a daily basis were the things that meant the most. When the fog lifted, and I was standing alone in a strange land, I realized how clouded my thinking had been during my self-medicated haze. I found out, very quickly, that my family was waiting, with hope in their hearts, for the person they knew and loved to return.

As I continue to work the Steps, I write my goals and priorities in pencil, so I can erase them. This is not so I can sell myself short, but so I can strive for more ambitious outcomes. Recovery is a lifelong process; the moment I engrave in stone my blueprint for living, I'll rediscover and recover something that is paramount to the value of my life. And then I'll be looking for a new stone.

Although it is hard not to envy those of you who are free today and can hold your wife and children in your arms and tell them how much they mean to you, I am very thankful to AA and what it has done for my life. In recovery, my life truly does get better, day after day. Each setback I encounter is really just another opportunity in disguise. It is another chance for me to become a better human being. If life can get better for me within the walls of this prison, then I know it can get better for everyone.

Today, I share this Fellowship with recovering alcoholics all over the world who have taken the time to write me and touch my life in a positive way. AA is an amazing Fellowship filled with amazing people. I am constantly humbled by the wonder of it all.

Jeff P. California

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

**The First Three Steps:**

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him

**The First Three Traditions:**

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.

**The First Three Concepts**

1. Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.
2. The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.
3. To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

**Bookie List**

Kevin S. "Maintenance & Repair" Douglas Thursday 7:00-8:00 PM  
 Andy S. "Fitchburg Sunday Morning" Fitchburg Sunday 10:15-11:30AM  
 Dennis F. "Holden Thursday Night" Holden Thursday 8-9:00PM  
 George K. "Barbershop Group" Hopkinton Tuesday 8-9:15PM  
 Ed H. "Hudson Second Chance Group" Hudson Monday 8:00-9:30 PM  
 Frank G. "Clean Air Group" Leominster Friday 7:45 - 9:00PM  
 James S. "Leominster Original Group" Leominster Monday 7:45-9:00PM  
 Tom M. "Marlboro Helping Hand" Marlboro Saturday 12:00-1:00 PM  
 Ed O. "Millbury Tradition" Millbury Saturday 7:30 - 8:30 PM  
 Walt B. "Northboro Saturday Morning" Northboro 10:00-11:00AM Saturday  
 Tom S. "Stow Sunday Morning" Stow 11:00AM - 12:00PM Sunday  
 Melissa "Upton Capertown" Upton Saturday afternoon 1:30-2:30 PM  
 Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM  
 Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00  
 Dave A. "Shrewsbury Gratitude" Worcester Sunday 7:00 - 8:30 PM  
 Christine "Greendale" Worcester Friday 8:30-10:00PM  
 Paul C. "How it Works" Worcester Saturday 6:45-8:00 PM  
 Paul C. "Stay Active" Worcester Thursday 6:45 PM  
 John Z. "Quinsig Group" Worcester Tuesday 8:00-9:00 PM  
 Glen S. "Serenity" Worcester Thursday 7:30-9:00 PM  
 Bobby W. "Worcester New Beginnings" Friday 6:45-8:00 PM  
 James S. "There is Hope" Worcester Sunday 10:00-11:00 AM  
 Jaye J. "Way of Sobriety" Worcester Sunday 10:00-11:00 AM  
 Fran D. "We Mean Business" Worcester Outgoing Only  
 Mitch M. "Worcester 7 AM" Adcare Daily 7:00AM  
 Kira "Crozier Group" Worcester Monday 8:00-9:00PM  
 Josh "Young Peoples' Group" Worcester Tuesday 7:30-9PM



**Steering Committee & Committee Chairpersons**



<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob D.	<a href="mailto:chair@aaworcester.org">chair@aaworcester.org</a>
Alternate Chair	Joe N.	None
Secretary	Dot B.	<a href="mailto:secretary@aaworcester.org">secretary@aaworcester.org</a>
Treasurer	Ellen Mc Q.	<a href="mailto:treasurer@aaworcester.org">treasurer@aaworcester.org</a>
Alternate Treasurer	Lori B.	
Trustees	Harry H. Bob L. Jill Mc D. One vacancy	
Office Manager	John H.	<a href="mailto:steps@aaworcester.org">steps@aaworcester.org</a>
Joint Treatment Facilities	Jill Mc D	<a href="mailto:treatment@aaworcester.org">treatment@aaworcester.org</a>
Joint Correctional Facilities	Eric R	<a href="mailto:Corrections@aaworcester.org">Corrections@aaworcester.org</a>
Halt Line	Dan M.	<a href="mailto:haltline@aaworcester.org">haltline@aaworcester.org</a>
Social Committee	<b>Vacant</b>	<a href="mailto:Social@aaworcester.org">Social@aaworcester.org</a>
Joint Public Information	<b>Vacant</b>	<a href="mailto:PiChair@aaworcester.org">PiChair@aaworcester.org</a>
Webmaster	Bob L.	<a href="mailto:webmaster@aaworcester.org">webmaster@aaworcester.org</a>
Liaison to District 25	Eric R.	None
Liaison to District 26	Ron C., Woody S	
Liaison to Area 30	Ellen Mc Q.	None
Joint Alcathon Committee	Joe N.	
CoChairs Intergroup & District 25	intergroup D-25 Tina P.	
The Beacon	Richard C.	<a href="mailto:Beacon@aaworcester.org">Beacon@aaworcester.org</a>
District 25 Grapevine Chair	John N.	<a href="mailto:gvd25chr@yahoo.com">gvd25chr@yahoo.com</a>

**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

**Do I do my part?**

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. \* All excerpts & Articles reprinted with permission from AAWS

The Beacon—100 Grove Street Suite 314 Worcester, MA 01605 email:beacon@aaworcester.org

The Beacon Staff: January 2008 to December 2008

Editor: Richard C.— Serenity, Worcester, MA. **Volunteers** include Lisa, Anna, Mike, Linda & Tom, all at Serenity; Tom at Noontime; Joe at Intergroup

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

"IF I COULD drink like a normal drinker, I'd drink all the time."

- Cliff, Oregon

10 SMALL MIRACLES: Putting the garbage can out on the sidewalk without feeling guilty about all the beer cans and whiskey bottles in it.

Going past a bar where you used to get loaded, and feeling the joy of not having had a drink since . . .

Being able to read your handwriting from last week.

Drinking your orange juice in the morning without a shot in it, and feeling better than you used to feel when you drank it with a shot in it.

Going to bed knowing that you didn't take a drink all day, and feeling confident that you won't take one tomorrow.

Waking up in the morning and knowing your car is in the garage without going out to see.

Speaking to your neighbor without wondering how you looked the last time he saw you.

Drinking a chocolate milk shake and enjoying it just as much as you used to enjoy a Manhattan.

Doing a chore around the house that has been staring at you for months.

Putting in a tiresome, frustrating, unrewarding day, and going to bed with the greatest reward an alcoholic can have: "I didn't take a drink all day."

AN OLD-TIMER was sharing experience, strength, and hope from the podium. He got a bit carried away and talked for two hours. Finally he realized what he was doing and said, "I'm sorry I talked so long. I left my watch at home."

A voice from the back of the room called out: "There's a calendar right behind you."



**Service Meetings Monthly Schedule**

**InterGroup/District 25 & 26**

Public Information	Intergroup Office 100 Grove St. # 314 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. # 314 Worcester	2nd Tuesday	<b>TBD</b>
District 25 - CPC* Committee	Intergroup Office 100 Grove St. # 314 Worcester	3rd Tuesday.	6:00 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. # 314 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 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](mailto:beacon@aaworcester.org)

We'd be happy to answer your questions.

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 !!

Closed  
**IN THE WIND**  
Friday 8:00 - 9:00 PM  
Holy Angels Church  
1 Milford Rd **Upton**

**A Thought On Love**  
When we insist that others conform to our ideas of what is proper, good, acceptable, we show that we ourselves are not certain of the rightness of our inner pattern. He who is sure of himself is deeply willing to let others be themselves. He who is unstable in his own character must reassure himself by trying to compress others into his mold. We display true love when we cease to demand that others become like ourselves. Alvinos



**Bookie List Committee**  
Volunteers needed.  
We have a 6 page list in hand, of bookies and groups throughout eastern and central Mass. which we would like to incorporate into *The Beacon* and also post at the Intergroup Office. It is several months old and needs to be verified and updated.  
This work can mainly be done from your home.  
If you would like to help, please contact Richard C. at [beacon@aaworcester.org](mailto:beacon@aaworcester.org)

**The Halt-Line 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 3-4, 4-5, 5-6, 6-7, 7-8 PM**

Moved  
**TURNING POINT**  
Thursday 5:30 - 6:45 PM  
Saint Mary's Church  
Main Street **Shrewsbury**  
CWBBSSNSH

Check the bulletin board for meeting changes and new meetings in our area on Intergroup's very own web page:  
[www.aaworcester.org](http://www.aaworcester.org)

**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](mailto:grapevine@aaemass.org)

**April 2008 Anniversary**  
Charlton Courage to Change  
Tuesday April 22, 2008  
**Federated Church**  
Main Street (Route 31)  
Charlton  
Food served starting at 6:15 PM  
Speaker at 7:30 PM

**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)