

August 2007



# The Beacon

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

Volume 9 Number 8

## This Month:

We have fourteen entries on the bookie board this month, and there is no reason it cannot take up a full page with all the bookies who are out there. While we again thank everyone who has helped, we need to hear from all the speaker groups to have a full list.

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

There are no new or dropped meetings since last month's issue — If you have not seen last month's issue, and until the next meeting list comes out, Page 8 is where you will find all the new, closed, or changes to existing meetings listed.

However, the mix of hours available for new volunteers to the Halt Line, listed also on Page 8, *has* changed slightly—you might want to take a look. Can you spare a little time for this important AA service, even if only an hour a week?

Sincerely,  
Richard C, editor.

## AA Wisdom

Life is God's gift to you. What you do  
with your life is your gift to God.

Friends are God's apology for your relatives. - Riley

The world does not put a price on you higher  
than you put on yourself. -Sonja Hennie

Worrying is like being in a rocking chair.

It gives you something to do  
but does not get you anywhere.

The best thing about the future is that it only comes  
one day at a time. - Abraham Lincoln

Step Eight

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

Tradition Eight

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

Concept Eight

"The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

**Traditions Checklist**

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

On-Line 12 Steps & 12 Traditions, Articles, and Tradition Checklist's

[www.aagrapevine.org/stepsTrads/stepsTrads\\_index.html](http://www.aagrapevine.org/stepsTrads/stepsTrads_index.html)

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1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward-even if not money-for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition-How It Developed?

**Bookie List**

George K. "Barbershop Group" Hopkinton Tuesday 8-9:15PM [REDACTED]  
 Ed H. Hudson Second Chance Group Monday 8:00-9:30 PM [REDACTED]  
 Ed O. "Millbury Tradition" Millbury Saturday 7:30 - 8:30 PM [REDACTED]  
 Mark P. "Westboro Forge" Westboro Wednesday 8:00 - 9:00 PM [REDACTED]  
 Lynn S. "Westboro Sunday Morning AA" Westboro Sunday 11:00AM - 12:00 [REDACTED]  
 Dave A. "Shrewsbury Gratitude" Worcester Sunday 7:00 - 8:30 PM [REDACTED]  
 Paul C. "How it Works" Worcester Saturday 6:45-8:00 PM [REDACTED]  
 Paul C. "Stay Active" Worcester Thursday 6:45 PM [REDACTED]  
 John Z. "Quinsig Group" Worcester Tuesday 8:00-9:00 PM [REDACTED]  
 Tim W. "Serenity" Worcester Thursday 7:30-9:00 PM [REDACTED]  
 Jim "There is Hope" Worcester Sunday 10:00-11:00 AM [REDACTED]  
 Paul F. "Way of Sobriety" Worcester Sunday 10:00-11:00 AM [REDACTED]  
 Fran D. "We Mean Business" Worcester Outgoing Only [REDACTED]  
 Mitch M. "Worcester 7 AM" Adcare Daily 7:00AM [REDACTED]

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Made a List

Made a list of all persons we had harmed. - Twelve and Twelve, p 77

<< << << >> >> >>

When I approached the eighth step, I wondered how I could list all the things that I have done to other people since there were so many people, and come of them weren't alive anymore. Some of the hurts I inflicted weren't bad, but they really bothered me. The main thing to see in this step was to become willing to do whatever I had to do to make these amends to the best of my ability at that particular time. Where there is a will, there's a way, so if I want to feel better, I need to unload the guilt feelings I have. A peaceful mind has no room for feelings of guilt. With the help of my Higher Power, if I am honest with myself, I can cleanse my mind of these feelings.

Daily Reflections, p. 229

Telling the Worst

Though the variations were many, the main theme was always "How godawful I am!" Just as I often exaggerated my modest attainments by pride, so I exaggerated my defeats through guilt. I would race about, confessing all (and a great deal more) to whoever would listen. Believe it or not, I took this widespread exposure of my sins to be great humility on my part, and a great spiritual asset and consolation!

But later on I realized at depth that the great harms I had done others was not truly regretted. These episodes were merely the basis for storytelling and exhibitionism. With this realization came the beginning of a certain amount of humility.

As Bill Sees It, p. 311



Start by Forgiving

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.



Right here we need to fetch ourselves up sharply. Let's remember that alcoholics are not the only ones bedeviled by sick emotions. In many instances we really are dealing with fellow sufferers, people whose woes we have increased.



If we are about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all.



As Bill Sees It, p. 151 ( op. cit. Twelve and Twelve, p 78)



**THE HOME GROUP:**

From The Grapevine August 2007 Vol. 64 No. 3

## The Open Gate

A Threshold to freedom

Catastrophe had been years in the making, a slide into a profound dependency on drink, so cunning and subtle that I hadn't noticed. Outwardly, I appeared to function -- perhaps I simply refused to acknowledge my long, slow descent. But when booze stopped working, all at once, I imploded and collapsed. The world crashed. Adrift on an ocean of calamity, clinging to a life buoy they called "treatment center," my mind was numb and thick with fog.

There were many facets to my prescribed treatment plan, including transport in the hospital bus to and from my very first AA meeting. Thursday nights, however, were reserved for an introduction to the Big Book. A man came to "recovery class" with a copy for each of us.

He said his name was Buddy, and he had been a sober member of AA for over thirteen years. He shined with the light of enthusiasm and self confidence. My first thought was: Nobody can stay sober that long. But I sure wanted what he appeared to have. Buddy was going to help us study the Big Book every Thursday night, and with no alternatives, I skeptically decided to see it through. He seated us in a row in front of him. For me, the first session was a jumble of confusing words.

The next week, during Buddy's second visit, my mind began to clear a little, opening up space for my two-headed nemesis, fear and dread, to return. My insides shook and my knuckles whitened as I hung on. Buddy asked me to read aloud from the chapter, "More About Alcoholism," and my voice quivered as I read from page forty-two: "Then they outlined the spiritual answer and program of action which a hundred of them had followed successfully."

"Stop right there," Buddy said.

I looked up. His eyes bore into mine, even as his face wore a slight look of mirth. Gently, he asked me, "Do you believe everything's going to turn out all right?"

In a heartbeat, the debacle of my life flashed through my mind. Disaster seemed to loom. I wanted to appear brave and strong facing my future. That's what he really wants to hear from me, I thought. But the situations I would have to face were so immense and frightening to me that I had considered a "permanent" way out rather than face reality. I imagined myself standing before an iron gate, clutching its bars, locked out from the glowing light of freedom and serenity on the other side.

My mind stumbled, but in a fraction of an instant, I was overwhelmed by a realization. It washed over me and seemed to swing that iron gate open. These AA people and their book said that no matter what was out there, they would stand by me and help me through. More importantly, a Higher Power of my own choosing would be there with me, and they could show me the way to tap into that power. Buddy was holding the gate open, but I was going to have to take the action and step across.

I looked at him with a sense of wonder, and his expression seemed to mirror my own, as if he completely understood what was happening. In a whisper I answered, "Yes . . . I believe everything's going to turn out all right. I don't know how, but I believe that it will."

That's the moment I took the action, stepping through the gate and across the threshold into a whole new way of living. It was frightening to leave the old ways behind, regardless of how disastrous they had been, but I was determined to try something different. The book in my hands came alive, and seemed to speak directly to me. There was too much to absorb all at once. I was going to need help from these people, and for the first time since my early youth, I was going to let people help. I found myself a student again, and in many ways, I was once again a child. This inspiration was perhaps the most important experience of my life.

The next many months proved to be every bit as difficult and arduous as I had feared. As my old life faded away, I lost many possessions, but gained a solid community of sponsor, friends, and family I had never known before. With their help, I learned to trudge this path. Many problems were confronted and resolved.

Almost a year later, Buddy and I found each other at a nearby AA conference.

"You look great," he told me, as we sat down to share with one another from a whole new perspective of hope, understanding, and mutual respect.

Nearly twenty years have passed, and Buddy and I have remained close. He has helped me many times along the way, and I've had the good fortune to be of some help to him. We are true friends, in every sense of the word, and together we try to help newcomers.

I used to say that Buddy saved my life, but he has never allowed that. "Your Higher Power did that," he insists, and of course, he's right.

After all these years, I still carry a spark of that inspirational moment of realization that the AA program was for me. I am joined to its message, one day at a time. Every time I see my old friend, or sit in a meeting with him, or just talk to him, I'm carried back to that time he was my gatekeeper and encouraged me to step through into the Sunlight of the Spirit.

*Don G., Temple, Texas*

**GENERAL SERVICE COMMITTEE - AREA 30 EASTERN MASSACHUSETTS  
WORKSHOP ASSEMBLY**

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

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

**ALL INTERESTED AA'S ARE ENCOURAGED** TO ATTEND

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

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

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

Contacts: **Rudy H.** [REDACTED] **Christina** [REDACTED]

**\*\*DIRECTIONS\*\***

**OFF CAPE:**

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

**\*\* OR \*\***

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

**ON CAPE:**

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

**\*\* OR \*\***

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



**Steering Committee & Committee Chairpersons**

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Harry H.	<a href="mailto:chair@aaworcester.org">chair@aaworcester.org</a>
Alternate Chair	Bob D.	None
Secretary	Dot B.	<a href="mailto:secretary@aaworcester.org">secretary@aaworcester.org</a>
Treasurer	Joe N.	<a href="mailto:treasurer@aaworcester.org">treasurer@aaworcester.org</a>
Alternate Treasurer	Ellen McQ	
Trustees	Bob McC, Bob L. Brandy H Liz C.	
Office Manager	John H.	<a href="mailto:steps@aaworcester.org">steps@aaworcester.org</a>
Treatment Facilities	Jill Mc D	<a href="mailto:treatment@aaworcester.org">treatment@aaworcester.org</a>
Correctional Facilities	Eric R	<a href="mailto:Corrections@aaworcester.org">Corrections@aaworcester.org</a>
Halt Line	Dan M.	<a href="mailto:haltline@aaworcester.org">haltline@aaworcester.org</a>
Social Committee	<b>Vacant</b>	<a href="mailto:Social@aaworcetser.org">Social@aaworcetser.org</a>
Public Information	<b>Vacant</b>	<a href="mailto:PiChair@aaworcester.org">PiChair@aaworcester.org</a>
Webmaster	Brandy H.	<a href="mailto:webmaster@aaworcester.org">webmaster@aaworcester.org</a>
Liaison to District 25	Eric R.	None
Liaison to Area 30	Ellen Mc Q.	None
Alcathon Committee	Joe N.	
Co—Chairs Intergroup & District 25	intergroup D-25 Tina P.	
The Beacon	Richard C.	<a href="mailto:Beacon@aaworcester.org">Beacon@aaworcester.org</a>
Grapevine Chair	John N.	<a href="mailto:GV25chr@yahoo.com">GV25chr@yahoo.com</a>

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Office Hours:

Monday 10am-2pm

Tuesday 10am-8pm

Wednesday 10am-8pm

Thursday 10am-8pm

Friday 10am-2pm

Saturday 9am-2pm

Sunday CLOSED

## Do I do my part?

The opinions expressed herein are not to be attributed to A.A. as a whole, nor does the publication of any article imply an endorsement by either A.A., general services nor Intergroup. Comments, questions and articles may be directed to The Beacon. \* All excerpts & Articles reprinted with permission from AAWS

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*The Beacon Staff: April 2007 to December 2007*

Editor: Richardc. — Serenity, Worcester, MA., Assistant Editor: Open

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

"IT'S ALCOHOL AND ALCOHOL ALONE that is responsible for your present condition," said the Judge." Thank you, Your Honor, for saying that. You're the first person who hasn't said it was all my fault."

**THREE WORLD VIEWS:**

The pessimist's: The cup is half empty.

The optimist's: The cup is half full.

The alcoholic's: Are you going to drink that?

DEFINITION OF INTOXICATION: "To feel sophisticated and not be able to pronounce it." -Alkoline, Alberta

HE FINALLY GAVE UP drinking. He was beginning to see the handwriting on the floor. - Gerard P.

"I ONLY NEED one meeting a week, but I go to seven since I never know exactly which one it will be."

FORMULA FOR LIVING to a ripe old age: "Worry less, play more. Ride less, walk more. Frown less, smile more. Eat less, chew more. Waste less, save more. Preach less, do more." -Bar-Less, Indiana

A HUSBAND AND WIFE ARE sitting in their living room. He says "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

His wife gets up, unplugs the TV, and throws out all of his beer.



**Service Meetings Monthly Schedule**

<b>InterGroup/District 25 &amp; 26</b>			
Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	<b>TBD</b>
District 25 (GSR's)	St. Joan of Arc Church 570 Lincoln St. Worcester	1st Tuesday	7:30 pm
Joint Corrections	Intergroup Office 100 Grove St. # 309 Worcester	2nd Tuesday	<b>TBD</b>
District 25 - CPC Committee	Intergroup Office 100 Grove St. # 309 Worcester	2nd Wed.	6:30 pm
District 26 (GSR's)	Local 60 Union Hall Mechanic St. Leominster	1st Thursday	7:00 pm
Steering Committee	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	<b>6:00 pm</b>
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am
<b>Area 30</b>			
Grapevine Committee	Conference call (Number TBA)	3rd Wednesday	8:00pm
Literature Committee	Carter Methodist Church 800 Highland Ave. Needham	1st Monday	7:30pm
Eastern Mass. GSC	St. John's 80 Mt. Auburn Watertown	4th Wed.	8:00pm
Joint Public Information	Boston Central Service 368 Congress St. Lower Level Boston	1st Thursday	7:00pm
CPC Committee	Boston Central Service 368 Congress St. Lower Level Boston	2nd Thursday	7:00pm
Archives Committee	St. John's 80 Mt. Auburn Watertown	3rd Thursday	7:30pm
Corrections Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Thursday	7:30 pm
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

Is your Group Represented at the Inter-  
group Delegates Meeting?

If you don't attend you can't vote...

If you don't vote you don't have a voice..

Come find out what's going on in our  
area

2nd Thursday of the month St. Joan of  
Arc Church Lincoln Street Worcester  
7:00 -8:30 PM

We counted 150 Groups in Worcester  
area only about 20 are represented, and  
only 8 show up at the Delegates meet-  
ing on a regular basis. Want to find out  
more call the Intergroup office 1-508-  
752-9000

or email the beacon  
[beacon@aaworcester.org](mailto:beacon@aaworcester.org)

We'd be happy to answer your ques-  
tions.

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

**Women's Meeting**  
Big Book (tapes)  
Thursdays 5:30—6:45 PM  
Calvary Retreat House  
South Street **Shrewsbury, MA.**

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

**MEETING CLOSED**  
**Big Book Thumpers**  
Thursday Night 7:30-9:00pm  
Calvary Retreat House  
59 South St. **Shrewsbury**

**Moved**  
As of June 4, 2007  
**Crozier Group** - Mondays  
to Our Lady of Loretto Church  
- 37 Massasoit Rd.  
**Worcester**

**W. A. I. Needs your help!**  
There are service positions that remain unfilled.  
Join us the 2nd Thursday of each month 7:00pm  
St. Joan of Arc Church Lincoln Street....come  
see where you can help! Please Join us !!

**Moved**  
**"The Way Out"**  
Thursdays 7:30-8:30PM  
Bethel Lutheran Church  
90 Byrn Mawr Ave.  
**Auburn, Ma.**

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

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

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

**NEW MEETING**  
**Dignitary Sympathy**  
Friday Night 7:30-9:00pm  
Forbes Community Center Westboro  
OMDNS

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



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

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

**HELP WANTED**  
**RECOVERING ALCOHOLICS ARE NEEDED**  
**NO BUSINESS EXPERIENCE NECESSARY**  
The Joint Treatment Facilities Committee needs help to carry the message of Alcohol-  
ics Anonymous into treatment facilities. If you are a recovering alcoholic with a sug-  
gested minimum of six months sobriety and are working the steps with a sponsor you  
can perform this rewarding work.  
Current Needs Include: Planning Annual Seminar, Outreach to Nursing Homes, Bookie  
for Treatment Facilities, Keeping Literature Racks Stocked, Bringing the 'Bridging the  
Gap' Program Information to Facilities and Groups. Help keep your sobriety by carry-  
ing AA's message to the alcoholic who still suffers.  
For more information, e-mail: [treatment@aaworcester.org](mailto:treatment@aaworcester.org)