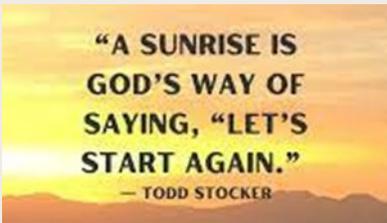
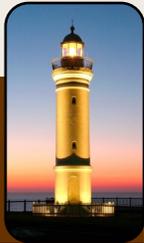


THE BEACON

The light at the end of the tunnel

Worcester Area Intergroup . 100 Grove Street . Suite 314 . Worcester, MA 01605



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AA teaches us to restart a day when there is too much happening, or happening too fast, or when we are just overwhelmed.

Stop. Think. Pray. Shout:

"Enough! This is today, take two!" (or take three... or even more.)

But no matter when or how often we start our days over in the new year, they will always take place in 2023. To help you start it off, this month we're running thoughts about new years, new starts, even new sobriety, from your fellow AA. But let's start with a few observations by different people, some of whom you probably have heard of.

You'll find other observations throughout this month's issue. We hope you find some that stick with you through the coming year.

— The Editors

AAAGAAAABAAAAGAAA



**"You're off to great places!
Today is your day!
Your mountain is waiting,
So get on your way!"**

— Dr. Seuss



A Daily New Year's Resolution

I stopped making New Year's resolutions years ago when an old sponsor asked me why I kept making promises I knew I wasn't going to keep. I might exercise or diet, or do something healthy, possibly even adult-ish for a week or two... but for a full year?

And the more resolutions I made, the less likely I was to keep any of them.

I now start the New Year the way I have started every day for the last 35 years, praying for God's help to stay sober. As the Big Book tells us:

"What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities."

I need to connect to my Higher Power at the start of my day because that's when my sobriety starts, at the start of my day.

I cannot pray tomorrow or yesterday. The only time I can pray, have a relationship with or make conscious contact with God, is today. To be more specific... NOW. And as far as drinking is concerned, I don't have to worry about yesterday, and tomorrow isn't here yet. I need help to stay sober today. To be more specific... NOW.



By staying sober today, I keep my sobriety date, my AA birthday, which is much more important than my belly button birthday. That one just tells me that I haven't died, yet. My sobriety birthday tells me how long I have been living sober and trying – occasionally successfully – to follow God's will. I know He doesn't want me to drink, and I've done quite well with that part of it, so far. As for the rest of His desires for me... still a work in progress.

When I was a newcomer and having to raise my hand whenever they asked for everyone with less than 30 days, I had a hard time imagining myself ever actually getting a bronze medallion with a Roman numeral marking a year or years on it. A six-month chip was about as far as I could imagine... but without much hope. But as people with time would point out to me: you can't get to 60 days until you've done 30 days. And you can't get to 30 days until you've done 10, and you can't get to 10 until you've done one. That's how "one day at a time" works.

It's about now. The fact that NOW is the start of a new year just gives us something to focus on.

The actual "day" of the New Year, Christmas, Hanukkah, or any holiday is important because we made it important. Christians, for example, did not start celebrating Christmas as any sort of special day until 336, and that was only in Rome. It did not become a major festival until the 9th century.

So, what do these special days actually mean?





Resolution continued...

We create meaning by linking events and dates to experiences, beliefs, and emotions. It's a human thing. Some of these "special days" are international, some are shared with only family and friends, some are private.

All holidays are not created equal, and we all have those we pay more attention to, that we like more, or that we don't like at all. Some people ignore certain holidays. This, too, is human. As a side note, over my time in AA I have found that people who consider their sobriety date to be a really important personal holiday tend to keep it.

Every day is another day to hold on to your sobriety date, or, if necessary, create a new one.

Every day is also a day to improve your conscious contact with God, or, if necessary, renew it.

Step 11 doesn't say start a conscious contact with God. It says:

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry that out."

You don't have to start from scratch. It's not a blind date. He knows who you are...really are... and, as it says in the Big Book, He wants you to be "happy, joyous and free." You already have a relationship with Him. You may have hung up on Him in the past, but you can always call Him back.

He is waiting for your call.



AA

"I don't know where I'm going from here, but I promise it won't be boring."

— David Bowie



Every day is a clean slate and a fresh start.
(Gretchen Rubin)

"The bad news is time flies. The good news is you're the pilot."

— Michael Altshuler





TRADITIONS CHECKLIST

Tradition One:

Our common welfare should come first; personal recovery depends upon AA unity.

The 12 Steps are how individual alcoholics get and stay sober.

The 12 Traditions are how individual AA groups, as well as intergroups, districts, areas, and other AA bodies all around the world continue to function and work together to carry the message.

Now we are all familiar with the AA Pledge.

"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."

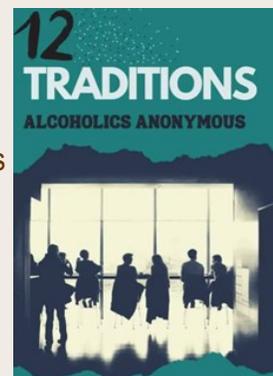
It was written for the 1965 AA International Convention, the 30th, in Toronto, by Al S. a former AA trustee. Now, we cannot be there for those who reach out to us unless AA groups continue to function, and it is the traditions that keep AA groups functioning.

These questions were originally published in the AA Grapevine in a series that ran from November 1969 through September 1971. While they were originally intended for individual use, many AA groups adapt them to use to conduct group inventories.

It is worth remembering that Bill W. wrote both the 12 Steps and the 12 Traditions and considered them both important.

10 Questions

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?





Sober Today. But Tomorrow...

It was the middle of the night, and it was cold. The temperature had been dropping, especially over the last day or so. How long had I been on this run? Days? Weeks? Who could remember.

I had run out of places to land. After getting kicked out of the halfway house, for a time I had managed to find “situations.” Lower companions indulging in my kind of fun. Now, no one was returning my calls. I wasn’t the ideal house guest. I was seldom invited back. I had become the lowest companion.

So here I was, in the Victory Gardens section of Boston’s Fenway neighborhood, walking the narrow paths between the plots, looking for suitable shelter. A depression in the earth, filled with leaves, seemed the best option. I hopped the fence and bedded down. A moment later my phone buzzed. A “friend” was looking for “company.” A kindred spirit; another hollowed-out soul. Salvation! Off I went, spared the fitful sleep in the shallow grave, at least for this night.

I wish I could say that was my bottom. It wasn’t; just another night on death watch.

A mere three years ago, my life consisted of long-term sobriety and service, a successful career, friends and purpose. How did I fall so spectacularly from that to this... existence?

After the real estate market crashed in ‘08, a severe back injury left me unable to work. The bank took my house. I lost my business. This led to an intractable depression; a three-week stay in a psych ward; a *second* three-week stay in a psych ward; electric shock therapy. “Life On Life’s Terms.” Indeed. Thank goodness for my family. They took me in. So I came back East.

Dire as that series of events was, I remained sober. I had managed to not pick up. Not yet, anyway. The aftermath, once the dust settled, was when I fully realized the magnitude of what I had lost. As I tried and failed, repeatedly, to put my life back together, I eventually came to believe I was a lost cause. I couldn’t find employment. I became isolated. I stopped going to meetings. It is said that “people who stop going to meetings don’t hear what happens to people who stop going to meetings.” I wasn’t hearing what happens to people who stop going to meetings. I picked up.

That was more than 10 years ago. I’m less than a year sober now, today. My current sobriety date is the same day as my birthday. My 60th birthday. Some celebration. I was “out” on my 50th birthday as well. A decade, if not completely lost, certainly bookended by broken promises to myself.



(Continued next page)



(Continued from prior page)

Today's struggle is thus: The enthusiasm of my early sobriety, over time, has given way to a gnawing feeling that AA isn't the solution anymore. The dogma no longer resonates as it once did. Ideals and concepts that once comforted me now leave me unsettled. Also, I can't shake off the feeling that AA doesn't know quite what to do with me; one who has relapsed after long-term sobriety, and can't put time together. A Prodigal Son. A Retread. It is said the newcomer is "the most important person in the room." Old-timers are revered as Elder Statesmen. I feel like I'm in AA purgatory. Where do I fit? Is it just in my head? Maybe. Maybe not. Ain't that a pickle?

Can I afford the luxury of biting the hand that has fed me spiritually for so long? Am I the Jaywalker mentioned in the Big Book? Rhetorical questions, I suppose. So the solution is simple, right? Keep Coming Back. It Works If You Work It. So Work It. You're Worth It. I get it.

These are some steps I've taken: I've reached out to Intergroup, and was given the opportunity to write my little story. I've been to a few Zoom meetings. I speak with program friends. I stay away from slippery situations. Is that enough? I don't know. What I do know is "One Day At A Time."

I'm sober today.

Ask me again tomorrow.

— Paul A.



AAAAAAAAAAABAAAAAABAAAAAABAAAAAABAAAAAABAAAAAABAAAAA

"No matter how hard the past, you can always begin again."

— Buddah



Your present circumstances don't determine where you can go. They merely determine where you start."

— Nido Qubein

"Don't live the same year 75 times and call it a life."

— Robin Sharma

"You are never too old to reinvent yourself."

— Steve Harvey



FROM THE ARCHIVES

The A.A. Grapevine
GRAPEVINE
A WEEKLY PUBLICATION OF THE ALCOHOLICS ANONYMOUS

June 1944

The Shape of Things to Come

In the book *Alcoholics Anonymous* there is a chapter called "A Vision for You". Wandering through it recently, my eye was caught by this startling paragraph written a short five years ago. *"Someday we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination. To some extent this is already true. Some of us are salesmen and go about. Little clusters of twos and threes and fives of us have sprung up in other communities through contact with our two large centers—"* Rubbing my eyes I looked again. A lump came into my throat. "Only five years," I thought. "Then but two large centers—little clusters of twos and threes — travelers who hoped one day to find us at every destination."

Could it be that only yesterday this was just a hope—those little clusters of twos and threes, those little beacons so anxiously watched as they flickered, but never went out.

And today—hundreds of centers shedding their warm illumination upon the lives of thousands, lighting the dark shoals where the stranded and hopeless lie breaking up—those fingers of light already stretching to our beach heads in other lands.

Now comes another lighted lamp—this little newspaper called "*The Grapevine*". May its rays of hope and experience ever fall upon the current of our A.A. life and one day illumine every dark corner of this alcoholic world.

The aspirations of its editors, contributors and readers could well be voiced in the last words of "*A Vision for You*". *"Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find, and join us. We shall be with you, in the Fellowship of The Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then."*

Bill

What's going on District 25



2023 District 25 Officers and Chair

Chair	Marc S.
Alt Chair/Registrar	Ray M.
Secretary	Norine
Alt Sec	OPEN
Treasurer	OPEN
Alt Treas	Corey
DCM	Jen A
Alt DCM	OPEN
Website	OPEN
Alt Website	OPEN

Committee Chairs

Postion	Name
Archives	Joan K
CPC	Kathy M
Alt CPC	OPEN
Corrections	Danny
Alt Correc	OPEN
Grapevine	AI
Literature	OPEN
Alcathon	Norine (through Jan 1, 2023)

The Dark Side Of Excessive Drinking

Physical long term health effects of alcohol abuse

- blurred vision & blackouts
- brain damage, memory loss, hallucination & reduced functioning
- skin & sensory symptoms including loss of sensation, profuse sweating & bruised skin
- shortness of breath, lung disease risk
- slurred speech
- high blood pressure, abnormal heart rhythm & heart disease
- ulcers in the stomach
- liver diseases, cirrhosis, hepatitis, cancer, swelling, pain and even liver failure
- pancreatic inflammation
- impotence & infertility in men...painful periods and reproductive system damage in women
- intestinal cancer
- osteoporosis or brittleness & weakening of the bones

ALCOHOL: HOW DRINKING AFFECTS YOUR BODY

- BRAIN**
AFTER ABOUT AN HOUR, MOST WILL NOTICE THAT THEIR JUDGMENT AND CONCENTRATION HAS BEEN IMPAIRED.
- EYES**
PEOPLE WHO ARE DRUNK WILL OFTEN FIND THEIR EYES ARE IMMEDIATELY AFFECTED BY BLURRED OR DOUBLE VISION.
- MENTAL HEALTH**
THE INTOXICANT CAN CAUSE MOOD SWINGS AND BECAUSE OF THE REMOVAL OF INHIBITION.
- LUNGS**
WHEN YOU ARE DRUNK YOUR RISK OF PNEUMONIA IS INCREASED
- SPEECH**
SPEECH MAY START TO BECOME SLURRED AFTER AN HOUR OF DRINKING
- STOMACH**
DRINKING CAN CAUSE VOMITING, NAUSEA, DIARRHOEA, HEARTBURN AND LOSS OF APPETITE.
- LIVER**
AS THE LIVER IS PUT TO WORK WHEN YOU DRINK, LONG TERM EFFECTS CAN BE EXTREME AND CAN INCLUDE CIRROHOSIS.
- PANCREAS**
DRINKING CAN LEAD TO LOW BLOOD SUGAR WHICH CAN LEAD TO SHAKING OR DIZZINESS
- SEX**
THE LIKELIHOOD OF PARTAKING IN UNSAFE SEX IS INCREASED DRAMATICALLY.
- KIDNEYS**
AS ALCOHOL IS A DIURETIC, IT CAUSES WATER TO BE LOST FROM THE BODY VIA THE KIDNEYS, AKA YOUR URINE.

What's going on Worcester Area Intergroup



2023 Worcester Area Intergroup Steering Committee Officers and Chairs

Office Manager	Brandy H.	officemanag-
Chair	Jane P.	chair@aaworcester.org
Alt-Chair	Ted K.	altchair@aaworcester.org
Secretary	OPEN	secretary@aaworcester.org
Alt-Secretary	OPEN	altsecretary@aaworcester.org
Treasurer	Katie M	treasurer@aaworcester.org
Alt-Treasurer	OPEN	alttreasurer@aaworcester.org
Trustees	Lynne S.	trustees@aaworcester.org
	Bill S.	
	Ray M.	
	Naomi D.	

Committees/Liasons

Alcathon	Jeff W	alcathon@aaworcester.org
Beacon	Rich D./ Stef	beacon@aaworcester.org
Bookie Exchange	OPEN	booki-
Corrections	OPEN	corrections@aaworcester.org
District 25	Matt S.	Currently no email
District 26	Richard M.	WAI@aaDistrict26.org
HALTLINE	Sue W.	haltline@aaworcester.org
Public Information	Bill G.	pi@aaworcester.org
Social	Dante Q.	social@aaworcester.org
Treatment	Jean O.	treatment@aaworcester.org
Website	Fred F.	webchair@aaworcester.org
Zoom	Brandy H.	zoom@aaworcester.org

Life
always offers you
a second chance.
It's called tomorrow.

The Knot Prayer

Please untie the knots
that are in my mind,
my heart and my life.
Remove the have nots,
the can nots and the do nots
that I have in my mind.

Erase the will nots,
may nots,
might nots that may find
a home in my heart.

Release me from the could nots,
would nots and
should nots that obstruct my life.

And most of all,
I ask that you remove from my mind,
my heart and my life all of the am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.

July 1948

Give A.A. Book

We approach the new members when they are put in quarantine. When the inmate is low in spirits and is thinking a great deal, we pass the large A.A. book to him and let him read it. Later we have a chat with him and then we have a new member of our group.

Of the 12 members who have left us only two have failed to make a go of it.

Last May we had our first birthday. Two hundred people attended the first anniversary of the State Prison Group of Alcoholics Anonymous at the prison auditorium. - C.P., Vermont State Prison Group

Silkworth.net

PDF Index

beacon@aaworcester.org

January 2023

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January Event Calendar

1 January 2023 - 31 January 2023

Jan 1	Sun	12:00 PM - 9:00 PM New Years Alcathon	<p>Hosted by WAI & District 25 Alcathon Committee. Visit WorcesterAlcathon.com. To view the Alcathon schedule: click here.</p> 
Jan 3	Tue	7:30 PM - 8:30 PM District 25 GSR Meeting	<p>Hybrid meeting (Zoom+in-person) Salem Covenant Church 215 Mountain St East Worester MA</p> <p>Web link: zoom.us/j/311969752 Password: Sober2020</p> <p>District 25 GSR meeting in-person & Zoom.</p>
Jan 5	Thu	7:00 PM - 8:30 PM District 24 GSR Meeting	<p>Still meeting via Zoom only? Normally held on the 1st Thursday at 7 pm at Trinity Church on Elm Street in Concord Zoom link: us04web.zoom.us/j/9296006039?pwd=VUx2STJSdXRvZDFVSO0pTY0tVW9SUT09</p>
		7:00 PM - 8:30 PM District 26 GSR Meeting	<p>Currently meeting in-person and on Zoom Emmanuel Lutheran 1200 John Fitch Hwy Fitchburg MA</p> <p>See attached PDF for Zoom information.</p>
Jan 6	Fri	2:00 PM - 12:00 PM NECYPAA XXXII	<p>Omni New Haven Hotel at Yale 155 Temple St., New Haven, CT Visit web site: necypaahost.org/</p>
Jan 7	Sat	2:00 PM - 12:00 PM NECYPAA XXXII	<p>Omni New Haven Hotel at Yale 155 Temple St., New Haven, CT Visit web site: necypaahost.org/</p>
Jan 8	Sun	2:00 PM - 12:00 PM NECYPAA XXXII	<p>Omni New Haven Hotel at Yale 155 Temple St., New Haven, CT Visit web site: necypaahost.org/</p>
		10:00 AM - 3:00 PM Area 30 Assembly	<p>Kickoff Assembly Details forthcoming.</p>
Jan 10	Tue	7:30 PM - 8:30 PM District 23 GSR Meeting	<p>District 23 GSR meetings the 2nd Tuesday, 7:30 pm at Faith Community Church, 146 E. Main St in Hopkinton and on Zoom.</p>
Jan 12	Thu	7:00 PM - 8:00 PM Worcester Area Intergroup Delegates Meeting	<p>In-Person: Salem Covenant Church 215 Mountain St E. Worcester [map]</p> <p>Online Zoom Link: zoom.us/j/912007235 Passcode Sober2020 Dial in 1 646 558 8656 Conf# 912 007 235 # Passcode 025337 #</p>
Jan 14	Sat	11:00 AM - 1:00 PM MSCYPAA 25 Biz Meeting	<p>Business planning meeting for the 25th Mass State Convention of Young People in AA (MSCYPAA)</p>
Jan 27	Fri	12:00 PM - 12:00 PM Freedom Trail Conference	<p>Visit: beacongroupaa.com/freedom-trail-conference/ To register: events.eventzilla.net/e/2023-freedom-trail-conference-2138579856</p>
Jan 28	Sat	12:00 PM - 12:00 PM Freedom Trail Conference	<p>Visit: beacongroupaa.com/freedom-trail-conference/ To register: events.eventzilla.net/e/2023-freedom-trail-conference-2138579856</p>
Jan 29	Sun	12:00 PM - 12:00 PM Freedom Trail Conference	<p>Visit: beacongroupaa.com/freedom-trail-conference/ To register: events.eventzilla.net/e/2023-freedom-trail-conference-2138579856</p>

We are not a Glum Lot



When you're AA but you accidentally walk into NA



THE RECOVERY PARADOXES

We SURRENDER to WIN.
 We FORGIVE to be FORGIVEN.
 We GIVE it AWAY to KEEP it.
 From WEAKNESS (adversity) comes STRENGTH.
 We SUFFER to get WELL.
 From DARKNESS comes LIGHT.
 From DEPENDENCE comes INDEPENDENCE.
 We DIE to LIVE.

Lord, grant me the serenity to accept stupid people the way they are, courage to maintain self-control, and wisdom to know if I act on it, I will go to jail!



somee cards
user card

**YOU'RE AN ALCOHOLIC
ADDICT?**

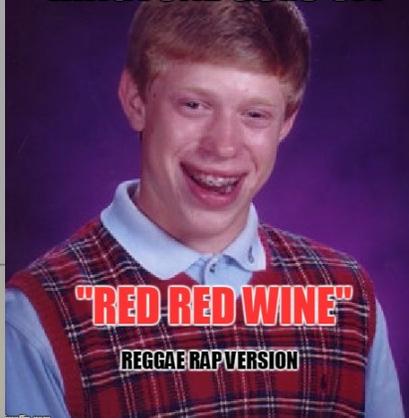


**DOES THAT MEAN YOU'RE
ADDICTED TO ALCOHOLICS?!**

CONSTITUTIONALLY INCAPABLE
OF BEING HONEST
WITH HIMSELF



**ATTENDED A.A. MEETING.
RINGTONE GOES OFF**



"RED RED WINE"
REGGAE RAP VERSION

What an **ODOR!**
I can't go through
with it!





What's going on

TOP SECRET

NECYPAA XXXII

NEW HAVEN, CT

With AL-ANON Participation

DATE | JANUARY 6TH - 8TH, 2023

LOCATION | OMNI NEW HAVEN HOTEL AT YALE
155 TEMPLE STREET, NEW HAVEN, CT 06510

BOOK YOUR ROOM NOW!!!

www.omnihotels.com/hotels/new-haven-yale 🔍
Group Code: 010623NECYPAA

PRE-REG HERE!

www.necypaahost.org

www.facebook.com/NECYPAA

necypaa@gmail.com



NERAASA 2023



Northeast Regional AA Service Assembly

February 24-26 NENY Area 48 Albany, NY



Just 5.5 miles to
Albany Rural Cemetery,
burial place of Ebby T.
& 64 miles to
The Wilson House,
East Dorset, VT

Reserve rooms directly with The Desmond Hotel, Albany
(518) 869-8100, discount code **NERAASA**

For more information contact
Info@NERAASA.org or go online at NERAASA.org

The New England Conference of Young People in Alcoholics Anonymous (NECYPAA) is a fellowship of men and women who combine their experience, strength and hope as a means of reaching out to young people, and anyone with room to grow, who desire recovery from alcoholism and the solution as suggested in the principles of A.A.

What's going on



Save the date
Jan 27-29th 2023
Boston, MA

THE 2023 FREEDOM TRAIL CONFERENCE

A weekend journey through the
12 steps featuring:

Bob D, Las Vegas

Leslie S, Atlanta

Kent C, Ohio

*more
details to
follow*

**SCHOLARSHIPS
AVAILABLE! ALL
ARE WELCOME!**

Register

Online: (link below ↓)

**[https://
beacongroupaa.com/
freedom-trail-
conference/](https://beacongroupaa.com/freedom-trail-conference/)**



Join us for a weekend of the 12 Steps as they are laid out in the Big Book of Alcoholics Anonymous.

Speakers include Bob D. from Las Vegas, NV, Leslie S. from Atlanta, GA, Arisa B. from Boston, MA and Kent C. from Sandusky, OH. Bud S from Deering, NH will be our featured AI Anon speaker. You don't want to miss this!

Friday, 27 January 2023 5:00 PM - Sunday, 29 January 2023 12:00 PM EST
MIT, (Building 26-100), Cambridge, MA, 02142, U

Registration Ticket - \$50.00 Scholarship Ticket (for those who are unable to afford registration fee) - Free. For further information, go to beacongroupaa.com/freedom-trail-conference

Worcester Area Intergroup

100 Grove St. Suite 314
Worcester, MA 01605



Worcester Area Intergroup

Office hours:

Monday 10-2 pm

Tuesday 10-8 pm

Wednesday 10-8 pm

Thursday 10-2 pm

Friday 10-2 pm

Saturday 9-2 pm

Sunday Closed

Fill out and mail to Worcester Area Intergroup, Suite 314, 100 Grove St, Worcester, MA 01605. For a printed copy, please enclose \$25.00.00 payment for a one year subscription

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

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2]For a printed copy, fill out the form below subscription