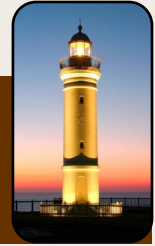


# THE BEACON

The light at the end of the tunnel

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



## Pain Is Pain

Nobody comes to AA on a winning streak. No one comes in announcing that their life so perfectly sublime, superbly splendid, and gloriously grand that they think they will join Alcoholics Anonymous.

No. No way. No how. Or, as my old sergeant used to say: "That's a negatory!"

We join AA because it hurts too much not to. We join because of the pain.

What pain?

You tell me.

Your pain and my pain are different... but somehow... still the same.

Pain is pain.

The National Institute of Health (NIH) defines physical pain as: "An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage."

"Mental Pain," it adds, "is conceptualized as a perception of negative changes in the self and its functions that are accompanied by negative feelings. It is suggested that it can be meaningfully applied to the study of different mental states, life conditions, and transitions in life."

As for spiritual pain, the NIH suggests that it could be looked at as "a self-identified experience of personal discomfort, or actual or potential harm, triggered by a threat to a person's relationship with God or a higher power."

That's what the NIH has to say. This month we'll see what Bill W. had to say about it, as well as some AAs and other people.

— TCS



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Happy Summer,

We are still in a financial crunch, and here are answers to some of the questions concerned AAs have asked about keeping Intergroup up and running.

Q: What is the best way to send contributions?

A: Send a check. We do not get charged service fees for checks. PayPal takes out a service fee. Those service fees cost us more than \$100 a month.

Q. Does it cost me to send WAI a check?

A. Use your bank's BillPay feature and your bank covers the postage costs. You don't have to buy a stamp.

Q: I mailed a contribution to WAI, but the mail got returned to me. Why?

A: Please make sure you addressed it correctly. If you do not use the full address, 100 Grove St., Suite 314, Worcester, MA, 01583, the mail carrier will not deliver it.

Q: I made a contribution for my group but it is not showing up. Why?

A: If you send a contribution for a group, please make sure you specify that on the memo line on your check. If we get a check and it does NOT say it is from a group, it gets credited as a Member Contribution instead of a Group Contribution. If using PayPal, please make a note in the comments section.

— Brandy H.  
Office Manager

## OFFICE HOURS

Mondays	10-2pm
Tuesdays	10-3pm
Wednesdays	10-8pm
Thursdays	10-2pm
Fridays	CLOSED
Saturdays	9-2pm
Sundays	CLOSED



## Are You Artsy?

The Beacon needs a graphic designer to spruce it up. Knowledge of Microsoft Publisher, or a willingness to learn it, is required... along with an interest in graphic arts, design, layout, etc.

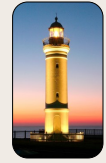
Volunteer, and you can tell your sponsor that your service work is... an art in and of itself. Drop us an email at [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org)

— The Cyber Sot & The Digital Drunk

The Beacon, published monthly by Worcester Area Intergroup, 100 Grove St., #314, Worcester, MA, 01583.  
(508) 752-9000 [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org)

Back issues at [aaworcester.org/E-Beacon/ebeaconnew.htm](http://aaworcester.org/E-Beacon/ebeaconnew.htm)

Editors: The Cyber Sot & The Digital Drunk



# The Many Faces of Pain

We don't usually think about pain unless we are experiencing it. Then, it can become all consuming. Especially for those with chronic pain.

Physical pain is only one type of pain one may have. There is also emotional as well as spiritual pain.

With physical pain, it's easy to explain to someone else where and what kind of pain you are having. Such as, stabbing abdominal pain. If you have a headache, over the counter medicine can help relieve it.

What about emotional or spiritual pain?

Emotional pain is a pain or hurt that originates from non-physical sources. According to the VeryWellmind website ([verywellmind.com](http://verywellmind.com)), sometimes emotional distress is the result of the actions of others. Other times, it might be the result of regret, grief or loss. In other cases, it might be the result of an underlying mental health condition, such as depression or anxiety.

What are the causes of emotional pain?

Sadness	Unexpressed anger	Anxiety
Shame	Guilt	

Sometimes, emotional pain may lead to physical pain or make physical pain that is already present worse. Some physical symptoms of emotional pain may include;

Diarrhea	Dizziness	Headache
Muscle pain, particularly in the neck		Nausea
Pain in arms or legs	Stomach ache	Gastrointestinal upset

Treatment for emotional pain are psychotherapy and/or medication.

What about spiritual pain? What is it?

According to the OSF healthcare website ([fhealthcare.org](http://fhealthcare.org)), spiritual pain is pain that comes from "hidden" areas of our life. It can't be pointed to on a pain scale, but it is still very real and can impact our physical and emotional health.

Spiritual pain is often broken down into four categories.

Meaning- struggling with meaning behind life, relationships and the world around you.

Forgiveness- pain that stems from forgiving others, ourselves and God.

Relatedness- dealing with relationships, whether good or bad.

Hope feeling like there is no hope or it doesn't exist.

How to deal with spiritual pain?

Breathe and be silent. We need a place to turn off the hustle and bustle of daily life. God doesn't need time to speak with us: we just need to find time to be quiet and listen.

What's are takeaways from this? It would appear to me that through prayer and meditation and professional advice and care, we can learn to live with and overcome our pain. Whatever the cause.

— Beth H





# Don't Focus on the Problem Focus on the Solution

One of my favorite bits of 12-Step wisdom comes from my wife's Al-Anon sponsor who says: "Why?" is the most useless question in the world.

"A much better question: 'What do I do now?'"

The first questions I asked myself when I finally admitted I was an alcoholic were: "Why? Why me? Why am I an alcoholic? How did a nice guy like me wind up a drunk?"

There is a line in the movie **The Lion in Winter** where England's Richard I, Richard the Lionheart, says: "I never heard a corpse ask how it got so cold."

Think about it. What difference do *why* and *how* make? Being dead is being dead. Knowing *how* or *why* they died doesn't change it. In the same way, being an alcoholic is being an alcoholic. Knowing *how* or even *why* you became an alcoholic doesn't change the fact that you are an alcoholic and will continue to be an alcoholic until you die... hopefully a sober alcoholic, but alcoholic, nonetheless.

First responders and emergency room doctors and nurses are a lot more concerned with what to do to stop the bleeding - and the pain - than they are with who shot you, or even if you shot yourself. AA is the same way. We don't care why you drank. We care about the pain you are in and in helping you ease that pain by helping you stop drinking.

Doctors rate pain on a scale of zero to 10: zero is no pain at all, then to mild, to moderate, to severe, and, finally, to the worst pain imaginable. That's 10. That's where their scale stops.

AA's pain scale stops at 11; pain beyond the worst pain imaginable. It's the moment when you say this pain must stop. And while the medical scale covers only physical pain, AA's deals with physical plus psychological, financial, emotional, and spiritual pain.

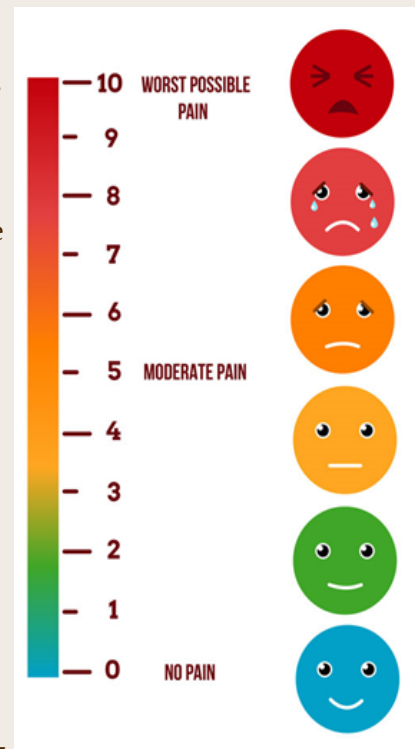
Everyone's bottom is different. I have heard AAs share some great "bottom" stories over the years. My favorite is a Los Angeles AA who went to his first meeting with a pistol in his pocket and a bodyguard covering his back. There were also two FBI agents following him, but they stayed in their car in the parking lot. (NOTE: He later took one of those agents to his first meeting and helped him get sober.)

There is also a friend who talks about going to Las Vegas in a brand new \$40,000 car and coming home in a \$250,000 Greyhound Bus.

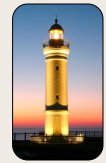
And then there are those who spent years in shelters, or homeless, living on skid row, under bridges, or in the bushes.

Their "11" was much higher than mine.

Or was it?



(Continued next page... Focus)



(Focus... From previous page)

Yes, I was a “high bottom” drunk; some might even say a “wuss.” I am happy to accept that title. I still had a home, a wife, three kids and a car. I was out of work so money was a problem, but the rent was paid, there was food in the fridge, and gas in the car.

But did I suffer less physical, emotional, psychological, financial, or spiritual pain than they did? I have no idea, nor does it matter. Some need Novocain to get their teeth cleaned. Others can go through a root canal with nothing more than a couple aspirins, if that much.

Once I had some sober time and was well into my steps I started looking at the reasons for my alcoholism. Coming from a family where alcohol was one of the five major food groups was part of it. But that did not offer me a solution. AA, the 12 Steps, my relationship with God, and the fellowship did. The only way to measure the limit of your own capacity for pain is to reach your own limit. Your bottom. In my case, all that mattered was that I had lost as much as I was willing to lose emotionally, spiritually, financially, psychologically. I had suffered as much pain as I was willing to suffer. I was at Step Zero. I had struck bottom. That was it. I was done. Finished. Done.

How did I know I had reached bottom?

I stopped digging.

I traded that shovel for a ladder. That ladder got me out of the pit I had dug for myself. That ladder has 12 steps.

The ladder is still there, and I keep on climbing it. Periodically I fall down a few rungs and have to climb back up, redo a step or three. But as long as I don't pick up the shovel that is still resting at the bottom of the ladder, and start digging yet again, I will not have to go back to Step Zero. That's why my past is important to me. I cannot afford to forget it because I'm even more of a wuss now than I was when I got sober.

I know I have another drunk in me. I'm an alcoholic. What I don't know is if I have another recovery, and I am too terrified to try to find out.



AA



“You never know how strong you are until being strong is the only choice you have.”

– Bob Marley

“Pain is inevitable; suffering is optional.”

– **Buddhist Proverb**

“The real reason for comedy is to hide the pain.”

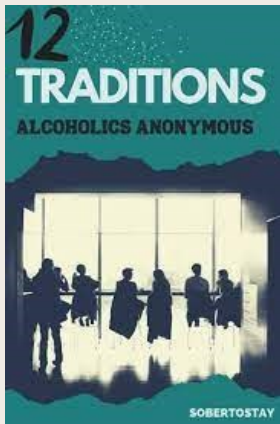
– Wendy Wasserstein



## Tradition Seven

**(Short Form)** Every AA group ought to be fully self-supporting, declining outside contributions.

**(Long Form)** The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money and authority.



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

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

In continuing the series that Bill W. wrote for the AA Grapevine that ran from November 1969 through September 1971, this month we are looking at Tradition Seven.

*While the checklists were originally intended primarily for individual use, many AA groups now use the traditions as a basis for a group inventory.*

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when I got tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

# My Constant Companion



What is pain?

It is my Constant Companion.

I became an addict when I was seven.

It was because of the massive pain meds I was being given for a painful kidney disorder. I remember detoxing and thinking that I was dying. I wanted to die. Dying would have been easier than living with the pain. I did get through it, though, only to start taking drugs again, at 16, this time without a doctor; street drugs. Ironically, the pain is back in full force now, 60 years after its first appearance.

My pain makes me cry. I have to make a daily commitment to myself to stop listening to the voice of my addiction. To focus on my recovery.

By 16 I was also drinking to cover up my feelings and help me make it through each day. I was shy, introverted, afraid of everyone and everything. This led to emotional pain that reverberated through my body and brought back the memories, the voices of the people in my life who had harmed me emotionally and physically.

I struggled to manage this emotional pain and decided the only way to deal with it was to drink and drug.

It worked... until it didn't.

I always cried and carried on when I drank. I was pitiful, always looking for someone to dump it on, whether at a bar, in an apartment, anywhere. It got so that no one wanted to hear my woes any longer, especially me.

My pain was much bigger than me, and got bigger every time I drank. I could not dump it; never would as long as I was using.

My pain grew tentacles. They weaved into my heart and soul. The only way to remove them would be to get sober and work through the 12 steps of AA, with a sponsor to guide me.

I thought the Steps, sponsorship, AA were all a bunch of crap until I tried them. What a miracle! They worked. I learned to "go to the dump," to share my thoughts and feelings at meetings, dump them there and not take them back. It saved me from myself.

I learned different ways to manage physical pain: mindfulness, meditation, breath work, admitting to my providers that I was an addict-alcoholic. I am not a martyr. I lose my mind from pain at times. My doctors worked with me to find ways to deal with my pain that works. But I need to work on it daily.

Dealing with pain in the wrong way for so long created spiritual defects in me that only the 12 Steps and immersing myself in service and 12-Step work could solve.

I no longer feel like a bad person. I am simply a sick person trying to get better, one day at a time. I love myself today. My life has meaning. My past does, too. Pain no longer defines me. I use the tools of the program to deal with it. I'll be successful as long as I don't pick up a drink or drug. My Higher Power plays a huge role in my life on a daily basis. I ask for the pain to be lessened and removed, along with the obsession to use.

I am grateful to have a loving, kind, supportive Higher Power that I can call on every second of each day.



— Kathy M.



# Pain: The Great Distracter

Pain is distracting.

The greater the pain, the more distracting it can be. When I was drinking, my knee jerk reaction to pain was to reach for the bottle. It is funny to think that one of the pains I suffer with is depression. I got into deep and dark depressions. So, I used alcohol – a depressant – to deal with it. Really? How does that work? It does not, but alcohol had skewed my thinking to the point that I thought it was helping.

We all experience pain. At times my pain was overwhelming.

When I began to get heavy into my drinking, it also became overstated, embellished to meet my needs. I hurt so much I had to drink, had to use. Had to! I never once thought I had a drinking problem. Nor was I concerned with mixing alcohol with an opioid. The label said “alcohol may intensify the effect.” I ignored the words “Do not use this medication with” that came before. Alcohol had its hold on me and was beginning to destroy my life.

I used alcohol and drugs to deal with it. I went to doctors, mental health counselors, and took too much medication. It was not helping. AA did.

I used alcohol to deal with the pain that distracted me from the real problem... me.

One day a colleague suggested my problem might be alcohol. He pointed out the many voice mail messages left him. I was slurring my words, not making sense. He never said I was an alcoholic. But he did suggest seeking out AA. He was an Al-Anon, not an alcoholic. It would begin my journey towards recovery.

In AA I learned about my drinking problem: how alcohol affected me, about triggers and my responses to them, and most important, how to stay sober.

So far, I have talked about pain in a possessive sense. But what about the pain that we cause to others? Specifically, those closest to us? The ones who love or loved us the most? What happens to their pain? Collateral damage? Yes, we can make amends to them, but is that it? It still left me feeling empty and worthless.

My own personal pain distracted me from the pain I was causing them.

I have been sober a few years now. During my years of drinking, I changed for the worse. As an alcoholic, I picked up unhealthy habits. Selfishness was one of them. And it can cause pain. And not just to myself. My family suffered, too. Families suffer when the alcoholic cheats on their spouse, when a child lives in a broken home because one parent chooses alcohol rather than being a parent. It's painful for them, too, often even more so.

Part of my journey in recovery was coming to grips with the damage I had done to my family. Not only did I see it, I felt it. I felt their hurt, their anger, and frustration.

That pain was crippling.

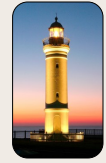
I was ready to change. And AA was ready to help me. With the help of a higher power and some particularly good sponsors, I was able to make the changes that would help me. It took time to learn how to live with pain. Along with good doctors, good sponsors, and faith in a higher power, I can deal with it today, and not let it distract me from what I need to be doing for myself, my family, and everyone I come into contact with.

– The Digital Drunk





## As Bill Put It...



**Pain and suffering are part of life. Both are also part of recovery. Bill had a lot to say about both; in the Big Books, the Twelve & Twelve, Grapevine, and other writing. Here are eight of his thoughts about them from *As Bill Sees It*:**

1. **“Someone once remarked that pain is the touchstone of spiritual progress. How heartily we AAs can agree with him, for we know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity. (12 & 12, pp 93-94)**
2. **“We of AA obey spiritual principles, at first because we must, then because we ought to, and finally because we love the kind of love such obedience brings. Great suffering and great love are AAs disciplinarians; we need no other.” (12 & 12 p 174)**
3. **“We did not always come closer to wisdom by reason of our virtues; our better understanding is often rooted in the pains of our former follies. Because this has been the essence of our individual experience, it is also the essence of our experience as a fellowship.” (Grapevine, November 1961)**
4. **“AA is no success story in the ordinary sense of the word. It is a story of suffering transmuted under grace, into spiritual progress.” (Letter, 1959)**
5. **“Our spiritual and emotional growth in AA does not depend so deeply on success as it does upon our failures and setbacks. If you will bear this in mind, I think that your slip will have the effect of kicking you upstairs, instead of down. We AAs have had no better teacher than Old Man Adversity, except in those cases where we refuse to let him teach us.” (Letter, 1958)**
6. **“Mental and emotional difficulties are sometimes very hard to take while we are trying to maintain sobriety. Yet we do see, in the long run, that transcendence over such problems is the real test of the AA way of living. Adversity gives us much more opportunity to grow than does comfort or success.” (Letter, 1964)**
7. **“Though I still find it difficult to accept today’s pain and anxiety with any great degree of serenity - as those more advanced in the spiritual life seem able to do - I can give thanks for present pain nevertheless. I find willingness to do this only by contemplating the lessons learned from past suffering - lessons which have led to the blessings I now enjoy. I can remember how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God’s grace, and so to a new freedom.” (Grapevine, March 1962)**
8. **“In every AA story pain has been the price of admission into a new life. But this admission price purchased more than we expected. It led us to a measure of humility, which we soon discovered to be a healer of pain. We began to fear pain less and desire humility more than ever.” (12 & 12. P 75)**



# Worcester Area Intergroup July Calendar

WAI Steering Committee	
Office Manager	Brandy H
Chair	Jane P.
Alt-Chair	Ted K.
Secretary	Cathy H.
Alr-Secretary	OPEN
Treasurer	Katie M.
Alt-Treasurer	OPEN
Trustees	Lynne S.
	Bill S.
	Ray M.
	Naomi D

Committes/Liasons	
Alcathon	Jeff W
Beacon	Rich D./Stef D.
Bookie Exchange	OPEN
Corrections	OPEN
District 25	Matt S.
District 26	Richard M.
HALTLINE	Sue W.
Public Information	Bill G.
Social	Dante Q.
Treatment	OPEN
Websaite	Fred F.
Zoom	Brandy H.
MSCYPAA	Ray M.

## Worcester Area Intergroup Calendar

Alcoholics Anonymous  
*in the heart of Massachusetts*

2022   Jan   Feb   Mar   Apr   May   Jun   Jul   Aug   Sep   Oct   Nov   Dec   2024   Today

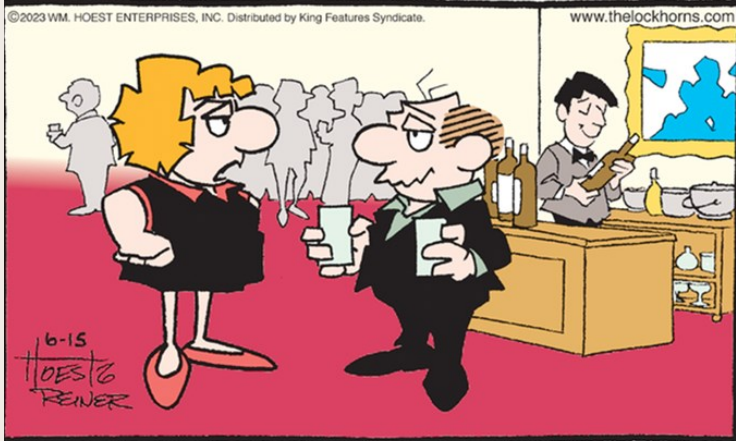
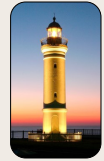
### 1 July 2023 - 31 July 2023

Jul 1	Sat	1:00 PM - 12:00 PM MSCYPAA Campout	Emerald Lake East Dorsett VT. \$25pp. Visit <a href="http://mscypaa.com">mscypaa.com</a> for details.
Jul 2	Sun	1:00 PM - 12:00 PM MSCYPAA Campout	Emerald Lake East Dorsett VT. \$25pp. Visit <a href="http://mscypaa.com">mscypaa.com</a> for details.
Jul 6	Thu	7:00 PM - 8:30 PM District 24 GSR Meeting	Still meeting via Zoom only? Normally held on the 1st Thursday at 7 pm at Trinity Church on Elm Street in Concord. Zoom link: <a href="https://us04web.zoom.us/j/9296006039?pwd=VUX2STJsdXRvZDFVSDpTY0RkVW9SUT09">us04web.zoom.us/j/9296006039?pwd=VUX2STJsdXRvZDFVSDpTY0RkVW9SUT09</a>
		7:30 PM - 8:30 PM District 26 GSR Meeting	Currently meeting in-person and on Zoom. Emmanuel Lutheran 1200 John Fitch Hwy Fitchburg MA  See attached PDF for Zoom information.
Jul 11	Tue	7:30 PM - 8:30 PM District 23 GSR Meeting	District 23 GSR meetings the 2nd Tuesday, 7:30 pm at Faith Community Church, 146 E. Main St in Hopkinton and on Zoom.
		7:30 PM - 8:30 PM District 25 GSR Meeting	Hybrid meeting (Zoom+in-person) Salem Covenant Church 215 Mountain St East Worcester MA  Web link: <a href="https://zoom.us/j/311969752">zoom.us/j/311969752</a> Password: Sober2020  District 25 GSR meeting in-person & Zoom.
Jul 13	Thu	7:00 PM - 8:00 PM Worcester Area Intergroup Delegates Meeting	In-Person: Salem Covenant Church 215 Mountain St E. Worcester [ <a href="#">Map Here</a> ]  Online Zoom: Link: <a href="https://zoom.us/j/912007235">zoom.us/j/912007235</a> Passcode Sober2020 Dial in 1 646 558 8656 Conf# 912 007 235 # Passcode 025337 #
Jul 20	Thu	1:00 PM - 12:00 PM District 26 Campout Thu-Sun	Camp fire AA meetings Thursday, Friday, Saturday evening.
		8:00 PM - 7:00 PM PI Committee Meeting via Zoom	PI joint committee meeting Join Zoom Meeting <a href="https://us06web.zoom.us/j/82792980756">us06web.zoom.us/j/82792980756</a> Meeting ID: 827 9298 0756 Passcode: 206180
		7:15 PM - 8:00 PM Alcathon Planning Meeting via Zoom	7:00 pm Alcathon Committee Meeting Zoom ID: 867 9652 7922 Password: Alcathon See attached flyer.
Jul 21	Fri	1:00 PM - 12:00 PM District 26 Campout Thu-Sun	Camp fire AA meetings Thursday, Friday, Saturday evening.
Jul 22	Sat	1:00 PM - 12:00 PM District 26 Campout Thu-Sun	Camp fire AA meetings Thursday, Friday, Saturday evening.
		12:00 PM - 3:00 PM Family Day Cookout	Cookout, games, music, raffle, open mic, pinata for kids. See flyer for details.
Jul 23	Sun	1:00 PM - 12:00 PM District 26 Campout Thu-Sun	Camp fire AA meetings Thursday, Friday, Saturday evening.

AA Events in Worcester and MetroWest Mass. Email: [webmaster@aaWorcester.org](mailto:webmaster@aaWorcester.org)

Activate Windows  
Go to Settings to activate Windows.

# We are not a Glum Lot



"NO, LEROY, THOSE GLASSES DON'T MAKE YOU LOOK SMARTER."



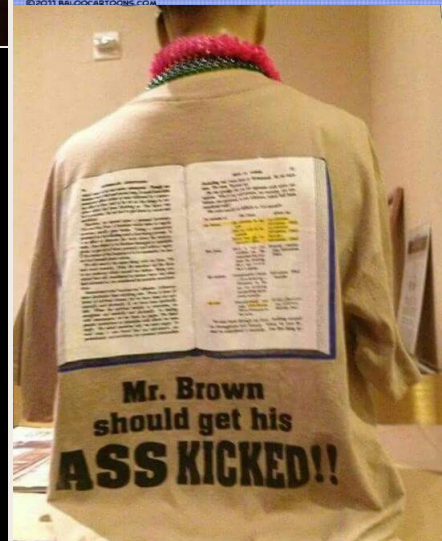
Joining AA is like joining the Mafia.  
 Anywhere you go in the world you have family.  
 But if you leave, you die.

This way out. [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)



I WAS ALWAYS THE BLACK SHEEP. THEN I STARTED GOING TO MEETINGS AND FOUND THE REST OF THE HERD.

*We Are Not Saints*





What's going on



District 26  
**FAMILY DAY COOKOUT**  
**Open Mic**  
*If you wish to Sing or perform please contact our Live Entertainment Coordinator Patrick (978) 894-7461 for Open Mic times. We want to hear you!!*  
**COOKOUT & FELLOWSHIP – Saturday, July 22nd, 2023**  
**Cost:** Tickets sold in advance are \$ 2.00 or \$5.00 at the Door Children under 17 free  
**Time:** 12 to 3 pm / AA Gratitude Meeting 3pm – 3:20pm  
**Doors open 11am Coffee served at 11:30 food at 12pm**  
**LOCATION:** Polish American Club (PACC), 171 Kendall Pond Rd. W, Gardner MA  
**MENU:** Burgers, Dogs, Coffee *(Please bring a side dish or dessert)*  
*\*Cold drinks must be purchased from PACC upstairs hall\**  
**Book, Food and Raffle Donations appreciated.**  
**ACTIVITIES:** Door Prize, Raffle's, 50/50, Games, Live Exertainment and Piñata for kids.  
**DIRECTIONS:** \*From East Rt. 2 Follow MA-2 W to Take the MA-68 exit, EXIT 22, toward Gardner/Hubbardston. Exit Rotary toward Timpany Blvd/MA-68.Turn right onto W Broadway/MA-2A. to Kendall Pond Rd W (left). \* From West of Templeton MA-2 E take exit 21 toward E Templeton. Follow 101 to 2A Turn right to Kendall Pond Rd.  
 Contact Tim B for tickets (978-407-3148) tickets can be purchased at the door  
 Visit our website [www.aadistrict26.org](http://www.aadistrict26.org)

**National AA Technology Workshop**  
**Hybrid format**  
**2023**  
 "Solving, Sharing, and Scaling Solutions"  
 September 8<sup>th</sup> - 10<sup>th</sup>  
 Shenandoah University  
 Winchester, VA  
 Visit our website today to:  
 - Submit a presentation - Register for the event  
 - Sign up to volunteer - Find special hotel rates  
 - Learn more!  
 \$70 In-person  
 \$45 Online  
<https://naatw.org>

The pain will leave once it has finished teaching you.  
 8-IMAGES.BLOGSPOT.COM

# What's going on



**Aug 27**  **12-4 pm**

## DISTRICT 24



### BBQ PARTY

Food | Swimming | Games

**Gratitude Meeting**

Lake Boon Pine Bluff  
Recreation Area  
Stow MA

Made with PosterMyWall.com



**Save the Date!**

## S'more Sobriety

A Weekend of Campfire Fellowship and Family Fun!

**September 22-24, 2023**  
Trout Brook Reservation, Holden MA


**Ages 12 & Up - \$50**  
**Ages 6 - 11, \$25**  
**5 & Under - Free!**

**Please Select this link or scan the QR code below for ticketing details and to purchase!**

- Meetings
- BBQ Dinner
- Workshops
- Traditions
- Camping
- Fishing
- Bonfires
- Music
- Games
- Hiking
- Arts & Crafts
- S'more Party

Sponsored by Worcester Area Intergroup 30 & District 25

social@aaworchester.org  
www.smoresobriety.org




**District 23 Needs YOU!**

District 23 has resumed 12 Step work and needs your support.

If you are sober 3+ months please consider stepping up to the plate and doing service outside of your home group, please and thank you.

**You can help when no one else can.**






# What's going on

**Area 30 Roadshow  
at the Way of Sobriety**  
 Sunday August 13  
 August 13 @ 9:30 am - 10:30 am  
 American Legion Vernon Hill  
 267 Providence St  
 Worcester, MA 01607

**Jul 20-23 Lake Dennison Campout**  
 Thursday-Sunday July 20-23  
 Lake Dennison, Winchendon MA.  
 Camp or come for campfire AA meeting Thursday, Friday & Saturday @ 8pm.  
 Camping \$10 overnight, \$25 all three nights.  
 Must be registered for entry  
 email [activities@aadistrict26.org](mailto:activities@aadistrict26.org)

**Mass State Convention  
Planning Meeting**  
 Convention planning – all are welcome!  
 Next meeting: Tuesday July 25 at 7 pm  
 Sturbridge Host 366 Main St Sturbridge  
 or Zoom: [815-7599-9333](tel:815-7599-9333) p/c: 112023

**Public Information Joint  
Committee Meeting**  
 Thursday July 18 @ 6pm  
 Join Zoom Meeting  
[us06web.zoom.us/j/82792980756](https://us06web.zoom.us/j/82792980756)  
 Meeting ID: 827 9298 0756  
 Passcode: 206180



**District 25 & WAI  
Worcester Alcathon  
Committee**

**JOIN OUR ALCATHON PLANNING MEETING! 3rd Thursday of each month @7:15pm**  
 Zoom ID: 867 9652 7922  
 Password: Alcathon

We are looking for AA members to help with the planning of all 3 Alcathons:

- Thanksgiving
- Christmas
- New Years

QR to Alcathon website

[www.aaworcester.org](http://www.aaworcester.org) ‹‹ Calendar page ››



**"THE CENTRAL FACT"  
MSCYPAA XXV**

*Is happening*

**18-20  
AUG**

BEST WESTERN ROYAL PLAZA IN MARLBOROUGH  
 HOTEL LINK IS ON THE WEBSITE

# Worcester Area Intergroup 7th Tradition

## July 2023



Worcester Area Intergroup Group Contributions 2023					
Group Name	Jun	Total 2023	Group Name	Jun	Total 2023
Ashburnham Happy Joyous and Free		50.00	Northboro Thursday BB		200.00
Auburn Group		200.00	Northboro Thursday Mid-Morning		5.00
Auburn She Means Business		50.00	Northboro Women of Courage and Dignity		120.00
Auburn Thursday Womens		72.25	Northbridge G.O.Y.A.		125.00
Barre Women's Wisdom In Recovery		50.00	Paxton (both groups)		600.00
Berlin Candlelight		200.00	Rochdale Big Book		50.00
Boylston As Bill Sees It		103.00	Rochdale Recovery		50.00
Brookfield Unlimited Sobriety		250.00	Shrewsbury BB Workshop		206.50
Charlton Courage To Change		3.50	Shrewsbury Eternal Vigilance	191.00	1,700.25
Charlton Daybreaker	615.83	3,253.59	Shrewsbury Simple Steps		43.00
Charlton Life Second to None	175.00	375.00	South Grafton Step		50.00
Clinton Shamrock		100.00	Southbridge Noon Recovery Group		250.00
Concord Sobah Camel		20.00	Sturbridge Key To Freedom		205.00
Douglas Maintenance & Repair		150.00	Sturbridge Lighthouse 12x12		170.00
Douglas Monday BB	118.73	241.61	Sturbridge Step Forward	125.00	125.00
Douglas Tuesday Night Step	50.00	50.00	Sturbridge Women's Destiny		25.00
East Brookfield Friday Night Big Book		75.00	Upton Spirit		250.00
East Brookfield Noon		450.00	Uxbridge Sobah Sisters		56.05
Fitchburg Newman		100.00	Warren New Beginnings		300.00
Foxboro Young Peoples		164.20	Webster Early Risers	86.00	895.75
Gardner Step It Up	60.00	60.00	Webster Triton	238.00	458.00
Grafton Happy Joyous And Free		50.00	West Boylston Choices	200.00	260.00
Grafton Reflections Group	95.00	255.00	Westboro Forge		150.00
Gratitude Gang		92.50	Worcester Acceptance & Attitudes		150.00
Harvard Happy Joyous and Free	200.00	200.00	Worcester BBSS	50.00	250.00
Holden Open Air	100.00	250.00	Worcester Come As You Are	10.00	455.00
Hudson Second Chance		600.00	Worcester Crozier	20.00	180.00
Leicester Road to Recovery		110.50	Worcester Daily Choice	725.00	1,435.00
Leominster Original		200.00	Worcester Four Corners		100.00
Living Sober (online)		220.00	Worcester Friday Night 12 Step Discussion		100.00
Marlboro Early Risers	400.00	400.00	Worcester Gratitude		100.00
Milford Eye Opener	15.00	95.00	Worcester Green Hill Park Noontime	600.00	850.00
Millbury Spin to Win		163.00	Worcester Greendale		200.20
Millbury Traditions		150.00	Worcester Hadwen Happy Hour	100.00	260.00
North Brookfield Sunset		125.00	Worcester Hi-Noon		200.00
North Oxford One Day at a Time		100.00	Worcester Joy Of Living		50.00
North Oxford Primary Purpose		357.00	Worcester Mid-Day	150.00	900.00
Northboro Friday Big Book		30.00	Worcester People Helping People		75.00
Northboro Mid-Morning	75.00	75.00	Worcester Saturday Morning Step		25.00
Northboro Saturday Morning		5.00	Worcester Way of Sobriety		249.95
			Worcester Wednesday BBSS		150.00
<b>Column Totals</b>				<b>\$4,399.56</b>	<b>\$21,520.85</b>



**Worcester Area Intergroup**

100 Grove St. Suite 314  
Worcester, MA 01605



**H**ANG  
**O**N,  
**P**AIN  
**E**ND

*Pain is unavoidable but it's not permanent*

*The sun will come out tomorrow; it comes out every single day even when we can't see it.*

*You have the strength you need to get through this.*

*The light at the end of the tunnel is your life; it's the tunnel that's temporary.*

*-- Michael Josephson*

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**To get the Beacon:**

1]FREE via email [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org) (While this is free, a \$5 donation would be appreciated)

2]For a printed copy, follow directions in the form below.



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 \_\_\_\_\_

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