

THE BEACON

The light at the end of the tunnel

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



AUGUST



Choose *Joy*

“We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But **we aren't a glum lot**. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life.”



“So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. **But why shouldn't we laugh? We have recovered, and have been given the power to help others.**”



“**We are sure God wants us to be happy, joyous, and free.** We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it.”

The Big Book, pages 132-33



“**Joy is the infallible sign of the presence of God.**”

— Pierre Teilhard de Chardin, S.J.



“**Find a place inside where there's joy, and the joy will burn out the pain.**”

— Joseph Campbell

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Happy Summer,

Please be patient with us as we try to get back-ordered books in stock. World Services is out of several popular titles . Daily Reflections is expected to be available sometime in August.

Please keep getting the word out about the Group Contact forms!! They are necessary! We still have a whole lot of groups that we have no contact info for. If you are not sure if we have one from your group, call us and we can tell you. 508-752-9000.

Here is the link to the form:

<https://form.jotform.com/220377934534056>

Brandy Harris

SUMMER HOURS

(May 31st through September 3rd)

Mondays 10-2pm

Tuesdays 10-3pm

Wednesdays 10-8pm

Thursdays 10-2pm

Fridays CLOSED

Saturdays 10-2pm

Sundays CLOSED

Closed Labor Day (September 5th)



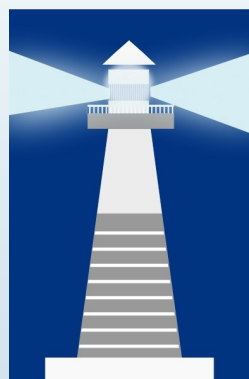
HELP WANTED

Worcester Area Intergroup is looking for a part-time/On-Call Office Worker.

Must have 2 years sobriety.

If interested, call Intergroup:

(508) 752-9000



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August 2022



Step Eight

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

This should be easy, I said to myself, when starting this step. After all, I drank alone and really had harmed no one but myself. I was clearly trying to fool myself with this way of thinking.

Even though I was not drinking alcoholically when my sons were little, was I as attentive as I should have been? I thought so. Nevertheless, they went to the top of the list.



Now, what about my parents, long deceased? Was I the best daughter I could have been? Probably not. Their names were added. Siblings? Yup, onto the list, all five of them.

Surely that should be it! But no. What about my employer and coworkers? While I didn't miss work because of my drinking, I didn't give my all. I had a hangover most mornings from my blackout drinking. On to list they go.

Of course, Friends should be added. Some from long ago.

From thinking I had no amends to make when I stared, my list was growing! Who else? How about all those utility representatives I was less than charming to? I truly believe they all have "Kook" written beside my name. On the list they go. This is never ending!

As I ended my list, I remembered to put myself first on the list. How could I make amends to others without forgiving myself?

I'm sure as time goes by, I'll be reminded of others I should add. Amends can be made at anytime. It's an ongoing process, like life. One step at a time.

Beth H

Eighth Step Prayer

**Higher Power,
I ask Your help in making
my list of all those I have
harmed.
I will take responsibility for
my mistakes and be forgiv-
ing to others as You are
forgiving to me.**



**"For the wise have
always known that no one
can make much of his life
until self-searching has
become a regular habit,
until he is able to admit
and accept what he finds,
and until he patiently and
persistently tries to cor-
rect what is wrong."**

Bill W.



Tradition 8

Short Form:

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

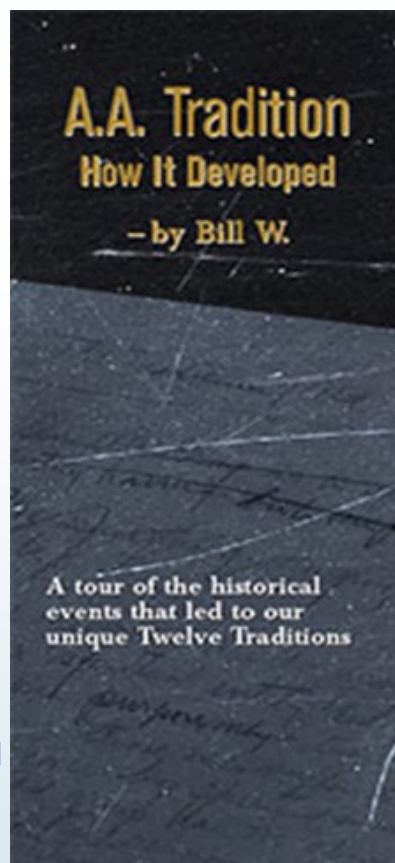
Long Form:

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. "12 Step" work is never to be paid for.



Tradition Eight Checklist:

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



This pamphlet is available at Intergroup.





Meet a “Special Worker”

Hi! My name is Brandy and I’m an alcoholic. I’m also the Office Manager for Worcester Area Inter-
group. In other words, one of the “special workers” mentioned in Tradition 8.

There is a big difference between being a paid worker and doing 12-step work.

When I’m at the office (or working from home) I am an Office Manager who has resources that allow 12-step work to happen. If I get a phone call or someone comes in looking to get sober, I can tell them how to access our meeting list or look up a meeting for them. I do not *sponsor* them or give them advice. I’m not a psychologist, psychiatrist, or therapist; I’m a person who can steer them to a meeting, or, if they need to talk, I can put them in touch with someone in A.A. who is willing to do 12-step work.

As an Office Manager my job is running the office and producing reports, inventorying, ordering, stocking shelves, selling items we have in stock (and taking special orders for those we do not), bookkeeping, overseeing the other employees, and human resources. I am required to meet with our Steering Committee every month to keep them informed about what is happening with the office, just like an Office Manager for an office this size in the “corporate world.”

Any 12-step work I do, I do on my own time: sponsoring other women, having a job in my home group, serving on committees, setting up online meetings, hosting or chairing a meeting. These are the things I do to help my own sobriety and to give back to A.A. I am not paid for this.



Does my paid job help me stay sober? You bet it does! It keeps me in contact with other people who have the same disease I have. It gives me incentive to maintain my sobriety, and sobriety is a requirement for working here. It keeps me “off the streets and out of the bars.”

It gives me responsibility and accountability.

We are not paid to do 12-step work, we are paid to pave the way for 12-step work to happen.

Brandy H.
WAI Office Manager



Concept VIII

The Trustees of the General Service Board act in two primary capacities:

(a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs.

(b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

What do the General Service Board Trustees actually do? Let's think of them as Trustees on the Board of a very large corporation. They can do the principle planning in matters of policy and finance, but do not do the actual 'work' themselves. They have committees for that. If the Trustees – 90% of whom live out of town – were to try to do all the work of executing every issue that arises a lot of it would not get done. A large percentage of Trustees are non-alcoholics and a large number are still working at their professions.

So, in effect, the General Service Board is not an Executive Board, but a Board with full stock ownership and custodial oversight. They exercise their oversight by electing Directors of the entities they serve (A.A. World Services and The Grapevine).



Take the example of Worcester Area Intergroup. The Steering Committee is comprised of Officers and Trustees along with the Office Manager (who cannot be an Officer or Trustee).

Its function is to oversee the day-to-day operations of the office. The Office Manager (hired by the Steering Committee) reports to the Steering Committee. None of the Trustees work at the office. The Steering Committee (our 'board of trustees') can oversee issues brought up to them by the Office Manager and can vote where necessary. They do not do the work. The Office Manager ensures that the work gets done – either by themselves or their staff – and reports back to the Steering Committee. While the Office Manager handles personnel matters at the office and makes recommendations, the Steering Committee votes on what actually happens (such as employee pay rates, bonuses, or disciplinary actions). It is then up to the Office Manager to carry out what is voted on. Thus our 'Board of Trustees' is not an Executive Board, but an Oversight Board.



To learn more about the 12 Concepts for World Service, pick up the AA Service Manual, available from Intergroup.

— Brandy H.





Milk & Cookies Step 2 & Serenity



Step Two and the Serenity Prayer are like fresh-from-the-oven chocolate chip cookies and a tall glass of ice-cold milk. Each is good on its own. Put them together and you have a preview of heaven.

We all know Step Two:

*Came to believe that a power greater
than ourselves could restore to sanity.*

When I am sane, I am fully “present,” alert, living in the moment, in the “now.” I have what first responders and soldiers call “situational awareness.” I realize who I actually am, where I am, who I am with, what is going on around me, what I should and should not say or do; what I can and cannot say or do. I can see the results of both action and inaction. I have some “wisdom,” I am wise enough to know the difference.

That is sanity.

When the “now” is too hard to bear, sanity can be heartbreaking: sickness, fear, financial problems, legal problems, depression, death. Unless you include your Higher Power, your God as you understand God, in the “situational awareness” analysis of your options, sanity can be overwhelming. Sanity without trust in God can lead to suicide. This I know.

This is where the Serenity Prayer come in:

*God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

God both restores me to sanity and gives me the strength to deal with the situations I find myself in, especially the seemingly impossible and insane ones... as well as those that really are insane. Some are. This I know, too.

God gives me serenity, what one dictionary defines as “the state of being calm, peaceful, and untroubled.”

Serenity is hard.

Yes, I can go through the physical process of becoming “serene:” sitting alone, quietly, taking slow deep breaths, listening to calming music, imagining myself in my “happy space,” chasing away troubling thoughts.

But if God isn’t there I am just going through the motions.



(Continued on next page)



Milk & Cookies
(Continued from previous page)

So, when I have trouble including God, I think about Step 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

The key words here are “care of God.” God cares. What does that mean? The last line of the well-known Merton Prayer* sums it up best:

Therefore I will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

God cares. He will always be there with the strength and comfort I need to get through whatever it is I have to go through. How do I know this? I know how much he has already gotten me through. To use an AA cliché: “God hasn’t carried me this far to drop me on my head.”

That’s where my serenity comes from, from God’s track record. As a friend likes to say, “I have survived 100% of everything life has thrown at me.” Thanks to God, I have come out the other side, with sanity and serenity intact.

Sanity is important. Serenity... more so.

But neither my sanity nor my serenity is constant. I go in and out of both on a regular basis, which is why I work Step 2 and say the Serenity Prayer on a daily basis... more often when necessary; usually accompanied by Step 3 and the Merton Prayer.

I have spent too much time being stark-raving sober. I want both my sanity and my serenity. I want my milk AND my cookies.



* If you would like to see the full version of The Merton Prayer, Google it.

Confusing Origin of The Serenity Prayer

According to “Origin of the Serenity Prayer: A Historical Paper,” available at aa.org:

The actual origin of the “Serenity Prayer” has been, over the years, a tantalizing, elusive and, some still feel, an unsolved mystery; intriguing to those of us at G.S.O. who have, at one time or another, attempted to trace the prayer to an authoritative, unimpeachable source.

Most people credit The Serenity Prayer to Karl Paul Reinhold Niebuhr (1892-1971), an American theologian, author, ethicist, and a professor at New York’s Union Theological Seminary . But while he did write the familiar version, there were earlier and very similar prayers written by others.

As Bill wrote in AA Comes of Age:

“No one can tell for sure who first wrote the Serenity Prayer. Some say it came from the early Greeks; others think it was from the pen of an anonymous English poet; still others claim it was written by an American Naval Officer; and Jack Alexander, who once researched the matter, attributes it to the Rev. Reinhold Niebuhr...”

~ ~ ~ ~ ~

**God, grant me the serenity
to accept the things I cannot change
the courage to change the things I can
and the wisdom to know the difference.**

**Living one day at a time,
enjoying one moment at a time.
Accepting hardships as the pathway to
peace.**

**Taking, as he did, the sinful world as it
is, not as I would have it.**

**Trusting that he will make all things right
if I surrender to His will; that I may be reasonably
happy in this life, and supremely
happy with Him forever.**

We are not a Glum Lot

9



What is the difference between a dog and a fox?

About 5 drinks

The speed of light is when you take out a bottle of beer out of the fridge before the light comes on.

One cigarette shortens your life by two hours, one bottle of vodka by three hours, and a workday – eight hours.

No! for the last time stop asking if i am drunk. I am not drunk! Who would name their kid drunk?

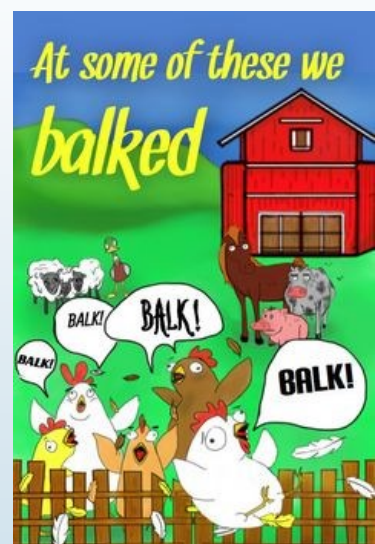
I got drunk last night and my house wasn't where I left it.



alcoholics Anonymous Slogans by TinkerM



" YOU DON'T WANT TO GO TO THE PICTURES, YOU DON'T WANT TO GO TO THE WHISTDRINE — WHAT DO YOU WANT TO DO? "



beacon@aaworcester.org

August 2022



August Meetings

1 August 2022 - 31 August 2022

Aug 2	Tue	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: zoom.us/j/311969752 Password: Sober2020 District 25 GSR meeting in-person & Zoom.
Aug 4	Thu	7:00 PM - 8:30 PM District 26 Meeting	Currently meeting in-person and on Zoom. Emmanuel Lutheran 1200 John Fitch Hwy Fitchburg MA See attached PDF for Zoom information.
		7:30 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: us04web.zoom.us/j/9296006039? pwd=VUx2STJSdXRvZDFVS0pTY0ttVW9SUT09
Aug 6	Sat	4:00 PM - 6:00 PM MSCYPAA Planning Meeting	In-Person & Zoom: 320 W. Center St. W. Bridgewater MA. Zoom# 869-1334-3981 P/C: 620884
Aug 9	Tue	7:30 PM - 8:30 PM District 23 GSR Pizza Social	District 23 Pizza Social + GSR Meeting District 23 GSR meetings are held on the 2nd Tuesday at 7:30 pm at Faith Community Church, 146 E. Main St in Hopkinton.
Aug 11	Thu	7:00 PM - 9:00 PM Worcester Area Intergroup Delegates Meeting	In-Person: Salem Covenant Church 215 Mountain St E. Worcester [GoogleMap:] Online Zoom Link: zoom.us/j/912007235 Passcode Sober2020 Dial in 1 646 558 8656 Conf# 912 007 235 # Passcode 025337 #
Aug 17	Wed	7:00 PM - 8:00 PM Alcathon Planning Meeting	Zoom link: us06web.zoom.us/j/86796527922 Meeting ID: 867 9652 7922 Passcode: Alcathon ALL ARE WELCOME TO ATTEND
Aug 19	Fri	MSCYPAA Campout	Mass. State Convention of Young People in AA campout at Emerald Lake State Park, East Dorsett, VT. Registration \$25. See the campout flyer or online signup form
Aug 20	Sat	MSCYPAA Campout	Mass. State Convention of Young People in AA campout at Emerald Lake State Park, East Dorsett, VT. Registration \$25. See the campout flyer or online signup form
Aug 21	Sun	MSCYPAA Campout	Mass. State Convention of Young People in AA campout at Emerald Lake State Park, East Dorsett, VT. Registration \$25. See the campout flyer or online signup form
Aug 28	Sun	12:00 PM - 4:00 PM District 24 Picnic	Pine Bluff Recreation Area, Lake Boon, Stow noon-4 pm. See attached flyer for details.

AA Events in Worcester and Metrowest Mass. Email: webmaster@aaWorcester.org



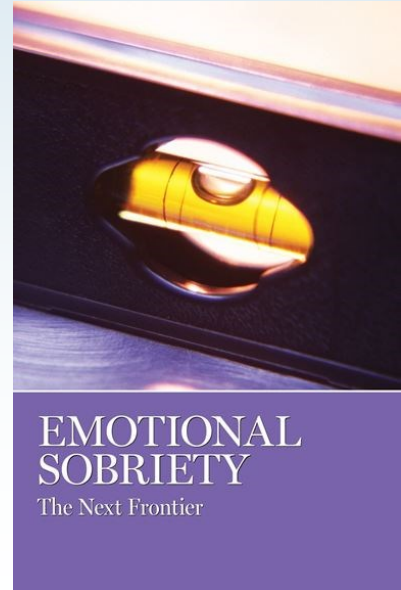
GRAPEVINE Daily Quote

"A large part of my recovery has been in learning how not to listen to myself."

"The Work at Hand," Tucson, Arizona, March 1988, Emotional Sobriety

"My local meetings are big on this spot-check reminder: you get what you get; it's what you do with it that counts."

"We Get What We Get," York Harbor, Maine, October 2001, Emotional Sobriety



Sanity

"Few indeed are the practicing alcoholics who have any idea how irrational they are, or seeing their irrationality, can bear to face it. Some will be willing to term themselves 'problem drinkers,' but cannot endure the suggestion that they are in fact mentally ill. They are abetted in this blindness by a world which does not understand the difference between sane drinking and alcoholism. 'Sanity' is defined as 'soundness of mind.' Yet no alcoholic, soberly analyzing his destructive behavior, whether the destruction fell on the dining room furniture or his own moral fiber, can claim 'soundness of mind' for himself."

1952 AAWS, Twelve Steps and Twelve Traditions, pp. 32-3

Thought to Consider . . .

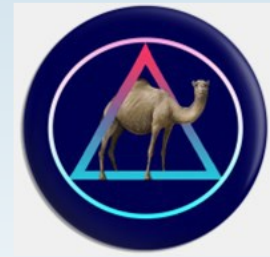
If you think you have a problem with alcohol, you probably do.



What's going on

GSR Pizza Party
Tue Aug 9 7:30 pm

Faith Community Church
146 E. Main St Hopkinton



Thought to Consider . . .

Who we are
is God's gift to us.

Who we become
is our gift to God.

...save the date...

EMERALD LAKE STATE PARK
 EAST DORSET, VERMONT

AUGUST 19-21, 2022

SCAN TO REGISTER/DONATE

\$25
 registration & scholarship donation:
<https://bit.ly/mscypaacampout2022>

mscypaa
CAMPOUT



What's going on

YOUR PRESENT

District 24 B B Q

Aug 28
2022



**FOOD - Refreshments - Gratitude meeting-
START AT 12-4**

**Lake Boon Pine Bluff Recreation Area
Stow MA**



What's going on

Sneak Preview!

NAATW 2022 Presentation

Topics



The Workshop is an annual event where those interested in using technology in service to Alcoholics Anonymous gather to share experience.

Below are some of the topics confirmed for presentation at this year's hybrid event that will be hosted from the Hotel Interurban in the Seattle Washington area from September 9th to **11th, 2022.**

- Technology Adoption: A unifying option in A.A.
- Concept 12 and Technology
- Building A.A. websites with service rotation in mind
- What makes a great hybrid experience and how NAATW 2022's hybrid presentation is achieved
- Office 365 and Google for Non-Profits
- Digital payment platforms for 7th Tradition
- Literature Translation and Meeting Interpretation Technology

Register before August 16th for discounted room rate. Visit <https://naatw.org/2022-naatw-workshop/> for more information and check back often in the next few weeks to view the full program.

Re-live last year's online workshop by viewing presentation media at <https://naatw.org/archival-content/2021-naatw-online->



August 2022

7th Tradition

Worcester Area InterGroup

Volume 1 Issue 9

Contributions as of 07/31/2022

Group Name	Jul	Total 2021
AA Anniversary Contribution	24.00	24.00
AA Member Contribution	245.50	2,485.23
AA Faithful Fiver Contribution	186.00	2,520.00
AA Coffee Can Contribution	32.84	53.77
Ashburnham Naukeag	4.00	454.00
Athol Back To Basics		0.50
Auburn Group		100.00
Auburn Grapevine Group		80.00
Barre Captain's Clubhouse		40.00
Berlin Candlelight		150.00
Boylston As Bill Sees It		75.00
Charlton Courage To Change		225.50
Charlton Daybreaker	225.49	1,647.64
Charlton Life Second to None		418.50
Clinton Shamrock	150.00	150.00
District 26	500.00	500.00
Douglas Maintenance & Repair		200.00
Douglas Never Back Down		50.00
Douglas Tuesday Night Step		50.00
East Brookfield Check Up From The Neck Up		50.00
East Brookfield Friday Night Big Book		100.00

Contributions as of 07/31/2022

East Brookfield Noon	300.00	300.00
Gardner Saturday Night	100.00	100.00
Fitchburg Newman		100.00
Grafton Common Bond	60.00	175.00
Grafton Happy Joyous And Free		125.00
Grafton Reflections Group	98.50	375.20
Harvard Catacombs III		175.00
Harvard Happy Joyous and Free		290.00
Holden Open Air	97.00	847.15
Hopkinton Enough Is Enough		20.00
Hudson Early Risers		300.00
Hudson Second Chance		600.00
Leicester Road to Recovery		61.33
Leominster Eye Opener		250.00
Leominster Original		350.00
Living Sober (online)	10.00	230.00
Milford Eye Opener	35.00	90.00
Millbury Center Step		225.00
Millbury Traditions		10.00
North Brookfield Sunset		125.00
Northboro Friday Big Book		75.00
Northboro Mid-Morning		50.00
Northboro Women of Courage and Dignity		15.00



Contributions as of 07/31/2022 Contributions as of 07/31/20

Northbridge G.O.Y.A.		529.00	Westboro Easy Does It		90.00
Paxton (both groups)	200.00	500.00	Westboro Get Well Slowly Step		103.00
Princeton 12 Step	80.00	180.00	Worcester AA Beginners Q&A		25.00
Putnam Ct Unity		100.00	Worcester Acceptance & Attitudes		225.00
Shrewsbury BB Workshop		131.00	Worcester BBSS		100.00
Shrewsbury Eternal Vigilance		2,649.75	Worcester Beginners Intro to AA		50.00
Shrewsbury Simple Steps	100.00	181.00	Worcester Come As You Are	4.50	617.50
South Grafton Step	50.00	150.00	Worcester Crozier	20.00	150.00
Southboro We Believe		50.00	Worcester Daily Choice	340.00	2,205.00
Southbridge Friday Night Flick		150.00	Worcester Green Hill Park Noontime		423.27
Southbridge Noon Recovery Group	75.00	415.00	Worcester Hadwen Happy Hour	94.00	320.00
Southbridge Original		197.57	Worcester Hi-Noon		150.00
Stow Sunday Morning		2.60	Worcester It All Starts Here		100.00
Sturbridge Key To Freedom		20.00	Worcester Mid-Day	100.00	620.00
Sturbridge Lighthouse 12x12		119.00	Worcester Quinsigamond		100.00
Sturbridge Women's Destiny		20.00	Worcester Serenity		330.00
Transgender In Sobriety		50.00	Worcester The Way Out	250.00	250.00
Upton Spirit	250.00	375.00	Worcester Walking Together		4.65
Warren New Beginnings		150.00	Worcester Way of Sobriety	362.35	711.75
Webster Early Risers	81.00	485.00	Worcester Wednesday BBSS	150.00	450.00
Webster Serenity Hall		25.00	Worcester Women's Gratitude		60.00
Webster Triton		490.00	Column Totals	4,325.18	28,417.91
West Boylston Choices	100.00	100.00	Row Totals		28,417.91

Need a meeting?

Need an A.A. meeting?

Get the most up-to-date
meeting list there is!



The newest version of Meeting Guide is distributed by A.A. World Services and it's available free wherever you get your smart-phone apps. **You can now filter for virtual or in-person meetings.** It's a handy way for newcomers and visitors to our area to find our meetings or for anyone traveling to find meetings in a new location.

Or

go to www.aaworcester.org for a fast and easy way to access meeting information within the WAI Area

Or

Need to get to a meeting NOW and it's midnight? Then go to www.aa-intergroup.org, click on the meetings button. It will give you a list of meetings (virtual) from the different time-zones around the world listed every half hour. Description and type of meeting is listed as well as the zoom link. Take note, some meetings may have a password which is located in the description of the meeting box.



Worcester Area Intergroup

Office hours:

Monday	10-2 pm
Tuesday	10-3 pm
Wednesday	10-8 pm
Thursday	10-2 pm
Friday	Closed
Saturday	10-2 pm



To get the Beacon:

- 1]FREE via email Beacon@aaworcester.org (While this is free, a \$5 donation would be appreciated)
- 2]For a printed copy, fill out 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 \$12.00 payment for a one year subscription

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____