

May 2006



The Beacon

Email: Beacon@aaworcester.org

Volume 8 Number 5

Sobriety to Go

Volume 48 Issue
12
[May 1992](#)

As often happens, we learn the most in AA from listening to our newer members, and my home group recently experienced a new dimension of the Fifth Tradition because of it.

We have a periodic group inventory, every four to six months, so that we can stay healthy as a group. We use the Traditions as well as some of the questions from the "AA Group", pamphlet as our guide. We pick a separate night and spend three or four hours checking our group pulse. At one of these inventory sessions, we had gotten to the Fifth Tradition when a member who had been with us for five months or so spoke up.

"I am confused," he said. "This Tradition says that 'Each group has but one primary purpose--to carry its message to the alcoholic who still suffers.'" He paused a moment, then hesitantly said, "I have been attending this group recently for five months now, and we have never left this room!"

The result of this new member's wisdom and willingness to participate is that our group now sponsors a weekly meeting at a local treatment center. We carry our format and our group's message to them. From this weekly Twelfth Step activity, our group has grown as some of the alcoholics in the treatment center join with us when they leave treatment.

Our group has benefited in several ways other than new members. For a while, we saw an influx of nonalcoholics into the AA groups. Many of these came to us from treatment, having been told to just go to AA by well-meaning professionals who were not really familiar with what AA did and did not do. We have learned that we were at fault when this happened. If we do not show up to explain AA to new people, they will hear about it from people who do not know about AA.

This simple activity of carrying the message out of our meeting room also answered another problem we were having. Those of us who have been blessed by being in AA when there were plenty of "live" Twelfth Step calls talk a lot about them. Our younger members now have an inexhaustible supply of "live" Twelfth Step calls.

By regularly showing up at the treatment center in the spirit of cooperation, we are getting to know the professionals who *do* deal with problems other than alcohol. When someone shows up at our group who needs help of a different kind from that which we deliver, we can direct them to a person who can help, rather than just throwing them into the winds. This helps us in our effort to stick to our primary purpose, helping alcoholics achieve and maintain sobriety.

By being willing to stick close to our primary purpose, by being willing to actually carry the message physically out of our meeting space, we as a group have made our statement--if you attend a meeting at our group, you will hear the message of Alcoholics Anonymous, and if you watch us, you will see the message of Alcoholics Anonymous in action.

By being a member of a group that participates in the Fifth Tradition as an activity as well as an idea, I find myself more aware of what I was taught from the beginning: The Traditions apply to my personal life as well as to my group. Just as the primary purpose of my AA group is to carry the message, as a member of AA, my primary purpose also is to carry the message. I may not always like the little sacrifices of time and effort, but I am never confused as to what saving my life by God was really all about. The Twelfth Step and the Fifth Tradition make it clear that my sobriety is not only for me--it is for you. Thank God I belong to a group that acts the same way.

Don P. Aurora, Colorado

Treatment Facilities OPEN Commitments

Worcester State Hospital 6:30 -7:30 1st Tues., 2nd, 3rd & 4th Fri.

Spectrum TSS Westboro 7:30- 8:30 4th Wed.

Westboro Stat Hospital 7:30- 8:30 2nd & 5th Tues.

Spectrum Women and Children's Westboro 7:30 -8:30 1st, 2nd & 4th Tues.

Spectrum Youth Academy North Grafton 7:00-8:00 1st, 2nd, 3rd & 4th Thurs.

Mass Veterans, Inc 7:00 - 8:00 1st, 2nd, 3rd & 4th Mon. or Tues.

Talk to your group or your friends!

Help to carry the message of hope!

<u>Step Five</u>	<u>Tradition Five</u>	<u>Concept Five</u>
<p><i>“Admitted to God, to ourselves, and another human being the exact nature of our wrongs.”</i></p>	<p><i>“Each group has but one primary purpose—to carry it’s message to the alcoholic who still suffers.”</i></p>	<p><i>Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.</i></p>

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

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Each group has but one primary purpose- to carry the message to the alcoholic who still suffers.

- | | |
|--|---|
| 1. Do I ever cop out by saying, "I'm not a group, so this or that tradition doesn't apply to me"? | 4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me? |
| 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan? | 5. Do I help my group in every way I can to fulfill our primary purpose? |
| 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic? | 6. Do I remember that old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them? |

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Life is a dance, When you take the steps



SPONSORSHIP CORNER:

Continued from the April issue...

Is there any one best way of sponsoring a newcomer?

The answer is no. All members are free to approach sponsorship as their own individual experiences and personalities may suggest. Some sponsors adopt a more or less brusque, "Take it or leave it" approach in dealing with newcomers. Others exhibit extreme patience and great personal interest in the people they sponsor. Still others are somewhat casual, content to let the new person take the initiative in asking questions or seeking help in special situations.

Each approach is sometimes successful and sometimes fails. The sponsor has to decide which to try in a particular case. The experienced sponsor recognizes the importance of flexibility in working with newcomers, does not rely on a single approach, and may try a number of different approaches with the same person.

How can a sponsor explain the A.A. program?

Sponsors will want to explain A.A. in the manner that each finds most natural and most likely to be clear to the newcomer at hand.

Experience shows that the newcomer usually cannot absorb the entire A.A. program in the first few months. Certainly, "little steps for tiny feet" applies here.

Many sponsors make sure to tell the new arrival that A.A. has one primary purpose - to help them both keep away from the first drink. They remind the newcomer that the First Step - recognizing that one has a problem - is a key part of recovery.

These sponsors remind the newcomer that A.A. offers a practical program, and that it has already helped more than a million men and women. They suggest the need for open-mindedness in facing alcoholism as a personal problem, and they underscore the fact that it is up to the newcomer alone to decide whether he or she is an alcoholic and whether A.A. can help.

Nearly all members who work with newcomers look upon the A.A. program in terms of their own experience. They tell the new person that no one speaks for A.A. and that every member is perfectly free to arrive at an individual understanding of the problem.

Some sponsors talk about the program in a more spiritual way than others do. But nearly all call attention to the source of strength to be found in "a Power greater than ourselves." Again, the sponsor points out, it is up to the newcomer to determine what that A.A. phrase means. It expresses an idea that people of many faiths - or of no particular faith - can and do accept with complete harmony.

*Reprinted with AAWS permission - questions and answers on sponsorship P.16-17



New Meeting.....Women's Big Book Step Study

"Turning Point" - THURSDAY'S ...5:30-6:45PM

Calvary Retreat house- South Street—Shrewsbury, Ma

*** Please note--NO SMOKING ON THE GROUNDS**

A word on anonymity:

continued from January 06'

Anonymity at the media level

Q. What if I appear as an A.A. member on TV, in a film, or allow my picture to be used in a newspaper or magazine, but do not give my full name? Is this considered an anonymity break?

A. Yes, if full-face photographs and other easily identifiable photos of A.A. members (who are *described* as A.A. members) are published or broadcast, even though their names are not given, these are considered anonymity breaks.

Q. I've heard a number of people, inside and outside of A.A. , say the newsworthy A.A. members should be encouraged to help promote the Fellowship. Why does A.A. continue to maintain the Tradition of anonymity for celebrities and other members?

A. Those Traditions developed out of the experience of the early members. At first, they too felt that well-known A.A. members could help the Fellowship by breaking their anonymity. But it soon became apparent that, if one anonymity breaker stepped forward, others would follow; and if members were to strive for public acclaim and power, the spiritual unity so essential to the work of helping fellow alcoholics would soon be lost.

Q. What about videotapes of talks and meetings? Are these considered to be anonymity breaks, since people are seen full-face and clearly identify themselves as A.A. members?

A. In 1980, the General Service Conference recommended that ". . . A.A. members who are requested to videotape talks and meetings, preserve anonymity at the level of press, radio, TV, film, and videotapes, realizing that anonymity is the spiritual foundation of all our Traditions." They further recommend that talks by A.A. members as *members* be given "in person, rather than be videotaped, in view of the temptation of videotaping to place personalities before principles," and thus encourage the development of a "star" system in A.A.

*Reprinted with AAWS permission - Understanding Anonymity P.9-10

W.A. I. Needs your help!

There are service positions that are unfilled.

Join us the 2nd Thursday of each month 7:00pm

St. Joan of Arc Church Lincoln Street

Positions Open:

Corrections & Liaison to Area 30

All Committee's need volunteers!...Social, Treatment, HaltLine, PI, Beacon....come see where you can help!



THE HOME GROUP:



Tell us about your Home Group....
 When did it start?
 Where do you meet?
 Why is your Home Group the best group in AA....
 Submit your article by the 10th of the month.
 Email Beacon@aaworcester.org
 Or mail to:
 Beacon 8 Meadow Lane Dudley, MA. 01571

Am I an active member of AA?
Am I an active member of AA?

Does your group need a job within AA?

Maybe your group would consider a commitment to the halt line?

When the phones aren't answered no one can get the message of hope....Help the Intergroup office & the Haltline Committee by taking a time slot!

All you need is a telephone & a meeting list.

The calls are forwarded from the Intergroup office.

You can even use your cell phone (charges apply to air time)

The H.A.L.T. line needs your help!

The halt line is the 24hour answering service for 12 step calls and meeting information .

You can volunteer for 1 hour or more to answer calls. You may do it from home or from your cell.

Call the halt line chair—Scott L.

or email haltline@rcn.com for more information.

41 Available Hours

Hours available: SUNDAY 12:00am-2:00PM, MONDAY 1:00am—10:00am , TUESDAY 12:00AM-3:00AM & 8:00am-10:00am , WEDNESDAY 1:00AM - 5:00AM , THURSDAY 12:00AM—5:00AM, & 6:00AM-8:00AM, FRIDAY 6:00AM- 8:00AM

~ we can't keep it unless we give it away~



Steering Committee & Committee Chairpersons

<u>Position</u>	<u>Name</u>	<u>email address</u>
Chairperson	Bob McC.	chair@aaworcester.org
Alternate Chair	Harry H.	None
Secretary	Brandy H.	secretary@aaworcester.org
Treasurer	Mary M.	treasurer@aaworcester.org
Alternate Treasurer	Joe N.	
Trustees	Ellen McQ.	
	Bob D.	None
	Jeanne L , Laraine S	
Office Manager	John H.	steps@aaworcester.org
Treatment Facilities	Sue N.	treatment@aaworcester.org
Correctional Facilities	Open	Corrections@aaworcester.org
Halt Line	Scott L.	haltline@aaworcester.org
Social Committee	Kolleen H.	Social@aaworcetser.org
Public Information	Brandy H.	PiChair@aaworcester.org
Webmaster	Brandy H	webmaster@aaworcester.org
Liaison to District 25	Mary M	None
Liaison to Area 30	OPEN	None
Alcathon Committee	Billy - Inter- group	None
Co—Chairs Intergroup & District 25	Tina P.— District 25	
The Beacon	Ellen McQ.	Beacon@aaworcester.org
C.P.C	OPEN	professional@aaworcester.org

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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. *The Beacon—100 Grove Street Suite 309 Worcester, MA 01605 email:beacon@aaworcester.org or call [redacted] The Beacon Staff: September 2005-December 2006 ~ Editor: Ellen McQ.—Courage to Change , Charlton, MA.*
Assistant Editor: Mary M.—Courage to Change, Charlton **Support Staff:** Renee R. Margaret P. ,Donna M. & Cathy L. & Stephen B -Pathway House
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Rule 62 “ Don’t take yourself too damn seriously.”

I can recall that even as a small child I had allergic reactions to certain forms of reality. ~ Tracey B. Williamstown, West Virginia

There is very little in life that I must personally handle or that someone else couldn't do as well. On the other hand, no one else in the world can take my place at my meetings. Mike D. Washington Township, New Jersey

Recipe for recovery (half measures avail us nothing): Start with a generous helping of Step One. Add abstinence and let it soak in. Add a power greater than yourself (any brand of your own choosing will do). Divide into Twelve Steps, distribute evenly and thoroughly. Set timer for God's will. Sit back and pray. (Note: do not close mind; closed minds will result in returning to Step One.) Any problems, call 1-800-SPONSOR. ~Diane F. Stuart, Florida

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Service Meetings Monthly Schedule

InterGroup/District 25 & 26

Public Information	Intergroup Office 100 Grove St. # 309 Worcester	4th Monday	7:00 pm
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	7:00 pm
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	6:00 pm
Intergroup Delegates	St. Joan of Arc Church 570 Lincoln St. Worcester	2nd Thursday	7:00 pm
Social Committee	Intergroup Office 100 Grove Street # 309 Worcester	3rd Thursday	6:00pm
Joint Treatment	Intergroup Office 100 Grove St. # 309 Worcester	4th Saturday	10:00 am

Area 30

Grapevine Committee	Boston Central Service 368 Congress St. Lower Level Boston	4th Sunday	1:00pm
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	TBD
Joint Treatment Facilities	St. Paul's 59 Court Street Dedham	3rd Friday	8:00pm

For the reader...By the reader...

My Best Friend

You told me I was the funniest guy not nervous, timid or shy.

You told me I was honest and smart not living out a lie.

You told me I was special in a special sort of way.

When I was at a loss for words, you gave me words to say.

You had qualities I didn't have so we became best friends.

There was never any talk back them of defeat or loss or amends.

You told me I was brave and true with nothing to really lose.

That I was sincere and caring and quite a dancer too.

You told me you'd find me another love, when the love of my life fell through.

And when my friends started leaving me, you said you'd fix that too.

You brought me to a perfect place of laughter, time and space, then had me jump into an abyss of emptiness,
loneliness and waste.

And still I stayed with you for years. A deaf man knows it's silence he hears. And as I waited for us together to die,
down into abyss we did fly.

Until the gentle voice of God said "My Son, you've had enough" and did save a wretch like me amazing grace I do
believe.

Addiction will come as your friend. Bosom buddies to the end. And will seem to make you strong and brave
And more and more you will crave.

Until it steals your day and night and every hint of wrong and right. And every dream, hope and goal
Your body, mind, heart and soul.

~Submitted by an Anonymous AA Member

We want your articles.....email Beacon@aaworcester.org

Tell us about your experience at the Treatment Seminar...

How was the Prom? please let us know!

Worcester Area Intergroup Social Committee:

- Hiking at Mt. Monadnock & full moon hiking at Mt. Wachusett when warm weather comes again !

Check the Website for up to the minute date and time information www.aaworcester.org or get Flyers from the Intergroup office. Questions??? Email: social@aaworcester.org or call the Intergroup office 508-752-9000

To find out about social events in District 26 check out the web site: www.26ac.org