

July 2007



# The Beacon

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

Volume 9 Number 7

## Letter from the Editor

Here's hoping everyone is having a great summer. I cannot believe it is July already—June has come and gone so quickly.

I am glad to report that we have received nine (9) more submissions for the "Bookie" list, which brings us to an even dozen. "Thank You" to everyone who helped this month, and please do keep those bookie names and numbers coming in.

Please be sure to check out the back cover carefully — there are many more new, closed, or changes to existing meetings listed there.

In keeping with July's focus on the Seventh Tradition: You can see from the listings there are groups that have closed recently, but what you may *not* be aware of, and what I am hearing, is that a couple of other groups are *now* in danger of closing either from financial issues or lack of member activity. If you know that a meeting you regularly attend is struggling, even if you cannot afford to contribute more, do you think *you* could lend a hand and take on one of the jobs, to help keep the group alive and active? Every time a group closes, that leaves fewer options for you and for others who are trying to recover, who need AA. And it certainly can't hurt your sobriety to get more active.

Sincerely,  
Richard C, editor.

## AA Wisdom

It is not easy to find happiness in ourselves, and  
It is not possible to find it elsewhere. -Alkaline.

Ignorance with love is better than Wisdom without it. -Anon

When you invite Trouble, you can be sure it will accept. - E.L.

The God of my grateful understanding draws me to him not  
despite the tragic, fatal flaw in my makeup - my alcoholism -  
but because of this illness and through it. - Bill F. New York

Troubles are amphibious -  
They cannot be drowned in Drink. - Olin Miller

Step Seven

Tradition Seven

Concept Seven

"Humbly asked Him to remove our shortcomings."

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

"The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness."

**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. 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 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?

**Bookie List**

- 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 (508) 864-3900 [REDACTED]

SPONSORSHIP CORNER:



Life is a dance, When you take the steps

Obstacles in Our Path

We live in a world riddled with envy. To a greater or lesser degree, everybody is infected with it. From this defect we must surely get a warped, yet definite satisfaction. Else why would we consume so much time wishing for what we have not, rather than working for it, or angrily looking for attributes we shall never have, instead of adjusting to the fact, and accepting it?

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

Each of us would like to live at peace with himself and with his fellows. We would like to be assured that the Grace of God can do for us what we cannot do for ourselves.

We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.

As Bill Sees It, p. 131 ( op. cit. Twelve and Twelve, pp 67, 76)

The Good and the Bad

"My Creator, I am now willing that You should have all of me, good and bad" - Alcoholics Anonymous p. 76

The joy of life is in the giving. Being freed of my shortcomings, that I may more freely be of service, allows humility to grow in me. My shortcomings can be humbly placed in God's loving care and removed. The essence of Step Seven is Humility, and what better way to seek humility than by giving all of myself—good and bad—to God, so that He may remove the bad, and return to me the good.

Daily Reflections, p. 212



Live Serenely



When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometime today's excesses of negative emotion—anger, fear, jealousy and the like.



If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander around morbidly in the past. It requires an admission and correction of errors—now.



As Bill Sees It, p. 48 ( op. cit. Twelve and Twelve, pp 88-89)



**THE HOME GROUP:**

From The Grapevine April 1982 Vol. 40 No. 11

## 9,500-mile Journey to Faith

"BUT YOU have more faith than anyone at this AA meeting," another member said to me during one of our continuing discussions about spirituality. In fact, he told me the same thing at five consecutive meetings, because I complained over and over that I was having so much trouble with faith during my fifth year of sobriety in AA.

Early this morning, in a rare bout of insomnia, I finally understood what my friend had been talking about. I do have faith!

It all began with my fear of a DWI charge during my drinking days. I used to ride my bicycle to bars, leaving my driver's license behind. After having to walk my bicycle home once, because I was too drunk to ride it, I concentrated on drinking at home. Also, I wanted to avoid the sickening cigarette smoke of the bars. It was easier to take pills at home, too. I rode my bicycle to the grocery stores to buy beer and even went to the trouble and expense of fitting my bicycle with special, oversized baskets for carrying cases of beer. And so I would bicycle home with one hand on the handlebars and the other around a paper bag containing a can of beer. I went to any length to drink!

Since I always loved to bicycle, I even dreamed of bicycling across the United States, beer can in hand. But I had already learned that alcoholics don't ride too far too well.

After I sobered up with the help of AA, my alcoholic husband left me, his now nondrinking wife. When I kept refusing to drink with him during his nocturnal visits after the bars closed, he became more and more violent. Once, he beat me after he opened my refrigerator and saw fourteen men inside it, cooling off. A psychiatrist assured me that my husband would eventually kill me unless I left town.

About that time, the local newspaper carried an advertisement for bargain air fares between San Francisco and Sydney, Australia. The money that I had been saving to buy a gun to defend myself was used to buy a proper touring bicycle. Australia was as far as I could get from my drinking husband. And so my bicycle and I, with my one and a half years of battered sobriety, flew to Australia. I proceeded, one revolution of the pedals at a time, counterclockwise around Australia, a total of 9,500 miles in five months. Before leaving home, I had read every book in the local library about the country and had properly planned my trip weatherwise; I avoided the hot summer and wet season and profited from tail winds at the beginning of the trip when my forty-one-year-old muscles needed all the help they could get. Not only did I have a good time sightseeing, photographing, and bike racing, but I saved both my life and my sobriety by attending AA meetings in Australia.

That friend in my home group learned about my trip when I gave him a copy of my self-published book about the experience. He called this trip faith. It took me so long to realize that, yes, I had faith that my legs and bicycle would get me from one water source to another in the dry, isolated Australian outback, and that someone would help me when I had the dreaded craving for alcohol.

The Australians were so generous, kind, and helpful that I feel I can never properly repay them, except perhaps by writing about my gratefulness and cleaning out the coffeepot at my favorite AA meeting. I can't make the coffee before the meeting, because I am always out riding then on the same bicycle. (I'm glad bicycles can't talk--it would have too many embarrassing stories to tell.) It has been to almost as many AA meetings as I have, and I have faith that it will perform well for many more miles.

Perhaps faith is like the Higher Power of our individual understanding in AA. It comes in all forms, shapes, and sizes. Although it took my friend much repetition to convince me that I had faith, this is what AA is all about: helping us to help ourselves and others through hearing things over and over at meetings. Some heads are thicker than others--or perhaps I have bicycled too long without a helmet. I put up an argument: "Death in Tampa was the only alternative to Australia."

"But you had faith," my friend said, "just like you have faith in AA to help you stay sober."

"But my only alternative to sobriety is death from alcoholism."

"That proves you have faith," he said.

It might have taken me five and a half years to realize that I have faith, but I do have it. Right now, I want to ride my bicycle all over Tampa at 3:00 AM, yelling, "I have faith!" But AA has taught me that I have a choice, so I'm pounding the faith story on my typewriter. That doesn't disturb the neighbors; they live far enough away.

While bicycling 117 miles in one day on Australia's Nullarbor Plain in 1979 and praying for the small town to come, I never thought I was developing faith along with my leg muscles. I never dreamed that I had so much of what I was searching for, I seem to be as blind to my assets as I am to my debits.

And all along, I just didn't drink, rode my bicycle to meetings, and had a good time with activities I enjoy.

By the way, I finally bicycled across the United States, sober, with a water bottle instead of a beer can in my hand. A car hit me in California, and I wanted a drink to ease the pain, but a marvelous AA couple saved my sobriety. By the time I got to Phoenix, the swelling was gone, and in El Paso, the scab finally came off.

I've been back in Tampa for three years, working only part-time (it's the only work I can find). My now-ex-husband hasn't bothered me. I have faith.

J. J. Florida

**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?

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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.”**



"AA isn't a program from which you can graduate. The highest you can go is sober. If you get any higher than that, you have to start over." -Bob B. Louisiana

THE SUBJECT WAS BOOZERS among some notables of the past and present alike, and John N. of New York offered this taster's choice of collectibles:

"If you drink, don't drive. Don't even putt." (Dean Martin)

"The less I behave like Whistler's mother the night before, the more I look like her the morning after." (Tallulah Bankhead)

"One more drink and I'll be under the host." (Dorothy Parker)

"I drink to make other people more interesting." (George Jean Nathan)

"Inflation has gone up over a dollar quart." (W. C. Fields)

"The worst thing about some men is that when they are not drunk they are sober." (W. B. Yeats)

"An alcoholic is someone you don't like who drinks as much as you do." (Dylan Thomas)

"I always wake up at the crack of ice." (Joe E. Lewis)

"My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle." (Henny Youngman)

<b>Service Meetings Monthly Schedule</b>			
<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 still has 11 hours of  
unmanned phone time....can you  
spare an hour? Available hours:**  
**Mon 2-3 AM 3-4 AM 5-6 AM 6-7 AM**  
**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)