

Worcester Area Intergroup



The
Beacon Weekly

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aaworcester.org

Intergroup
Office
Is **CLOSED**
until further
notice.

Please call the office
number (shown
above) or email the
Office Manager
(shown below) for
any assistance

The Beacon
Weekly Staff

1/2020 — 12/2020

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Keep the chain
going— Pass this
Along

Let us know how
we are doing—
beacon@
aaworcester.org



**Highlights from—
2020 INTERNATIONAL
A.A. CONVENTION—
Detroit
A VIRTUAL EVENT**

Listen to audio from ‘Old Timers,’ ‘Friends of A.A.’ and
the G.S.O. archives

Continued on page 12



**Recovery Support
Apps**

Mobile apps from
Hazelden Publishing offer you anytime-anywhere
access to inspiration and support.

And, many are **Free** for a limited time—

<https://www.hazeldenbettyford.org/recovery/tools/apps>

See page 7

**GSO Announcements concerning the
AA.org website**

A.A.’s General Service Office in New York has issued two
announcements concerning the ‘AA.org’ web site -

1. **My Portal Letter**—information from G.S.O.’s general manager
about My Portal. Letter on page 6
2. **Update- redesign of AA.org**—fiscal impacts caused by the
pandemic affect strategy and timeline for the website
redesign project. Letter on page 5

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.



WAI's VIRTUAL LOCAL MEETING SUPPORT APP SOME AREA MEETINGS RESUMING IN-PERSON

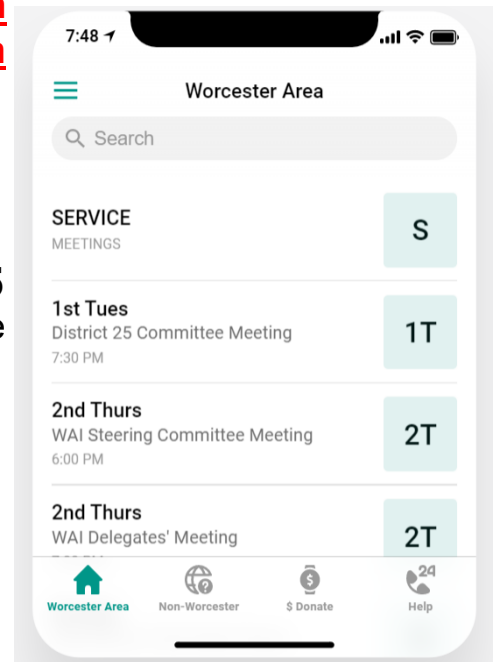
<https://so7ey.glideapp.io/>



QR CODE
Scan with camera to install WAI app – (QR Code App required)

Worcester Area Intergroup's home page features a Virtual Meeting box with a link to a Web App for WAI activities. There is also spreadsheet listing Virtual A.A. meetings in Massachusetts, and the Worcester area. <https://bit.ly/2WlpfBD> (left tab) The spreadsheet's left tab includes links to **185** meetings in the Central Mass. and surrounding areas, **some of which are resuming in-person meetings**. The **center tab** lists local meetings planning to resume, or, meetings which are new.

Some meetings have plans resume to 'in-person' status—these are highlighted in yellow in the 'Notes' column on the right. [see information below]



Groups planing to resume in-person meetings, please let Worcester Intergroup know so the WAI list can be updated. The spreadsheet includes a third tab (the **right** tab) listing **65** online meetings in related areas. All meetings setup using the Worcester Intergroup account require a password to keep 'bots and hackers out — The password for attending is **Sober2020**

Eastern Massachusetts Central Service meeting list — https://drive.google.com/drive/u/0/folders/12-gRXU_fNZ2ggNxI2KdCbzODwR9mNvVW **350** meetings

PASSWORD protected meetings are highlighted in green. NOTE: Passwords are case-sensitive (please check the Password column).

The HALTline is open 24/7 if you need to talk or have any questions (508) 752-9000

Day	Time (ET)	Meeting Name	Topic/Meeting Format	ZOOM Link	Meeting ID	Password	Phone Number	Notes
Sunday	5:00 PM	Westminster Men's Step It Up	Men's BBSS	https://zoom.us/j/139454238	139 454 238	Sober2020	1 646 558 8656 US	RCA Westminster, MA
Sunday	6:00 PM	Mindfulness in F...		https://zoom.us/j/870951... https://zoom.us/j/32050...			558-8656	It all Starts Here Speaker Discuss Now meeting in person
		Naukeg C...	Open Discussion	https://zoom.us/j/89876477603?pwd=cW1PM...				
		(North B...	Open Discussion	https://zoom.us/j/2288748...	452 288 748	None	1 929 436 2866	Individual Zoom account (vs. Int account)
Sunday	7	Captain Andy's AA Mee	3 meetings per day, pm. 7 days per wee	https://zoom.us/j/7332967...	797 733 2967	None	929-436-2866	Also meeting in person
Sunday	7	Shrewsbury Simple Sp	12 Steps and 12 Tra Discussion	https://zoom.us/j/595536968...	595 536 968	None	1 312 626 6799	Also meeting in person outside,

Worcester Area meeting list

Worcester Area Resumed/New

Non-Worcester Area meeting list

Yellow Highlight — In-Person Meetings Resuming



ALCATHON NEWS!

Worcester Area Intergroup/District 25

On **ZOOM!!!**

We will have the Alcathon room open for the full 36 hours, with commitments for 9 hours each day.

If your Group is interested in doing a Virtual Commitment, please email:

alcathon@aaworcester.org

GRAPEVINE Daily Quote

August 4, 2020

“Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness, in all times and places, to find and to do the will of God.”

AA Co-Founder, Bill W., June 1961, “Humility for Today”, ‘The Language of the Heart’



Keeping Worcester area sober since 1974!

GIVE TODAY!



WHY WE NEED YOU MORE THAN EVER.

The Worcester Area Intergroup has relied on bookstore sales and group contributions to keep the service organization running. With the physical store location closed since March and groups meeting online, income is down. We are relying more than ever on member contributions to keep the WAI office open to the newcomer and you! We are so appreciative of the member contributions to date, your contribution is what keeps us going.

TWO WAYS TO HELP:

1. Contribute online or by mail!
2. Shop in the online bookstore!

Worcester Area Intergroup

100 Grove Street, Suite 314, Worcester, MA 01605

When anyone, anywhere, reaches out for help, I want the hand of AA always to be there.



WHAT IS AA?

Alcoholics Anonymous is an international fellowship of men and women who have had drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

WHO CAN CONTRIBUTE?

Contributions are welcome from members of AA. Due to the 7th tradition we cannot accept donations from people who are not members.

WAI COMMITTEES

- Alcathon
- Corrections
- HALTline
- Public Information
- Social
- The Beacon
- Treatment Facilities
- Website / Technology

For more information, to contribute or shop visit aaworcester.org

CALL US 508.752.9000

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

August 3, 2020

Dear Friends,

As many of you know, over the past several months the General Service Office has been focused on addressing a number of organizational, technological and budgetary issues. These efforts were underway prior to the emergence of COVID-19, and have continued even in the face of new challenges. Among the plans to strengthen the organization's long-term future has been a complete redesign of our website, AA.org, which was scheduled to be completed this year.

We remain fully committed to a new and improved website, and significant work has already occurred. However, the fiscal impacts brought on by the pandemic have caused us to reassess our overall strategy and timeline. Specifically, team members leading the AA.org Planning Project have identified additional work that needs to be completed before entering the development phase. This includes content planning and development, completion of functional requirements, and updating page designs to reflect the recently approved A.A.W.S. style guide.

With a detailed project plan in place, we now have a better understanding of the resources that will be needed and the anticipated timeframe to complete all of the required activities.

Based on this information, and mindful of our current financial outlook, the Technology Executive Steering Committee has recommended deferring the remaining website development, and the majority of remaining project expenses, to 2021.

There is significant work that will continue, to ensure the development phase will move quickly once it begins in 2021. This includes usability testing, content development and approval workflow.

The updated website, once completed, will be an important tool in our ongoing support of the AA Fellowship, including enhanced search features, intuitive functionality, a modern design, and a more welcoming tone.

Sincerely, in love and service,



G. Gregory Tobin
General Manager

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

August 5, 2020

Dear fellow trusted servants,

I hope that this note finds you and your loved ones well and able to enjoy the summer months!

Since we last communicated, we have established a My Portal Task Force, comprised of representatives from two Areas and resources from G.S.O. Staff, Technology Services, Records and Finance. The My Portal Task Force has reviewed the *Area and District Service Position* report and *Groups by Area and District* report and have identified both content and data clean-up work that we can do to make these reports more useful to you. We have also identified a third report, *Group Contacts*, that we have prepared for distribution.

In order to generate these reports, we have had to make adjustments to how and what information is stored in NetSuite and are in the process of defining and populating new fields that will not only let us produce these reports for you today, but will support reporting, sorting and search functionality going forward.

We have sent out reports to each Area within the past few days, delivering on our promise to do so as soon as we were able.

As we continue to explore opportunities to create a Portal that truly supports the exchange of information between the Areas and G.S.O., please look for a survey planned for distribution in August to collect your feedback on the reports and input into some of the ideas we are discussing.

A final note: I explicitly promised the trustees over the past Board Weekend that we would not again express our gratitude for your “patience” in this process, as we have done in the past. Rather, I should like to commit to you that we understand the internal causes of the problems in implementing My Portal (the quality of the data and unwieldy legacy processes), have enlisted help from the Fellowship in testing potential solutions, and now have delivered the first of, we hope, many reports to come—for your review and feedback.

Yours, in service,



G. Gregory Tobin
General Manager



Mobile apps from Hazelden Publishing offer you anytime-anywhere access to inspiration and support.

And, *many are Free for a limited time—*

Continued from page 1

Hazelden Publishing has been well-known in the recovery community for many years, offering a number of popular books focused on different aspects of recovery and the 12 Steps (though Hazelden is not affiliated with A.A.). Hazelden also offers a number of recovery apps for download—and right now, several are available for free from the Hazelden site, most offered in Apple and Android versions—

<https://www.hazeldenbettyford.org/recovery/tools/apps>



Twenty-Four Hours a Day: Recovery Meditations

FREE for a limited time.



Field Guide to Life

FREE for a limited time.



My Sober Life: Young Adult Recovery Support

FREE for a limited time.



Inspirations: Recovery Meditations

FREE for a limited time.

Hazelden’s web site also hosts a Podcast series—*‘Let’s Talk: Addiction & Recovery’* Podcasts—available here:

www.hazeldenbettyford.org/professionals/resources/podcasts



And on YouTube: https://www.youtube.com/playlist?list=PLfBfcXEyM_XMYZzxWbj0N0sLr79mh6Kk5



Marking Time, One Chip at a Time

When I hit 30 days, my first sponsor, Bob B., a wise and spiritual man, called me a chip whore.

He was right.

I collected as many chips as I could during my “chip week,” hitting as many meetings as possible. And I kept them all on a key chain. I might not have had a lot of time, but I sure had a lot of chips.

I did the same at 60 days, and 90. Then came that long, dry spell to six months. Then nine. Finally, one year. Forget plastic... bronze! Then nothing for a year. An entire year!

The agony. I couldn't be the center of attention! No applause. No atta-boys. No chance to flash an aw-shucks smile to show my humility. (NOTE: When I found out that some meetings gave a chip a month for the first year, and one for 18 months as well... I felt cheated!)

Chips and medallions are important. They mark the passing of time and celebrate the milestones, whether it's for 30 days or 30 years. They also give us a chance to stand up at a meeting and thank our Higher Power, the program, our sponsors... and take a bow. They also show the newcomer that the program works. There were times when the thought of being so close to a chip that I could almost feel it kept me sober. It was coupled with how embarrassed I would feel if I had to stand and take another newcomer chip.

By the way, I have given away most of my chips; sometimes to a meeting's chip collection, and sometimes to people I sponsored. When I was turned seven my sponsor gave me the chip his sponsor had given him at seven. I passed it on to one of the people I sponsored. I hope it is still being passed on. That chip has had a lot of good sobriety rubbed into it.

It's because chips are so important – to me and a lot of other people – that I would like to suggest some new chips. Since most meetings today are on Zoom, most chips are virtual chips. You can design one, print it out, and hold it up for the entire meeting to see, and then email it to the recipient.

- **10-Day chip: Double-digit sobriety.** It shows you've run out of fingers to count your days on, so use your toes.
- **100-Day chip: Triple-digit sobriety.** To figure out when this one comes, unless you're a sober centipede, you have to do the math in your head to keep track— or use a convenient cell phone app.
- **1,000-Day chip: Quadruple sobriety.** Depending upon the month you got sober in and if there is a leap year involved, this comes somewhere around month 33, about three months before your 3rd anniversary.



Marking Time, One Chip at a Time

Continued from page 8

- **10,000-Day chip:** Quintuple-digit sobriety. Again depending upon the month you got sober and how many leap years you have not drunk through, this comes around the seventh or eighth month of your 27th year.
- **100,000-Day chip:** Sextuple-digit sobriety. AA's birthday is June 10, 1935, and it will celebrate 100,000 days (that's 273 years and seven months) on March 25, 2209. It'll be a great party, but I'll probably have to miss it.

Holidays Chip: This celebrates going through every major holiday sober during your first year. You and your sponsor can decide what those holidays are: Thanksgiving, Christmas, Hanukkah, Ramadan, Festivus, the 4th of July, Arbor Day, Superbowl Sunday... whatever. By the way, if the Superbowl is one of your major holidays - it is one you can celebrate with a chip... and salsa.

Yes, I've changed my attitude about chips today. They're important, but not as important to me as simply being sober and carrying the A.A. message. Hopefully, that's because some of my first sponsor, Bob B., a wise and spiritual man, rubbed off on to me.

You might even say... (wait for it...) I'm a chip off the old block.

The Cyber Sot



Woman Gets PERFECT SCORE on The Happiness Test!

The Science of Happiness

The Science of Happiness team was shocked when participant Mama Hill received the first ever perfect score on her happiness test. See the full episode: <http://youtu.be/V9xhpLpZZSg>



The video runs under three minutes—and *listen carefully*—this woman explains how prayer, meditation, a daily gratitude list, a sincere desire to serve God, and...cartoons enabled her to achieve the only perfect score this research project has ever encountered.



Step of the Month: Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



<https://www.youtube.com/watch?v=wA9swhodAHU>

GRAPEVINE Daily Quote

August 6, 2020

“I believe anyone can be helped if they have an honest desire to stop drinking. I’m living proof.”

““Ripped Jeans and Threadbare High-Tops,” The Pas, Manitoba, July 1999, In Our Own Words: Stories of Young AAs in Recovery

Want To Help Another Alcoholic?

Join Us in our 2020 Carry The Message Project

To learn more, visit our website at aagrapevine.org/carry-the-message or visit our YouTube channel at youtube.com/aagrapevine



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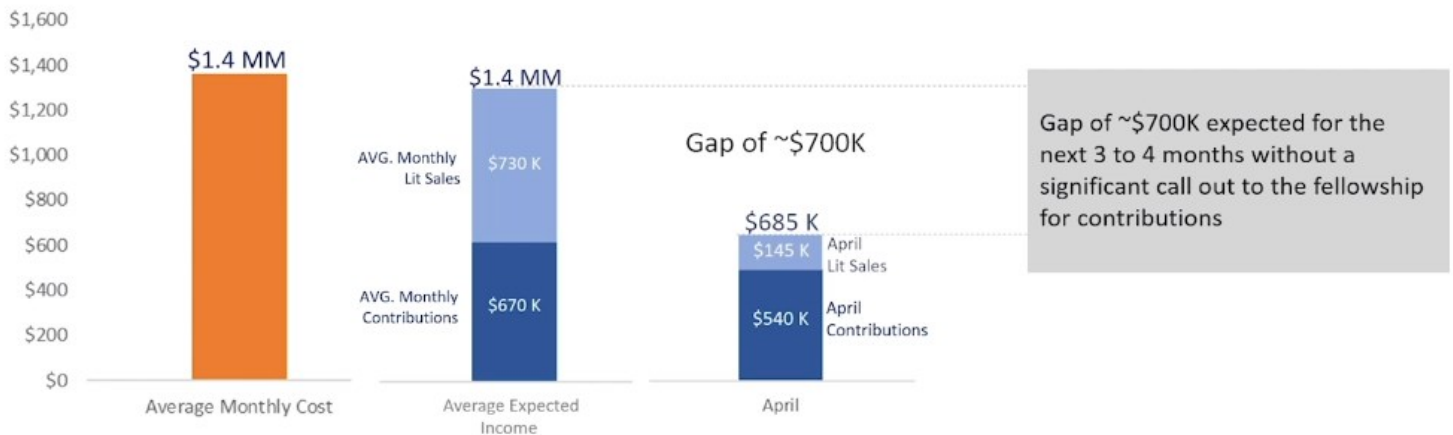
Alcoholics Anonymous®

Alcoholics Anonymous, COVID-19 & our Seventh Tradition

A Video Message from Leslie Backus, the Class A (nonalcoholic) treasurer of A.A.'s General Service Board.

“This is a moment when the Fellowship needs to step up.”

The A.A. General Service Office in New York has provided a link to a video featuring Leslie Backus, the Class A (nonalcoholic) treasurer of its GSO. In the video, Backus outlines the multiple and simultaneous challenges A.A.'s New York-based GSO is confronting, including the decline of both contributions and literature sales, which provided needed revenue to support ongoing GSO operations. <https://vimeo.com/430834698> Starting in April, GSO received only \$540,000 in monthly contributions (a drop of about 20%), and literature profits



divided to only \$145,000, an almost 80% decline— which “left a shortfall of almost \$700,000...” The revenue shortfalls forced GSO to “take a draw down [of the reserve] of \$3 million,” Backus explains.

“If you are in a position to contribute, we hope you will.”

Find A.A. Near Me and Contribute

Contribute to your General Service Office



SCAN ME



SCAN ME



**Highlights from—
2020 INTERNATIONAL A.A.
CONVENTION—Detroit
A VIRTUAL EVENT**

<https://2020convention.aa.org/>

Sections you may want to peruse....

- Listen to Audio talks from some *real* Old Timers' -

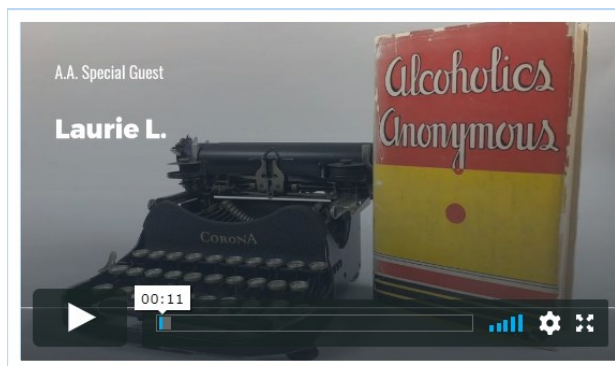
- Clarence B., Victorville, CA—Sober: January 1965
- George D., New York, NY—Sober: October 1961
- Frances B., New York, NY—Sober: February 1957
- Debbie M., Vero Beach, Florida—Sober: March 1961
- Joan S., San Diego, CA—Sober: June 1957
- Harold G., Annapolis, MD—Sober: February 1970
- Stephen K., Chula Vista, CA—Sober: September 1960
- <https://2020convention.aa.org/convention/oldTimers>

- Listen to Audio talks from 'Friends of A.A.'

- <https://2020convention.aa.org/convention/friends-of-aa>

- G.S.O. Archives

- Celebrating 85 years of A.A. history—video
- Listen to audio of a special guest interview with—Laurie L., Daughter of Ruth Hock, A.A. “Headquarters“ first secretary (non-alcoholic), who typed the Big Book manuscript.
- <https://2020convention.aa.org/convention/a-a-archives>





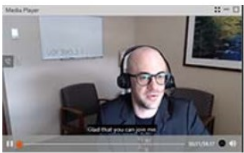
Addiction Recovery Webinar Series

Living in Recovery Speaker Series

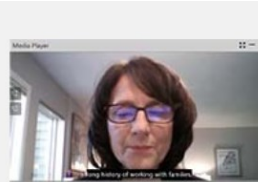
On page 6 of this issue, we highlighted the helpful recovery app tools that Hazelden offers for download— but Hazelden also hosts the ‘Living in Recovery Speaker Series,’ a collection of videos showcasing recovery speakers from across the country who share a collective set of recovery strategies and expertise. The videos include tips for staying sober and living meaningful lives in physical, mental and spiritual recovery despite physical distancing. Hazelden says, “*Watch them any time you want and as many times as you need. We’re all in this together.*”



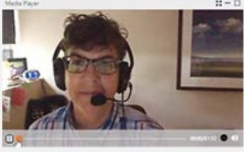
<https://www.hazeldenbettyford.org/recovery/recovery-speaker-series>



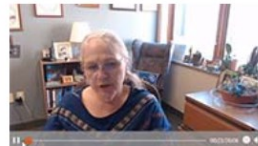
Breaking Down Barriers to Unconditional Love
Addiction counselor Joseph Caravella reveals how "radical acceptance" helps you live your best life. [Watch now.](#)



Healthy Relationships in Recovery
Learn how to cultivate healthier relationships in recovery with therapist and addiction counselor Lisa Knudsen. [Watch now.](#)



Creating Lasting Change: Getting Past the First Step
Join counselor Joannie Reckard to learn about the mentality behind change, and rewire your brain to effect your own positive changes. [Watch now.](#)



The Seven Grandfathers: A Story of Principles
Director of Clinical Services Cecelia Jayme reveals to us the guiding principles of her people, the Anishinaabe indigenous group. [Watch now.](#)



Recovery's Evolution
William C. Moyers and a panel of experts discuss recovery's evolution as a result of the pandemic, and how to best adapt to these drastic changes. [Watch now.](#)



Overcoming Unhealthy Thinking in Recovery
Addiction counselor Michael Braxton teaches you how to identify and reshape self-defeating thoughts. [Watch now.](#)

Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life -- the one that did not work -- for a new life that can and does work under any conditions whatever. Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening, through the practice of A.A.'s Twelve Steps.

Grapevine December 1957



The Eighth Tradition

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words, "Freely ye have received, freely give." We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: our single purpose has always been defeated.

Alcoholics simply will not listen to a paid Twelfth Stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an AA talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few AAs have ever worked the Twelfth Step for a fee. -- Bill W.

From A.A. *Grapevine*; December 1952

Illustration from The TWELVE TRADITIONS Illustrated Copyright © 1971 AAWS, Inc.





healthline **The Best Alcohol Recovery Blogs of 2020**

This article includes a list of blogs about sobriety—maybe one will resonate with you...

<https://www.healthline.com/health/best-alcoholism-blogs-of-the-year#7>

These blogs are independently published—and not connected to A.A. in any way.



Straight-up information about addiction and recovery, The Fix is a great resource for facts and support.

Sobercity—a community created for people living a sober life. Connect with people from all walks of life, share stories of recovery, and find support in this community for living a sober lifestyle.



Sober Black Girls Club

Sober Black Girls Club—provides resources and support to Black girls considering a beautiful sober life. For Black girls who are considering putting the bottle down...This community is for you.

Chronicling the journey from “liquid courage to sober courage,” this blog includes real-life stories about alcohol use disorder, relapse, and the journey of recovery.



The Sober School

Kate Bee took her last drink in 2013. Since then, she’s been helping women “who want to take a break from booze...”

Queeret is...for introvert queers to share each other’s company in queer, quiet, and sober gatherings called Qalms... thoughtful content about bringing calm and sobriety to queer spaces, plus podcasts, interviews, and event listings.



Recovery Speakers

Recovery Speakers is for people recovering from addiction...including alcohol. They have the largest collection of audio-recorded recovery talks spanning 70 years, and personal recovery stories from bloggers and tips on remaining in recovery.



Psychology Today

What Really Holds Relationships Together? It's Not Love

If you can't take your partner's perspective, then love has limited shelf life.

“In many cultures, especially Western ones, people tend to put a lot of emphasis on love—and the sparks that first come with it. This means we meet someone appealing, which is typically initially driven by physical attraction and “chemistry.” Then we fall in love, which leads to a longer-term relationship or marriage.

But sadly, relationships often lose steam, sputter, and suddenly, or eventually, fall apart. Is love, or lack of it, really to blame when this happens? One would think so!

“...I make the case that understanding is more important than love, especially when it comes to intimate relationships and parenting. We need to teach this to our children so that when they get older, they understand how crucial a sense of understanding others is to forming authentic, healthy relationships.”

<https://www.psychologytoday.com/us/blog/liking-the-child-you-love/202007/what-really-holds-relationships-together-its-not-love>



The Sanvello Guide to Feeling Better

This short, downloadable PDF file isn't written with specific attribution to A.A. or to common quotes in the recovery community...that said, it reads an awful lot like something that could be published by Hazelden. Topics areas covered include:

- “Face it or Replace It”—“*We can't help what happens to us, but we can choose how we react.*”
- “Fake It Until You Make It,” - “*When you feel worse, you do less. And when you do less, you feel worse. It can be a vicious cycle.*”

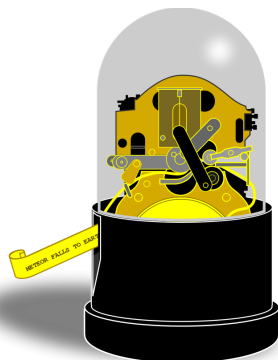
<https://www.flipsnack.com/sanvello/sanvello-guide-to-feeling-better/full-view.html> (Web Flip-page)

<https://www.flipsnack.com/sanvello/sanvello-guide-to-feeling-better/print-pdf.html> (download)



A GUIDE TO
Feeling Better





The WAI Ticker

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.

Step Eight:

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

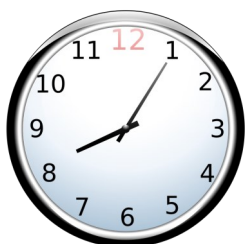
Meeting List Changes

Changes to a meeting name, its time, its format or its location, or new meetings and groups closings -

Send all meeting changes to: beacon@aaworcester.org and to: officemanager@aaworcester.org

For meetings resuming in-person, please submit the ‘Meeting Update Form’ available on the WAI home page

A list of current in-person meetings is included on pages 26 and 27



Group or Individual Anniversaries - Announcements or sobriety recognition?

Send Anniversary Info to: beacon@aaworcester.org



Special Events!

A.A. Unity and Service Conference

- ⇒ September 5 and 6, 2020
- ⇒ You need to register to attend, sign up is here: <https://unityandserviceconference.org/>
- ⇒ See the flyer on page 25

MSCYPAA XXIV originally scheduled for August 21-23
has been postponed until July 16th-18th, 2021.

Got a new A.A. event in the works? Let us know!





Worcester Area Intergroup Faithful Fiver Form

The Faith Fiver idea came about when we remembered that we wasted much more than five dollars each month during our drinking days. “When we meet and defeat the temptation to take large gifts we are only being prudent. But when we are generous with the hat, we give a token that we are grateful for our blessing and evidence that we are eager to share what we have found with all those who

still suffer.” *Bill W, Language of the Heart*

YES, I want to help continue to carry our life-saving message of hope.

I will pay: Annually(\$60) Quarterly(\$15) Monthly(\$5)

Here is my contribution of \$ _____

Name: _____

Address: _____

City, State, Zip: _____

Phone number (in case of questions): _____

Please make check payable to: Worcester Area Intergroup, 100 Grove St., Suite 314 Worcester, MA 01605



The Science of Gratitude

This short video explains how to “Cultivate an Attitude of Gratitude,” and its positive affects on many elements of our psychological and physical health—in 2 minutes, 7 seconds.

Sleep better, boost self esteem, be more kind....

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

gratitude
grat-i-tude | a feeling of appreciation or thanks

IMPROVE YOUR PSYCHOLOGICAL HEALTH

IMPROVE YOUR PHYSICAL HEALTH

BOOST YOUR SELF-ESTEEM

INCREASE YOUR EMPATHY

ENHANCE YOUR SLEEP

SHARE THE LOVE



The GRAPEVINE AND LA VIÑA—Carrying the Message

AA GRAPEVINE

The International Journal of Alcoholics Anonymous

LA VIÑA

NUESTRA REUNIÓN IMPRESA DEL GRAPEVINE DE AA

The AA Grapevine, Inc., publisher of the *International Journal of Alcoholics Anonymous* and the Spanish language version *La Viña* — monthly publications that share experience, strength, and hope with alcoholics everywhere.

<https://www.aagrapevine.org/>

<http://www.aalavina.org/>

Worcester Area Intergroup’s Online Bookstore

WAI has a new Online Bookstore, enabling local A.A.’s to order coins, books, and cards. The site also includes a printable PDF listing these items, which can be filled out and mailed in if that is more convenient for some buyers.

If you don’t know it, sales of books and other items from the WAI Bookstore helps support local A.A. activities (such as the Intergroup Office and Alcathons), so help the local recovery community by buying your A. A.-related items from the WAI bookstore. Gift certificates are now available for the WAI Bookstore and can be used for anything in the bookstore or for special orders.



Find it here: <http://bookstore.aaworcester.org>

Please remember to close out the transaction after Paypal returns you to the bookstore.

You support important local WAI recovery programs when you buy A.A. items from the WAI Bookstore.

WAI’s mission has been supporting recovery in Central Mass. for 46 years.

WAI’s ONLINE BOOKIE EXCHANGE

The WAI Bookie Exchange portal enables Bookies from local towns to quickly find groups seeking commitments and/or post a request. Open slots are listed by town.

Contact — BookieXchange.aaworcester.org



Worcester Area Intergroup Information

Until further notice, the Intergroup Steering Committee, District 25 meeting and Intergroup Delegates monthly meeting has been changed to a virtual event—

Information for these meetings is listed at the top of the virtual meeting list at aaworcester.org.

**The Intergroup meetings occur the second THURSDAY of each month.*

District 25 General Service Committee—meets first Tuesday of the month 7:30 pm

District 26 General Service Committee—Madonna of the Holy Rosary Church Hall, 118Theresa St., Fitchburg, meets first Thursday of the month 7:00pm AA members welcome—please come join us!

AREA 30 Eastern Mass. General Service Committee — Belmont / Watertown United Methodist Church 421 Common St., Belmont—4th Wednesday 8:00pm

Intergroup Officers & Committee Chairpersons (as of 8/10/20)

<u>Position</u>	<u>Name</u>	<u>email address</u>	<u>Bold = new in 2020</u>
Chairperson	Steve O	chair@aaworcester.org	
Alt. Chair	OPEN	altchair@aaworcester.org	
Secretary	Hilary D	secretary@aaworcester.org	
Alt. Secretary	OPEN	altsecretary@aaworcester.org	
Treasurer	Ted K	treasurer@aaworcester.org	
Alt. Treasurer	OPEN	alttreasurer@aaworcester.org	
Trustee	Fred F.	trustee1@aaworcester.org	
Trustee	Kim N.	trustee2@aaworcester.org	
Trustee	Alice B.	trustee3@aaworcester.org	
Trustee	Emily D.	trustee4@aaworcester.org	
Office Manager	Brandy H.	officemanager@aaworcester.org	
Alcathon (WAI)	Brandy H.	alcathon@aaworcester.org	
Beacon Editor	John Mcl	beacon@aaworcester.org	
Treatment Facilities	Raymond M.	treatment@aaworcester.org	
Corrections	Steve O.	corrections@aaworcester.org	
HALTline	Donna H.	haltline@aaworcester.org	
Liaison to District 25	Steve O.		
Liaison to District 26	Jenn C.		
Liaison to Area 30	Jim B.		
Public Information	Alice B.	pichair@aaworcester.org	
Social Committee	Jeff W.	social@aaworcester.org	
Webmaster	Fred F.	webmaster@aaworcester.org	
Bookie Exchange	Bill S. & Fred F.	bookieexchange@aaworcester.org	



12 Step Volunteer Application

Name (First name and last initial): _____

Telephone Number: _____

Towns you will accept calls from: _____

Hours that you are available: _____

I wish to help (please circle *all* that apply): Males Only Females Only Both

Ages I am willing to work with people ages:

Teens 20 to 30 30 to 40 40 to 50 50 to 60 Over 60

I am willing to (please circle):

Talk to a person on the phone Go to a persons home to talk * Give rides to AA Meetings

Give rides to Detox * Meet someone at a meeting

Other (please specify) _____

**It is suggested that a person NOT make a Twelfth Step call alone to help an alcoholic who is still suffering. Also you should NOT drive a wet drunk to a treatment facility (detox) without having another A.A. member with you. If you circled either of these items, please be sure that you have another member of A.A. that is available and willing to go along with you.*

Anniversary Donation

Name: _____

City/Home Group: _____

Sobriety Date: _____ Amt. Enclosed: _____

Mail to: **Worcester Area Intergroup**—address on page 1. All Anniversaries submitted will be published the month following submission. Please contact the newsletter Editor at beacon@aaworcester.org if an Anniversary has not been published for two months following submission.

HALT LINE NEEDS VOLUNTEERS

The Intergroup HALT line needs volunteers to cover open time slots. The HALT line is there to assist any alcoholic needing to find a meeting. This is service work that really matters.

See the flyer on page 26



Online Intergroup—Online Meetings Directory

<http://aa-intergroup.org/directory.php>



The Directory lists different meeting formats—Regular, Men/Women, Men only, Women only, Gay/Lesbian/Bisexual/Transgender, Deaf/Hard of Hearing, Blind/Visually Impaired, Loners Internationalists, Atheist/Agnostic, Regional / Ethnic, Profession Specific, Closed or Open

The Online Intergroup aids its member groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

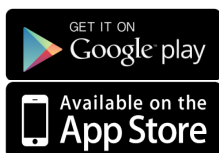
Find a Meeting—Local or Anywhere!

Find a local meeting fast on a Map, a grid, or on a list!

MeetingMap.aaWorcester.org

Alcoholics Anonymous World Services Meeting Guide

The official Meeting Guide is a free of charge meeting finder app for iOS and Android that provides meeting information from A.A. service entities in an easy-to-access format. Meeting Guide syncs with area, district, intergroup/central offices and international General Service Office websites (some of which are listed on A.A. Near You), relaying meeting information from more than 300 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily. This app gives A.A. service entities full control of their local meeting information while collecting it in one place, making it easy for anyone to find a meeting.



<https://play.google.com/store/apps/details?id=org.meetingguide>

[apps.apple.com > app > meeting-guide](https://apps.apple.com/app/meeting-guide)

Google Play and the Google Play logo are trademarks of Google LLC. The App Store and iOS are registered trademarks of Apple Inc.

NEED HELP? A.A. Worcester Intergroup offers in-depth user training called *Zoom Trooper Boot Camp* — training assistance for using Zoom — please contact Brandy, WAI Office Manager, for info: officemanager@aaworcester.org (508) 752-9000

Worcester Intergroup Service Opportunities—Step Up!

Worcester Intergroup has three open positions (see page 20). For A.A.'s seeking an opportunity to serve — Please contact: officemanager@aaworcester.org for more info



SUPPORT LOCAL VIRTUAL MEETINGS and WAI

One element in online meetings which *is* different is that the digital world needs a special method to ‘*Pass the (Virtual) Basket*’ for the Seventh Tradition. Online hosting—(such as Zoom meetings) - cost money to operate, and area A.A. activities still need support to provide ongoing services, so a link to a contribution page is included http://aaworcester.org/contribution_page.html on www.aaworcester.org.

Please help keep local A.A. resources available for the alcoholic who still suffers. Payment services charge WAI a *per transaction* fee - so when using them, please contribute less frequently but in larger amounts—reducing transaction fees. The contribution page offers PayPal or Square Cash/Cash App payment options, and both offer an app for download.



<https://www.paypal.com/>



Square

[\\$WAIintergroup](#)

Of course, these stone-age paper sheets work just fine also.....



You can specify that your contribution be credited to your home group—and acknowledge that in your transaction. If your group is looking to add digital contributions, this link offers an overview for adding a digital 7th Tradition capability to a group — [https://](https://aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices)

aasfmarin.org/online-contributions-your-digital-7th-tradition-guide-to-best-practices

Many thanks to our fellow A.A.’s for continuing to support WAI’s mission of service to alcoholics in Central Massachusetts.

GRAPEVINE Daily Quote

August 9, 2020

“Habits are like cork or lead -- they tend to keep you up or hold you down.”
“*Short Takes*,” Honolulu, Hawaii, November 1962, AA Grapevine



A Guide to using Zoom as a Virtual Meeting Platform

Highlights from the New York Intergroup's suggestions for developing and managing virtual meetings using Zoom

<https://www.nyintergroup.org/remote-meetings/join-the-nyig-zoom-meeting-room/what-is-the-aa-zoom-room/nyig-zoom-room-support/>

The NYC Intergroup offers a helpful guide for using Zoom as a virtual meeting platform, addressing topics such as Account Setup, How to use Zoom, Guide for Meeting Chairs, Managing anonymity in virtual meetings, and Member and Group resources.

Zoom also offers support videos and other resources—explore <https://support.zoom.us>

Virtual Meetings face their own challenges

Some A.A. groups hosting virtual meetings on Zoom have had problems with internet trolls who are jumping into public Zoom calls. The Inter-Group Association of A.A. New York offers a helpful 4 page guide, 'NYIG Toolkit for Handling Unwanted Meeting Disruptions' [*download:*

https://www.nyintergroup.org/wp-content/uploads/2020/03/NYIG_Zoom-Protection-Guide_033020.pdf]

Zoom also offers a security guide - How to Keep Uninvited Guests Out of Your Zoom Event — [<https://blog.zoom.us/wordpress/2020/03/20/keep-uninvited-guests-out-of-your-zoom-event/>]

WAI's ZOOM WARRIOR COMMITTEE TO THE RESCUE!!

Worcester Intergroup's new committee—The ZOOM Warriors— consists of 12 Zoom Warriors and 2 Honorary Warriors, along with over 70 Zoom Troopers, who's mission is to help keep local A.A. meetings going when our physical locations are closed by giving technical support to groups adding online sessions. Need help? The Warriors have a useful guide to Zoom, and, offer training assistance for using Zoom — contact Brandy, WAI Office Manager, for info: officemanager@aaworcester.org (508) 752-9000

GRAPEVINE Daily Quote

August 10, 2020

“Alcoholism is relieved of its power when honesty, open-mindedness, and willingness combine within me to change my question from ‘Why?’ to ‘How?’ Then, I can get into the stream of life and out of my own way.”

“*Listening and Learning,*” Penngrove, California, January 2008,



Virtual

5th Annual Unity & Service Conference

"Applying our 12 Traditions & 12 Concepts to Real Life"

September 5-6, 2020 (PDT)
Labor Day Weekend
Concord, CA, USA



**Pacific
Daylight
Time Zone**

Saturday, September 5

Sunday, September 6

Welcome!

Serenity Prayer & Kickoff

8:45 am

9:00 am

Memoirs of a Judge that Nudged

*Rogelio Flores, Santa Barbara, CA
Retired Judge & Past Class A Trustee*

Contempt Prior to Investigation?

**The 12 Concepts -
"A Spiritual Experience"**
Jennifer D., Wilmington, NC

10-Minute Tradition or Concept Vignette Before Each Main Speaker

10:30 am

Service Panels

Panel 1 - **Young People**
Panel 2 - **Bridging the Gap**
Panel 3 - **Corrections (H & I)
Q&A**

Service Panels

Panel 1 - **Public Info & Cooperation with
Professionals**
Panel 2 - **Intergroup/Hotline**
Panel 3 - **General Service**
Panel 4 - **Sponsorship
Q&A**

12:00 pm

Break

12:30 pm

**Finance & Romance
in AA's Digital Age**

Jennifer D., Wilmington, NC

**Anonymity and Outside Issues:
Right vs. Responsibilities**

Roger W., Vine Grove, KY

10-Minute Tradition or Concept Vignette Before Each Main Speaker

2:00 pm

The Three Legacies and Relationships

Chuck & Beth H., Cary, NC

10-Minute Tradition or Concept Vignette
from an AI-Anon Speaker

*This 2 Hour and 15-Minute Session Includes
a 15-Minute Break at 3 pm Before Concluding at 4:15 pm*

Ask It Basket with Speakers

*Rogelio, Jennifer, Don, Roger,
Chuck & Beth*

3:00 pm

Break

Close with Responsibility Statement

4:30 pm

**Unity vs. Conformity
in the Home Group**

Don L., Bellingham, WA

10-Minute Tradition or Concept Vignette to Open

6:00 pm

Close with Responsibility Statement

Online-Only Event!

Space is Limited.....

Pre-Registration Encouraged!



Registration Link & Contact Info: Unityandserviceconference.org

925.222.5639



HALT Line Volunteers needed

What the HALT line is:

One alcoholic talking to another alcoholic --- Isn't that what A.A. is all about?

One might:

- *Give out meeting time and location information.
- *Talk and/or listen to a sober alcoholic in danger of picking up a drink.
- *Talk and/or listen to a sober alcoholic who is visiting the area.
- *Talk to a "drunk". You may be the link in the chain that could save their life.
- *Refer a caller to the Intergroup Office and inform them of the office hours.

This is a very easy way to do service from the convenience of your own home.

What you need to be a volunteer:

*1 year of sobriety is suggested because the first year needs focus on recovery before such service.

*Meeting lists (we suggest District 26 and Worcester Area). These are available free of charge from Worcester Area Intergroup and are available on the Website www.aaworcester.org or use the App MeetingGuide on your cell phone.



*3 or more hours of time during the week that you will be available to answer calls. This is done from your own home or cell phone. You do not have to answer as A.A. you can simply answer and when asked say you are "Answering for Worcester Area Intergroup, how can I help you?"



Please call Donna H., the HALT Line chair, at 508-735-8559 or email her at donnaaham@charter.net or send an email to haltline@aaworcester.org