# THE BEACON

### The light at the end of the tunnel

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



#### The Four Editions and Publication Dates 1939 1955 1976 2001



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beacon@aaworcester.org

# Want to be Famous ... Anonymously?

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### **The 5th Edition is Coming**

A new edition of the big Book is coming, and AA's Literature Committee is looking for stories.

Do you want to tell yours?

In keeping with AA traditions, there will be no changes made in the first 164 pages of the Big Book, or in the Preface, the Forewords, The Doctor's Opinion, Dr. Bob's Nightmare, or any of the Appendices.

Some stories will be dropped, however, to make room for new ones.

They are seeking "a wide range of A.A. recovery experience of members in the Fellowship. Recognizing that all stories are of value," and looking for "recovery stories that are from a broad cross-section of our local communities," according to the recent issue of the General Service Office's quarterly newsletter Box 4-5-9.

As it says in the preface to the second edition, revisions to the personal history section of the book are made in order "to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more alcoholics."

The Big Book was published in 1939; the second in 1955 followed by the third in 1976 and the fourth in 2001. No date has been yet set for the fifth.

The deadline for submitting your story is October 31. For more information go to AA.org, or email 5BBStory@aa.org.





THAT'S CUTE. YOU THINK ALCOHOL MAKES YOUR LESS ANNOYING

Happy Spring!

- Progress is continuing on our Outreach Project to get Contact information for all the groups we cover. I have created an app that you can download and use whenever you need to change any info about your group. You can find it at https://www.jotform.com/ app/220764569916165). You can even use it if you visit another group which has not heard about it or not sent it in yet! (HINT- we need people to go to meetings and spread the word!). AS ALWAYS – all information submitted is kept confidential and only accessible to office employees. We NEVER give out anyone's info!).
- Please be patient with us as we try to get backordered books in! World Services is out of several popular titles.
- Worcester Area Intergroup is looking to fill the following positions: Alternate Secretary, Corrections Chair, Liaison to Area 30, Alcathon Co-chair, Bookie Exchange Chair, and possibly Social Committee Chair. Email <u>officemanager@aaworcester.org</u> if you might be interested, or have any guestions!

\*We ask for patience as some titles may be out due to supply chain issues.



Happy Sobriety! Brandy H. Intergroup Office Manager



The Beacon Published monthly by Worcester Area Intergroup 100 Grove Street Worcester, MA 01605 (508) 752-9000 Beacon@aaworcester.org Editors: Cyber Sot Digital Drunk

beacon@aaworcester.org

#### WRITERS WANTED

Share your experience, strength, and hope, and do so in a paragraph or two, or in several hundred words. Deadline is the 25th of the month for the next edition. send it to

BEACON@AAWORCESTER.ORG



May 2022

# Many Paths to Spirituality



# You Just Might be a Theologian if...

Talking about God in a meeting is one thing; religion is another, especially when people are dogmatic and approach the topic with missionary zeal. This can make others nervous, upset, even angry. Each of us enters AA with baggage that often includes a trunk or three filled with Church and Religion, as well as a Higher Power that had been defined, explained, dictated, or used to control or terrify us.

That's the freedom in "God as we understand Him." God is welcome. Leave religion at the door.

How do you separate them? We've all been shaped by our church- and God-related experiences... or their lack. How we view our god — or gods — and the experiences that created that relationship are part of what shaped us. But they are our stories, not the group's.

In AA we recreate ourselves. We look at what shaped us, including our relationship with a Higher Power, a religion, or the lack. So, details about what you do at your church, temple, synagogue, prayer meeting, coven, whatever, is between you and your god or gods. The same goes for scriptures or holy books you read and rituals and liturgies you follow. General terms and mentions are fine. The details are between you and your HP. As the Big Book says, we share **"in a general way what we used to be like, what happened, and what we are like now." (p. 58)** 

When I came in, God was religion and religion was God. They are not the same. Theology and religion are not the same either. Here's how the Merriam Webster dictionary defines theology:

#### "The study of God and of God's relation to the world."

Religion is not mentioned. This is why the 11th Step is so important to me:

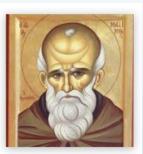
"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

What does theology have to do with it?

Evagrius Ponticus, also called Evagrius the Solitary, was a Christian monk and one of the most influential theologians in the late fourth-century church, more than 1,600 years ago, long before Christianity splintered into the thousands of different flavors we have today. (NOTE: Judaism, Muslimism, Buddhism, etc. – have also split into different factions over the centuries.)

In terms of Christian theology, 400 AD was a much simpler time. Here's Evagrius' definition:

"If you are a theologian, you will pray truly. And if you pray truly, you are a theologian."



**Evagrius Ponticus** 

(Continued next page)

Theologian (from previous page) By that definition, working the 11th step is a theological exercise.

Most of us participate in some form of group prayer, even if we do so just to be polite: at a meeting, in a church, with a group of coreligionists, before dinner, or a football game, with a spouse, family, or partner, etc. It gets really personal, however, when we pray alone – just you and your God as you understand God. It is one of the most personal things we do.

What are we doing when we pray? According to Merriam-Webster, prayer is:

"... an address (such as a petition) to God or a god in word or thought."

The good nuns taught me it's:

"... lifting up our hearts and minds up to God."

My favorite definition is much simpler:

"... hanging out with God."

The Big Book reminds us that we are not cured:

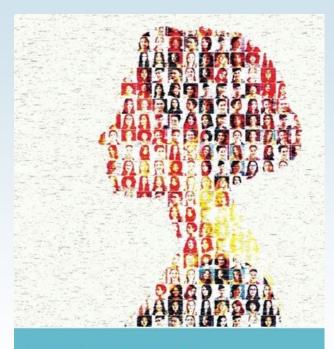
"What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. (p. 85)"

My spiritual condition is often shaped by who I am with and what I am doing. One of the oft-repeated axioms of AA is that if you hang out at a barbershop, eventually you are going to get a haircut.

> Hang out at a bar and... That's why I'd rather hang out with God.

— The Cyber Sot





### VOICES OF WOMEN IN AA

Stories of experience, strength and hope from Grapevine

Voices of Women in AA is a collection of 61 stories from Grapevine. The soft cover book begins with articles by or about women who contributed to AA early in its



history, followed by stories by some of the program's earliest female members.

Sections are devoted to spirituality, sponsorship, life changes, relationships, family, careers and friendships. The collection concludes with a chapter devoted to women's meetings.

The stories demonstrate the various ways women alcoholics—often with great courage—find sobriety in AA and embrace the program to live rich and rewarding lives.

Available from Intergroup





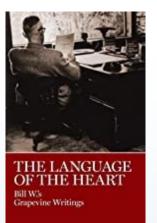
**Short Form:** 

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

### Long Form: Each Alcoholics Anonymous group ought to be a spiritual



## entity having but one primary purpose-that of carrying its message to the alcoholic who still suffers.



"Our first duty, as a society, is to insure our own survival. Therefore we have to avoid distractions and multipurpose activity. An AA group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world. 'Sobriety - freedom from alcohol - through the teaching and practice of the Twelve Steps, is the sole purpose of an AA group.....We have to confine our membership to alcoholics and we have to confine our AA groups to a single purpose. If we don't stick to these principles we shall almost surely collapse. And if we collapse, we cannot help anyone."

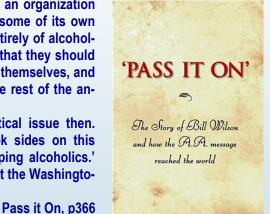
#### Language of the Heart, p223

"The Washingtonian Society was an organization

that flourished in the 1840's but quickly failed because of some of its own practices. Bill wrote: 'At first, the society was composed entirely of alcoholics trying to help one another. The early members foresaw that they should dedicate themselves to this sole aim... Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer.

**\$**\$\$

"Abolition of slavery, for example, was a stormy political issue then. Soon, Washingtonian speakers violently and publicly took sides on this question. [They] completely lost their effectiveness in helping alcoholics." Bill saw Traditions Ten and Five as A.A.'s safeguards against the Washingtonians' fate."



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May 2022

#### **Step Five:**



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

### Tell Someone Else? Everything I've Done? But They'll Think I'm...

Being a practicing Catholic, I had no problem admitting to God the exact nature of my wrongs. And, while writing my Forth Step I was admitting them to myself. But, another human being? What would this person think of me? Don't get me wrong, there weren't many of the Ten Commandments I had broken. But still...

I usually drank alone at home, by myself. Most of my wrongs were sins of omission instead of sins of commission. I isolated myself from friends and family. I lied about being busy when I was invited places. I wanted to be alone in my misery. I missed so many opportunities to be out and about with people I loved. I just didn't realize that they loved me also. I was blinded by my alcoholism.

After writing my Fourth (I used Eddie O's format), I was a bit apprehensive about reading it out loud. What would my sponsor think? Would it really make a difference in my recovery. Would I feel freer as I had read that I would?

Well, my sponsor didn't have that much to say. She told me to go home and sit quietly and think about what I had read. I did as she asked but I truly felt no different. Would I ever?

That was many 24 hours ago. I can say I have thought about that experience occasionally. Did it change me? Probably. I now have a greater appreciation for total honesty. The old saying "honesty is the best policy" works for me!

— Beth H.

### **Progressive Gratitude**

I made a mistake by not sharing my full Fourth Step.

This step was difficult. The reason was fear. I was embarrassed and disappointed in myself, by what I had done, and I did not really understand and completely trust the program.

My first mistake was holding back a part of my Fourth Step from my sponsor. That ended in a relapse; not because of any direct issue but because I had given myself permission to lie. I rationalized that I did not have to reveal all my Fourth Step. That set the stage for rationalizing my next drink. If I cannot be completely honest with myself, how can I with anyone else? I believed that I was going to get away with it. Who would know? Me! But I did not know that at the time. The end result was a relapse.

What actually prevented me from sharing my fourth step? Self-pity and fear, both real and perceived. I was beaten when I came in, had anger and control issues, trouble being honest with anybody, especially with myself.

If AA has taught me anything it is patience, that whatever I put into my program is what I will get back in return. It took me a long time to learn that simple fact. I began to realize this about the same time that I was learning to trust myself.

Trusting myself came from taking care of myself, finding a good sponsor, a loving relationship with my higher power and attending meetings. It does not come all at once, but once you have it, the world could be in the middle of a sh\*#@!\*rm, I can still be grateful for what I do have and find peace.

May2022

(Continued next page)

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#### Progressive (from previous page)

Honestly, it would have been a lot easier to just follow the way it is laid out in the Big Book. I would have saved myself time, embarrassment, and expense. We think we can find an easier softer way. Who is going to know? It is that type of thinking that will lead us to the next drink.

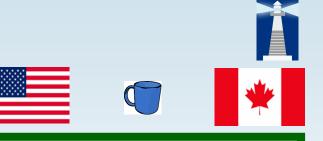
After deciding that I was finished with alcohol and put down the drink for good, I completed my Fourth Step. I called my sponsor. We spoke privately and honestly. I felt comfortable and at ease. After I was finished, I felt a sense of relief from the pain, not physical pain but the emotional pain that I used to hang on to. I learned that I could let it go! Just deal with today. I began to trust myself, even trust others. I grew. I changed. All because I got over my fear

of what others might think. It helped me gain a deeper, better understanding/sense of myself. For those who are at the point of doing their Fifth Step, thoughts to consider would be first make sure you are finished with your Fourth Step. If unsure, ask your sponsor. Remember anything you knowingly leave out will lead to a relapse/slip. Next is to find someone you can share it with that you can trust (usually a sponsor), schedule a time when you will be undisturbed and private. Make sure to give yourself time but also be aware of the time.

Step Five for me was a stepping point where I was tired of being sick and tired. I learned a lot about myself at that time. Like I stated earlier, you get back what you put into AA. And this time I got myself back!

**~The Digital Drunk** 

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Sobriety Within Reach: From the Arctic to the Desert, Mountains to the Pampas

### North/South Connections Virtual Special Forum: AA in Remote Communities

Save the Date Saturday, July 16 11am-7pm EDT Open to All AAs

Get a feeling for just how far AA reaches at the North/South Virtual Forum, and how the message is being carried to remote communities ranging from Canada's Arctic Archipelago and Chile's Tiera del Fuego to the American desert and the Argentine Pampas.

Members from the service structures of Argentina, Canada, Chile, and the U.S. will share their experience, strength and hope in extending the hand of AA to Remote Communities.

All sessions will be translated into American Sign Language (ASL) and English, French and Spanish. The event is open to all members!

Registration and program will be available June 13, 2022, at www.aa.org.

If you have any questions, please contact the Regional Forums desk at GSO: northsouthconnections@aa.org or (212) 870-3400.



Θ





# SOBER WITHOUT GOD



#### I came into AA a total mess; angry, resentful, hating everyone, even myself.

A sponsor took me through the first three steps using the **12-and-12**, but she had medical problems so I got a temporary sponsor who took me through the same steps using the **Big Book**. Then I found a Big Book Step Study sponsor who took me through the same steps. I was a year sober at this point.

Step Four asked to make a list of people I had resentments against. There were nine people, most of them were dead. My sponsor was not happy, and suggested that maybe I wasn't praying hard enough. She told me to say the 3<sup>rd</sup> Step Prayer over and over, then clear my mind and just let the memories come. I was fresh out of memories and when I told her that, and the fact I don't pray the way she does, she told me to call her when I was ready.

Apparently nine people were not enough for a resentment list. I Googled "What is the right number of people on a resentment list?" and didn't find anything. My sponsor then sent me a text to the effect that if I am not thoroughly honest about my 4<sup>th</sup> Step, I will drink again. Well I certainly didn't want to do that so I called my friend Sue. Sue and I saw each other every morning at the meeting at the church hall when we helped set it up. She knew everything about me as we had great conversations during those times about my good times and the bad ones every day.

She became my sponsor. She had me dive into Step Four and off I went.

Being thorough and honest wasn't difficult for me as I took the steps very seriously. By Step Six we were working out of **Drop the Rock**\* and that's when it happened. I could no longer talk about god and feel good about. I had really tried to embrace the god thing, I stood in the circles, held hands and said the prayers. I talked about god at meetings but didn't feel anything.

I felt like a phony.

I really tried to embrace what everyone believed about god, so thirsty to have what everyone had that I was willing to crawl through the desert toward a mirage and drink the sand. I was that desperate and willing. I called my sponsor and told her I no longer wanted to work out of **Drop The Rock**\*. I

THEIST SOBER

one day at a time without god(s)

wanted to work out of another book, **Staying Sober Without God\***, which has the exact same steps as the **12-and-12** but no mention of god. It doesn't matter what I believe, it matters what I do.

More than four years later, I'm still sober and have a strong foundation of recovery. I know the difference of existing in an alcoholic state or living the best life I've ever known. I no longer drink the sand.

Tracy H

• Editor's Note: Neither **Drop the Rock** nor **Staying Sober Without God** are published by AA, and are not AA literature. **One Big Tent**, where atheist and agnostic AAs share their stories, is AA literature.

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### **Concept V:**



Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.



Every member has a voice! Even if an issue up for vote wins by a compelling majority, the minority should be heard. You will often hear at service meetings something like this: "Motion passes. Is there anyone who voted against the motion who would like to speak on it?" Then, after everyone in the minority has had the opportunity to speak, you may hear: "Has anyone who voted for the motion been swayed by the minority?" If even ONE person has had their vote swayed, a new vote MUST be taken.

Why? The people in the minority may see things in a different way that others may not have considered. Even if no one in the minority speaks it is important that they be given the opportunity. There are many instances at the General Service Conference that the vote has been overturned due to that minority voice!

The well-heard minority is our main protection against a misinformed, hasty, angry, or uninformed majority.

Here are a few questions from the Concepts Checklist to consider when your group, committee, etc. votes:

• Do we encourage the minority opinion, the "Right of Appeal," to be heard at our home group, district committee meetings, area assemblies and the Conference?

- What does our group accept as "substantial unanimity"
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

— Brandy H.



## we are not a Glum Lot!



You are invited to our next AA (Acronym Abusers) meeting! Please RSVP by the ATM machine with your PIN number!

The chemistry teachert wanted to teachthe kids the danger of drinking so he brought in 2 glasses and 2 worms; He filled 1 glass with water and put a worm in it. And the worm swam around happily. He filled the other glass with whiskey. And put the 2nd worm in it. The worm instantly started to writhe in pain and died. The teacher then said "Now children, what lesson can we learn from this experiment?" Little johnny raises his hand and wisely responded, "Drink whiskey and you won't get worms!" (Naomi D., Worcester, MA)

What were the last words of the fish at the AA meeting? "Hello, I'm the fish and I'm dry."

In a power outage, the first step is admitting you are powerless!

Anyone, anywhere at anytime can join Alcoholics Anonymous. But to join Al-Anon, you've got to know someone.

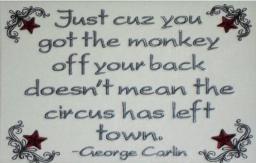
Save on booze by drinking cold tea instead. The following morning you can create the effects of a hangover by drinking a thimble full of dishwashing liquid and repeatably banging your head on the wall

I tried the Whiskey diet once, I lost 3 weeks

YOU CAN'T HAVE FUN SOBER







Me: it's not about how many times you fall, it's about how many times you get back up

Cop: that's not how field sobriety tests work

SO WORK

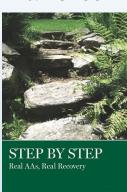
#### For the folks that were looking for the answers from our March Edition Crossword puzzle

Big Book &

12/12 Puzzle Answer Key ACROSS

DOWN







Have YOU told a FRIEND about The A.A. Grapevine?





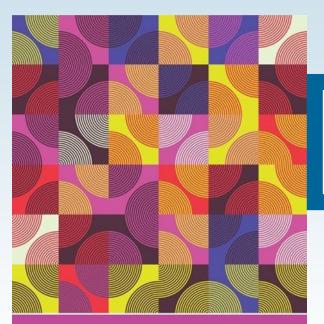






### 1 May 2022 - 31 May 2022

May 3 Tue	7:30 PM - 8:30 PM District 25 GSR Meeting	Web link: zoom.us/j/311969752 Password: Sober2020 District 25 GSR meeting in-person & Zoom.
May 5 Thu	7:00 PM - 8:30 PM District 26 Meeting	Currently meeting in-person and on Zoom.
May 10 Tue	7:30 PM - 8:30 PM District 23 GSR Meeting	District 23 GSR Meeting District 23 GSR meetings are held on the 2nd Tuesday at 7:30 pm at Faith Community Church, 146 E. Main St in Hopkinton.
May 12 Thu	7:00 PM - 9:00 PM Worcester Area Intergroup Delegates Meeting	In-Person: Salem Coventant Church, 215 Mountain Street East, Worcester. Online Zoom meeting: zoom.us/j/912007235 Password Sober2020 Dial-In: 1 646 558 8656 Conf#: 912 007 235 # Password: 025337 #
May 15 Sun	9:30 AM - 4:00 PM Post Conference Assembly	Area 30 assembly hosted by Districts 25 & 26 at St Anne's Church, 130 Boston Tpk (Rt 9) Shrewsbury.
May 18 Wec	1 7:00 PM - 8:00 PM Alcathon Planning Meeting	Zoom link: us06web.zoom.us/j/86796527922 Meeting ID: 867 9652 7922 Passcode: Alcathon ALL ARE WELCOME TO ATTEND
May 19 Thu	6:30 PM - 9:30 PM Dudley DAAT 49th	Dudley Day At A Time 49th anniversary. Doors open 6:30, dinner 7-8, followed by guest speakers.
May 21 Sat	12:00 PM - 6:00 PM <b>Back to Basics</b> Roundup	" <i>Back to Basics</i> " Roundup hosted by Districts 23 & 25. Fellowship & sharing sessions to 4pm, catered dinner 4-5pm guest speakers 5-6pm. See attached flyer. For dinner tickets: <i>Click Here</i> .



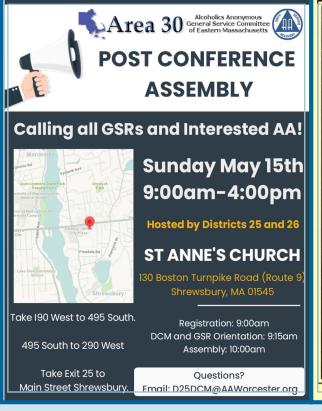
# Fun in Sobriety

How AA members learn to live sober and enjoy life to its fullest 13

Different Grapevine Titles available at Worcester Area Intergroup. Great gifts and Raffle items!

#### ONE BIG TENT

Atheist and agnostic AA members share their experience, strength and hope



A Special All Day Event

DISTRICT 23 & 25 ROUNDUP "Back to Basics"

Saturday May 21, 2022 Bellingham Memorial Middle School 130 Blackstone Street Bellingham, Ma 02019

Donation \$ 15 Doors Open at 12:00 pm 18 Different Workshops Buffet Dinner 4-5 PM Dinner Tickets Must Be Purchased In Advance Two Key Note speakers Desserts Donations Are Welcome.

Please buy your tickets in advance from your GSR or committee member

Peggy F. District 23 -----508-272-2866 Andy T District 25 ---- 774-267-9068



## TELL US ABOUT YOUR GROUP!

HAVING AN ANNIVERSARY OR STARTING BACK UP? LET US KNOW

#### Are You Young Enough For WYP?

Until the pandemic, the Worcester Young People's speaker/discussion meeting was a staple in is Worcester. Founded more than a quarter century ago, it often attracted more than 100 people, making it a Standing Room Only meeting.

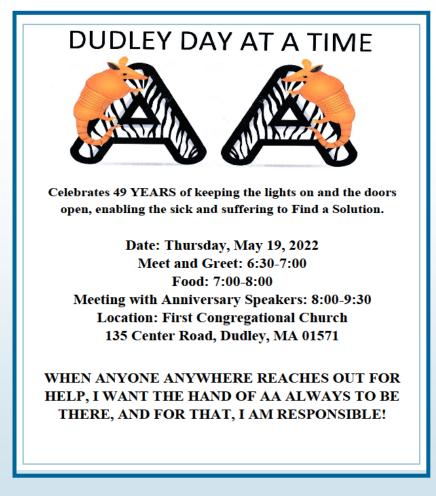
It's back now, and wants to know if you are "young" enough to attend.

How does the meeting measure "young"? Not in years, but in attitude. As Rebecca C put it:

#### "Young is anyone with room to grow."

It re-opened only recently and is looking for support; those who drifted away when Covid hit and those looking for a home group of their own with great speakers and stimulating discussions.

It meets Tuesday from 7:30-9pm at St. Matthew's Church (695 Southbridge St., in Worcester). Business meetings are on the last Tuesday of the month.





Group Name	Feb	Mar	Apr	Total 2021
AA Anniversary Contribution				0.00
AA Member Contribution	483.00	674.35	195.58	1,549.73
AA Faithful Fiver Contribution	391.00	762.00	220.00	1,559.00
AA Coffee Can Contribution		9.28		20.93
Ashburnham Naukeag				450.00
Auburn Grapevine Group				80.00
Barre Captain's Clubhouse		40.00		40.00
Berlin Candlelight		150.00		150.00
Boylston As Bill Sees It	75.00			75.00
Charlton Courage To Change		125.50		125.50
Charlton Daybreaker	249.25	242.51		939.92
Charlton Life Second to None		150.00		312.50
Douglas Maintenance & Repair		100.00		100.00
Douglas Never Back Down			50.00	50.00
Douglas Tuesday Night Step		50.00		50.00
East Brookfield Friday Night Big Book				100.00
Fitchburg Newman		50.00		50.00
Grafton Common Bond			60.00	115.00
Grafton Happy Joyous And Free		50.00		50.00
Grafton Reflections Group	86.00		121.70	207.70
Harvard Catacombs III	100.00			175.00
Harvard Happy Joyous and Free				290.00
Holden Open Air	225.00	100.00	225.00	650.00
Hopkinton Enough Is Enough	20.00			20.00
Hudson Second Chance				600.00
Leicester Road to Recovery			15.00	38.00
Leominster Eye Opener	50.00		200.00	250.00



7th Tradition

May 2022

#### Worcester Area Intergroup

Volume 1 Issue 6

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Living Sober (online)	125.00		75.00	200.00
Milford Eye Opener	30.00			30.00
Millbury Center Step	75.00			75.00
Millbury Traditions		10.00		10.00
North Brookfield Sunset			50.00	50.00
Northboro Friday Big Book		25.00		50.00
Northboro Mid-Morning		50.00		50.00
Northboro Women of Courage and Dignity	15.00			15.00
Northbridge G.O.Y.A.			4.00	354.00
Paxton (both groups)			300.00	300.00
Putnam Ct Unity			100.00	100.00
Shrewsbury Eternal Vigilance	399.00	258.50	573.50	1,622.50
Shrewsbury Simple Steps			31.00	81.00
Southboro We Believe		50.00		50.00
Southbridge Friday Night Flick		100.00		100.00
Southbridge Noon Recovery Group	150.00	90.00	50.00	290.00
Southbridge Original	197.57			197.57
Stow Sunday Morning		2.60		2.60
Transgender In Sobriety				50.00
Upton Spirit		125.00		125.00
Webster Early Risers	77.00	68.00	102.00	247.00
Webster Triton		75.00		275.00
Westboro Easy Does It			44.00	90.00
Westboro Get Well Slowly Step				103.00
Worcester Beginners Intro to AA	50.00			50.00
Worcester Come As You Are		40.00	273.00	613.00
Worcester Crozier	25.00	20.00		70.00
Worcester Daily Choice		475.00	380.00	1,085.00
Worcester Green Hill Park Noontime				423.27
Worcester Hadwen Happy Hour	58.00		59.00	176.00
Worcester Hi-Noon	150.00			150.00
Worcester It All Starts Here			50.00	50.00
Worcester Mid-Day	120.00	200.00	100.00	420.00
Worcester Walking Together			4.65	4.65
Worcester Way of Sobriety			349.40	349.40
Worcester Wednesday BBSS			150.00	300.00
Worcester Women's Gratitude	30.00	15.00		45.00
Column Totals	3,180.82	4,107.74	3,782.83	16,252.27
Row Totals				16,252.27

17	

Office hour	·s:
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



