



# The Beacon

Worcester Area Intergroup Newsletter

Volume 18 issue 1

January 2016

## Worcester Area Intergroup

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[www.aaworcester.org](http://www.aaworcester.org)

### Office Hours:

Monday 10am-2pm  
Tuesday 10am-8pm  
Wednesday 10am-2pm  
Thursday 10am-8pm  
10-5 second Thurs of  
the month  
Friday 10am-2pm  
Saturday 9am-2pm  
Sunday CLOSED

### The Beacon Staff :

January 2016 to  
December 2016

Editor:  
Brandy H

Committee:  
John H  
Marc B.  
Donna T.

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### Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

### I am responsible...

When anyone, anywhere,  
Reaches out for help, I want  
The hand of A.A. always to be there.  
And for that, I am responsible.

## Tradition One

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

From the Traditions Checklist:

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

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### FROM THE OFFICE MANAGER

Worcester Area Intergroup (WAI) accepts information regarding AA related events to be included on the website calendar. Let us know if you have an event you would like publicized.

Electronic format flyers accepted.

Please email information to the **Webmaster** at: [webmaster@aaworcester.org](mailto:webmaster@aaworcester.org)

SUBSCRIPTION!

The AA Grapevine is the international journal of Alcoholics Anonymous. Written, edited, illustrated and read by AA members and others interested in the AA program of recovery from alcoholism, the Grapevine is a lifeline linking one to another. The AA Grapevine communicates the experience strength and hope of its contributors and reflects a broad geographic spectrum of current AA experience with recovery, unity and service. ©GRAPEVINE

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Meeting List Changes

**SHREWSBURY MIDMORNING** —Thursdays 10am

MOVED to Trinity Episcopal Church 449 Main St., Shrewsbury, MA (closed speaker/discussion)

**AS BILL SEES IT**—St. Ann`s Church, N. Oxford, MA—Wednesdays 7:30pm

MOVED to St. Roch`s Parish Center—334 Main St, Oxford, MA (closed discussion)

**OXFORD GROUP** —St. Ann`s Church, N. Oxford, MA—Fridays 7:00pm

MOVED to St. Roch`s Parish Center—334 Main St, Oxford, MA (closed 12-step)

**WOMEN`S DESTINY**—Federated Church, Rt. 131, Sturbridge, MA—Fridays 5:00pm

NEW GROUP (12 & 12 Open Women`s Meeting)

**PASS IT ON**—Sundays 6:45pm

MOVED to Holy Rosary Church (off Regan St), Gardner, MA (open speaker)

**SHREWSBURY SUNDAY MORNING**— Veterans, Inc, 59 South St, Shrewsbury—Sundays 10am

TEMPORARILY MOVED to SAC Park 438 Lake St., Shrewsbury (open speaker)

*Has YOUR group moved, closed, changed time/day/location? Please email the complete information to both: [beacon@aaworcester.org](mailto:beacon@aaworcester.org) AND [steps@aaworcester.org](mailto:steps@aaworcester.org) so we can get it in the newsletter and on the website!*



### Responsibility Declaration

*I am responsible.  
When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible!*

### INTERGROUP DELEGATE`S MEETING TEMPORARY LOCATION CHANGE

Due to ongoing construction at Veterans Inc., The monthly Intergroup Meetings for January and February will continue to be held at 100 Grove St, Worcester, MA 4th Floor.

The Steering Committee will meet at 6pm and the Delegates` Meeting will start at 7pm.

Please watch this space or [www.aaworcester.org](http://www.aaworcester.org) for updates!

### Heard At Meetings

"...believe that I believe..." "...don't let people rent space in your head..."  
"...give until it hurts, then give a little more..." "...there are many talkers in A.A., find the walkers..." "...learn to laugh - it sure beats misery..."

### FROM THE EDITOR

Welcome to a new year of The Beacon!! As I settle back into the role of Editor, I have to look back to 1999— when I first took on the daunting task of resurrecting the newsletter. Could that be really 17 years ago? It sure feels like yesterday! Look how far it has changed...first by me, then by those who came after me— each of us bringing a bit of ourselves into the picture. Settle in, relax, and join us in the journey to see what comes next!

## NERAASA 2016!!

### "Our Spiritual Way of Life:Steps, Traditions and Concepts"

February 26, 27, 28, 2016

[www.neraasa2016.org](http://www.neraasa2016.org)

Sheraton Monarch Place / Springfield Marriot—Springfield, MA

Pre-registration deadline January 27, 2016

On-site Registration February 26, 2016

Kick-off `Redball` Meeting Thursday, February 25, 2016 8:00pm

### REMINDER

All Worcester Intergroup Budget Proposals are due by the January 14th Worcester Area Intergroup Delegates` Meeting, where they will be voted on by the Delegates present.

### COMMITTEE CHAIRPERSONS POSITIONS AVAILABLE

We are currently looking for Committee Chairpersons for Treatment Facilities, Corrections and Public Information. More information about the Committees and what they do is available from the Intergroup office or online from AAWS.org.



## KORTE'S CORNER

*Step One: We admitted we were powerless over alcohol-that our lives had become unmanageable.*

When I think of step one, I think of Jim, my auto-peddling pal from the wonderful reading "More About Alcoholism..." which centers on the insanity of the first drink for an alcoholic. I'm not sure why they conjured up the jaywalker when they had a real-life example of the futility and insanity of the first drink in the form of this disgruntled car salesman.

Admittedly, I chuckled the first time I pictured the image of the poor and foolish jaywalker, stumbling in front of cars and trucks stupidly, until I realized it was me they were talking about. Repeating the same foolishness over and over, growing more miserable by the day and repeating the same activities daily to escape the very pain caused by those activities.

At this point, Jim became my favorite person in the book Alcoholics Anonymous, probably because his thinking was as ludicrous as the jaywalker's, only he was real. Looking at Jim's track record made me feel less foolish about my own absurd history. The first thing I was taught was that my body had *acquired* an *allergy* to alcohol, and that whenever any alcohol whatsoever entered my system, I would get a craving for more alcohol. Simply put, an allergy is an abnormal reaction. "Normal" people don't have that reaction to alcohol. Further, my mind tells my body that alcohol is the solution to the constant restless, irritable and discontented condition I find myself in.

At one point, alcohol quieted the craziness in my head, but as we know, all good things come to an end. No matter how long it had been since alcohol or any of my substitute behaviors and painkillers worked, My alcoholic mind believed the illusion that alcohol will work again to kill the pain. I can't think my way out of this illness, for the problem itself centers in my mind. "We are unable, at certain times, to bring into consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink." (pg. 24) The book goes on to give the

alcoholic but choices 1) Go on to the bitter end, blotting out the intolerance of his situation the best he can 2) Accept spiritual help.

My favorite illustration of this type of thinking is Jim, my beloved car salesman. (Take a look at his story of a relapse), it starts on pg. 35. Here is a guy, who has a thorough knowledge of himself as an alcoholic. He has lost a business he inherited through drinking. He knows he always winds up in the asylum when he drinks. He's going to lose his family if he drinks again. Yet he gets tanked up again, why? Jim failed to enlarge his spiritual life (pg. 35) He had not persisted in the program until the psychic change had enabled him to think intuitively and effectively and maintained that ability through persistence in the program of action outlined in the book. Naturally, Jim had only his own thinking to protect him, and his own thinking was infested with alcoholism and therefore, delusional thinking. Here are some tidbits of Jim's thinking: Jim showed up to work annoyed that he had to work at a place he once owned. He starts off the day with a resentment, and doesn't turn it around using his 10<sup>th</sup> step. Instead of being aware of the reality of the good fortune he has had to even have a job after being thrown into an asylum and drinking away a business, he whines that ought to own the joint. Next he self-seeks on his boss and gripes to him in reaction to his resentment. He drives into the country to see a prospect for a car. Okay... but Jim, you *do* work on a car lot, that's probably a pretty good place to make a sale. He stops for lunch at a bar. Uh-oh, trouble's brewing. Jim then tells himself a series of loose truths that have nothing to do with his body's physical inability to process alcohol. A) I have no intention of drinking. B) I've been here before while sober C) I'll just get a sandwich D) I might find a customer here. None of these statements refutes Jim's inability to process alcohol. The last statement seems a bit of a reach for me. If Jim is driving into the country to see a

prospect, why is he now hoping to run into a customer at some bar?

Jim orders a sandwich and a glass of milk. He waits around and orders another sandwich and more milk. Jim then tells us that "*suddenly*" the thought came to him that he could mix whiskey with his milk. Suddenly. Suddenly? Jim, for the love of Pete, you ate lunch *twice*, then ordered more milk? The amazing thing is that Jim actually believed this story. Even more shocking was the realization that this exact pattern of thinking absolutely littered all three sections of my 4<sup>th</sup> step in the form of resentments, reactions to fear and sex conduct. It finally made sense that using the very mind that tells me alcohol will help my irritable, restless and discontented condition to *prevent* me from drinking is a terrible game plan. There was good news, however. "There is a Solution." (pg. 25) Although "almost none of us liked it". *Almost none?* I thought. Can someone please introduce me to the cat that *liked* "the self-searching and the leveling of... pride that the process (of recovery) required for ...success?" "Further on, clear-cut directions are given showing how we recovered." (pg. 29) What's this about directions? I have to do more than show up?

There was a man who's doctor told him he had cancer and had better get to the hospital fast. The man ran into his doctor six months later, and his condition has worsened considerably. The cancer had spread and really given the guy a beating. The doctor asked the man why he hadn't gone to the hospital like he told him to. The man said, "What are you talking about? I've been here every day for six straight months. I've been in the lobby, dropped by the water cooler a number of times, hit on all the nurses. They play shuffleboard on Fridays in the rec-room and the coffee shop has the most wonderful little cookies..."

Showing up is great. I can't get well in the first place if I don't show up, but for a chronic/hopeless alcoholic like me, there's work to be done.

*Reprinted with permission from the January 2001 issue of The Beacon*

### Deadline....

.....for information to go into the February issue of The Beacon is January 17th, 2016. Information can be sent to :

#### Worcester Area Intergroup

100 Grove St., Suite 309

Worcester, MA 01605 or e-mailed to:

[Beacon@aaworcester.org](mailto:Beacon@aaworcester.org)

Do YOU have an article or story to share?

Contact the Editor at [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org)

**Service Meeting Schedule**

**Intergroup Steering Committee\*** - Veterans, Inc., 59 South St. Shrewsbury, MA —6:00pm

**Intergroup Delegates\*** - Veterans, Inc., 59 South St. Shrewsbury, MA —7:00pm

*\*The Intergroup meetings occur the second THURSDAY of each month.*

**District 25 General Service Committee**—St. Joan of Arc Church, Lincoln Street Worcester, Ma meets first Tuesday of the month 7:30 pm

**District 26 General Service Committee**—Local 60 Union Hall, Mechanic Street, Leominster, Ma meets first Thursday of the month 7:00pm AA members welcome—please come join us!

**AREA 30 Eastern Mass. General Service Committee** — Grace Vision Church  
80 Mt. Auburn Watertown 4th Wednesday 8:00pm

**Why does your group need an Intergroup Delegate?**

The Worcester area Intergroup has no authority of it's own but derives it from the participating groups. The representative that each group elects is the groups voice to intergroup—your link to those who maintain and operate the Intergroup Office.

**Intergroup Officers & Committee Chairpersons**

<b><u>Position</u></b>	<b><u>Name</u></b>	<b><u>email address</u></b>
Chairperson	Tom E.	chair@aaworcester.org
Alt. Chair	Brandy H.	
Secretary	Bob S.	secretary@aaworcester.org
Treasurer	David B.	treasurer@aaworcester.org
Alt. Treasurer	Mike D.(6 month Interim)	alttreasurer@aaworcester.org
Trustees	Bob L., Nicole G., John B., Anne G.	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	<b>Open</b>	treatment@aaworcester.org
Correctional Facilities	<b>Open</b>	corrections@aaworcester.org
Halt Line	Dot B.	haltline@aaworcester.org
Social Committee	Ellen McQ.	social@aaworcester.org
Public Information	<b>Open</b>	pichair@aaworcester.org
Webmaster	John H.	webmaster@aaworcester.org
Joint Alcathon Committee	Don K.	
Beacon Editor	Brandy H.	beacon@aaworcester.org
Liaison to District 25	Nicole G.	
Liaison to District 26	Richard M.	
Liaison to Area 30	Marc B. (Interim)	

**Subscription Form**

Please fill out form, enclose your payment, and mail to:  
 Worcester Area Intergroup ATTN: The Beacon  
 100 Grove Street Suite 314  
 Worcester Mass. 01605

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
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 E-MAIL ADDRESS \_\_\_\_\_

Subscriptions to The Beacon are \$5.00 per year to defray the cost of production and postage. Additional donations from members are gratefully accepted.

Worcester Area Intergroup is a non-profit organization, dependent on members' contributions. Please make checks payable to Worcester Area Intergroup.

**Worcester Area Intergroup could use support from the local A.A. Groups.**

If your group has an excess amount in your treasury please consider making the pie chart split to help not only Worcester Intergroup but the other local A.A. entities and also A.A. World Services. If you are a group treasurer and need more information, feel free to call the office at 508-752-9000.

**12 Step Volunteer Application**

Name (First name and last initial): \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Towns you will accept calls from: \_\_\_\_\_

Hours that you are available: \_\_\_\_\_

I wish to help: Males Only Females Only Both

Agers I am willing to work with: Teens 20 to 30 30 to 40 40 to 50 50 to 60 Over 60

I am willing to: (please circle all that apply)

Talk to a person on the phone Go to a persons home to talk \*

Give rides to AA Meetings Give rides to Detox \*

Meet someone at a meeting Other (please specify) \_\_\_\_\_

*\*It is suggested that a person NOT go on a twelfth step call alone to help an alcoholic who is still suffering. Also you should NOT drive a wet drunk to a treatment facility (detox) without having another A.A. member with you. If you circled either of these items, please be sure that you have another member of A.A. that is willing to go along with you.*

Please mail to: Worcester Area Intergroup 100 Grove St. Suite 314  
 Worcester, MA 01605