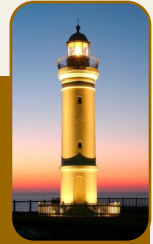


THE BEACON

The light at the end of the tunnel

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



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You Can Help A Newcomer Have A Sober Holiday

For most newly sober alcoholics, that first *major* holiday can be a major hurdle, and holiday season kicks off this month with Thanksgiving, followed by holiday-rich December.

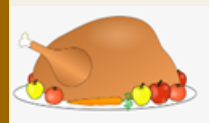
Buddhists celebrate Rohatsu (Bodhi Day), Jews have Hanukkah (The Festival of Lights), Kwanzaa is a Black celebration, Wiccans and pagans have Winter Solstice, the completely secular have Festivus. Then comes Christmas.

Whatever holiday — or holidays — you celebrate, the odds are there are as many painful memories as happy ones... maybe even more.

So, please tell us how you got through your first sober holiday. Share your experience, strength and hope for the December issue to help newcomers get through theirs

It can be a few paragraphs or several hundred words. Please email it to Beacon@aaworcester.org and do so by Dec. 20. If you wonder what we are looking for, take a look at **My first So-So-Sober Christmas**, on page 6.

We look forward to hearing from you, and we wish you a sober and Happy Thanksgiving!



**The Cyber Sot
& Digital Drunk
Editors**



NEW FALL HOURS

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



WRITERS WANTED

Share your experience, strength, and hope with your fellow Worcester-area AAs

Any topic is a good topic if it ties to your sobriety. Articles can be several paragraphs or several hundred words.

The Beacon
 Published monthly by Worcester Area Intergroup
 100 Grove Street, Worcester, MA 01605
 (508) 752-9000
 Beacon@aaworcester.org
 Editors: Cyber Sot
 Digital Drunk
 * for previous issues - go to
<https://aaworcester.org/E-Beacon/ebeaconnew.htm>

beacon@aaworcester.org



Happy November,

This month's Intergroup meeting is extra important. We will be having our annual Elections and picking our trusted servants for 2023.

The offices to be filled are:

- Alternate Chairperson
- Secretary
- Alternate Secretary
- Alternate Treasurer
- Three Trustees

Committee Chairs will also be appointed.



Whether we love it or hate it, winter is coming, and that means all the miserable weather that it comes with it.

If you are planning to come to the Office on a snowy, icy or just plain generally icky day, please call first to be sure we are open. It will be posted on our Facebook. You can also just call first.

Brandy H.
Office Manager





Step Eleven:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.

Making Step 11 a Ritual

Hopefully, by this point you have come to believe in a God of your understanding, a Power greater than yourself, that you want to have conscious contact with. I find setting aside time in the morning for my readings, prayer and meditation works best for me. It has become my ritual.

It is strongly suggested that we all find a routine to help us remember each day to speak with our higher power. By sitting quietly for a few minutes and just paying attention to my breathing, I am able to relax and be more attuned to what God may be saying to me.

Life can be chaotic. Sometimes we are so caught up in our day-to-day problems that we fail to realize that meditation and prayer can help us to live life on life's terms.

I was taught not to pray for selfish things. Is wanting to be better at my program selfish? Is praying to be sober one more day selfish? I say no. If I stay sober and am able to work my program, I will be better able to help others. If I pray for new shoes or a new car, however, what does that gain my sobriety?

I pray to know the next right thing to do. I pray for the willingness to carry out God's will in my life.

Sometimes, I feel my prayers are unheard, or that God has become distant from me. I have to remember at those times that I am the one who has moved away from God, not God from me.

Cultivating a ritual of prayer and meditation helps me feel closer to the God of my understanding. It just might work for you!

— **Beth H.**

ELEVENTH STEP PRAYER

Lord, make me an instrument of thy peace!
 That where there is hatred, I may bring love.
 That where there is wrong, I may bring the spirit of forgiveness.
 That where there is discord, I may bring harmony.
 That where there is error, I may bring truth.
 That where there is doubt, I may bring faith.
 That where there is despair, I may bring hope.





Tradition 11

Short Form:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Long form:

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Publicity vs. Anonymity

by **Bill W.**

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though we are more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of A.A. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous – but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

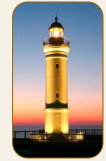
Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that AA is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are AA lifelines reaching out to the alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish – a matter of life and death indeed!

The future poses no greater problem or challenge to AA than how best to preserve a friendly and vital relation to all the world about us. Success will rest heavily upon right principles, a wise vigilance, and the deepest personal responsibility on the part of every one of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So the Eleventh Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot-in-the-arm methods are not for us – no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.

(Continued next page)



(From previous page)



More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement we have been, before now, tempted to exploit the names of our well-known public characters. We have rationalized that other societies, even the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to news stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy.

We see that on breaking anonymity by press, radio, or picture, any one of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise or into the midst of any controversy.

So it is becoming our code that there are things that no AA ever does, lest he divert AA from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our AA story, we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith."

— ***The Language of the Heart,***
1988, AA Grapevine

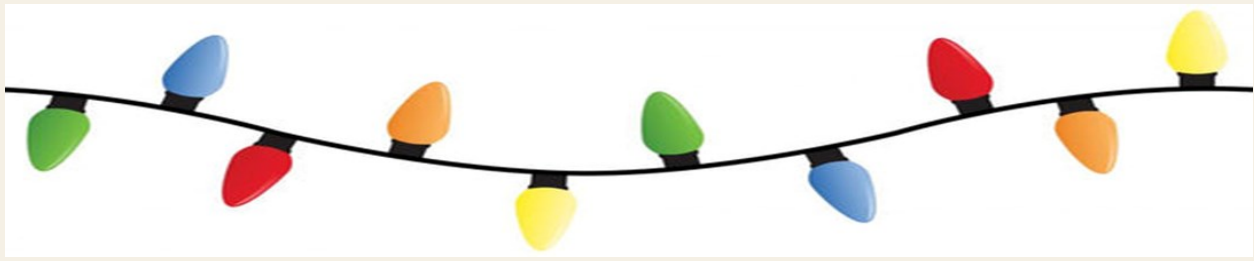
Do You Speak AA?

AA is filled with acronyms that can sometimes be problematical for newcomers. Not only do they not always mean what the word itself means, sometimes there are even different "interpretations" of what the acronym itself actually means.

Here, for example, are 10 different meanings for the acronym FEAR.

False Expectations Appearing Real
Frustration, Ego, Anxiety, Resentment
Feelings Every Alcoholic Rejects
Fighting Ego Against Reality
Forgetting Everything's All Right

False Evidence Appearing Real
Failure Expected And Received
Feelings Expressed Allow Relief
Face Everything and Recover!
F*** Everything And Run



My First So-So-Sober Christmas

My sobriety date is in early September, so when my first sober Thanksgiving rolled around, I was still hanging on to my 60-day chip like a lifesaver and wondering if I actually could make it to 90.

A few days later I was at a meeting where someone was celebrating five years. I applauded, but I couldn't imagine going without a drink for a full year, let alone five of them. I felt no real connection with him. I didn't doubt his sobriety, but I couldn't believe he was a "real" alcoholic.

Then a man spoke and announced that even though he did not yet have a full year of sobriety, he had just gone through every major holiday sober: Christmas, New Years, Memorial Day, the 4th of July, Veterans Day, and Thanksgiving.

That stunned me.



I had stayed sober on Thanksgiving, thanks to marathon meetings, an Alcathon, but I was dreading Christmas. Christmas was not my favorite time of year, and for many of the same reasons that I've heard other alcoholics give for dreading the so-called "season of joy, of gift-giving, and of families united." So, whenever it rolled around, getting and staying drunk was the way I dealt with it. I did not want to get too drunk, just numb enough not to feel the pain of the memories, but still lucid enough to pretend to be having fun and not to ruin it for my wife and kids.

Thanks to meetings that started at noon Christmas Eve and went straight through until midnight Christmas night, I made it. I think I hit five of them. I'm not really sure. I do know I also spent time hiding in the bedroom when the kids, the noise, and the *Christmas-ness* of it all got too much to take. I also know that I stayed – and have managed to stay – sober for every Christmas since then. Not only that, but I now actually enjoy Christmas; look forward to it, even.

Does that mean that those past Christmases have been "improved" or "erased"? Of course not. They are still a part of my story, but not a part that I have to dwell on, or even mention that often. When I do, it is usually when talking to another alcoholic with similar tales of Christmas anger, agony, and despair. My past is like a little-used tool in my workshop, tucked away in a dusty corner, but always available when needed.

Amends have been made, resentments released, and forgiveness given.

That first sober Christmas I received the knowledge – the conviction – that I could stay sober and participate in the celebrations: the entire "season of joy, of gift-giving, and of families united."

If you have never done a sober Christmas, or Thanksgiving, or any other major holiday, talk to the people who have. Let them help you learn how to do it: day-by-day, prayer-by-prayer, meeting-by-meeting, phone-call-by-phone-call, and step-by-step (all 12 of them).

That first Christmas was hard. The second was easier, as was the third. I don't remember exactly when I realized that I didn't even think about those past Christmases that much. They truly were Christmases past, and I have learned it is much better to live in the present, especially when it's a Christmas present.





Amends To The Dead

For many alcoholics, the hardest amends to make are to the dead, especially to dead parents, children, or other family members.

Many first try just “thinking” about them, or talking about them to their sponsor, or shrink, or pastor. Sometimes that even works, but most of the alcoholics I know in this situation have had to sit down and write it out, a letter to the dead.

Some stand alone and read it out loud at the gravesite; others read it out while alone in a room with a picture of the deceased.

Here is how one alcoholic made amends in a letter to his dad:



Dear Dad,

By now you are with your beloved wife. I am sorry that I could not love her the way that you want me to. Through all the chaos that happened after you and mom divorced, I had to believe that I had only one mother and father and that the name mom and dad were sacred to me.

I know that it had to be tough for you, not to be able to visit your son. I understand now how alcohol can take your soul. How much you have to drink to drive out that inner pain; constantly feeding that beast. I understand now that I did not know very much of your childhood, or anything about you, really. Nana had to be exhausted with all the children she had. Now I understand your vision of what a family was. Ten boys and two girls, wow! I also understand that Nana had two sets of twins within the last



five children, all within five years. It had to be tough. I get it. I do not know who you had for a role model or to help you with your personal struggles. But in the end, your struggle became my struggle.

In my struggle to separate myself from you, instead of accepting you, I had to be better than you. I had buried something deep within me. I didn't realize it, but I resented you. We never really got a chance to talk. I never got a chance to express that resentment.

Dad, it was painful the day you did not show up for our weekly get-together. You didn't call. That hurt. It hurt an awful lot. We missed a lot of times, times a father and son would normally have together. It's hard to be a good father if you never had one to show you what a good father does.

(Continued next page)



(Continued from previous page)

Somewhere in the past I lost myself in my alcoholism.

It did not happen right away. It took years and years of drinking to do it.

I'm sure I made some of the same errors you did during your illustrious drinking career.

I did things that are hurtful and embarrassing to those who are closest to me.

I felt the pain of not having a father figure around or reach out to. Yet, I caused the same pain as I did many of those same things to my family.

I was living beyond my means; I was becoming something I was not. I lived the dreams of other people rather than those that were in my means. First, I lost my one true happiness and joy I had, the love of a woman who was true to me. Then I lost the love of my children.

Dad, we never really got a chance to talk, to share life experiences.

It was very lonely living with Mom. I never learned what she was like before her breakdowns. I never learned what a normal life was like. I sure as hell did not know. Sadly, we only pass on what we know to our children. You only hope that you pass something good to them. I fear I have taught my children some things that they did not need to see. I wasn't blind to the effects of alcohol. I had lived a painful life because of alcoholism, both as a child and an adult.

Dad, I remember the pain when you left Mom for another woman, when you decided you would rather be with her then spend time with your son. I felt that pain, that hurt. I was only seven.

Dad, you just stopped coming. No phone calls, no reason why. I was told it was because of your drinking. I became angry at your behavior. I grew up having a strong resentment toward you and your drinking.

It is only now that I can see how deep alcohol can take a person. I unfortunately know that pain. I know where alcohol can take you. I became the alcoholic. I know how much I had to drink to get to this point.

Dad, these are things one cannot apologize nor ask for forgiveness. I hope and pray that this cross is not too heavy to bear for myself as I move on into my sobriety and new life. I hope and pray that I have had my last drink.

Dad, they say that time heals all wounds. These wounds are decades old. I was seven when you left and then ghosted me. I am in my 60s now. I need to let it go. I cannot stand the pains that this disease brings. I forgive you. I hope and pray you were relieved of the bondage of alcohol before crossing over. I have to let you go Dad. Know that I forgive you, I love you, and I very much understand what you were going through.

I will see you on the other side.



Your loving son

November 2022



Concept XI

While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.



Two Questions from the Concepts Checklist

1] How do we encourage our special paid workers to exercise their traditional “Right of Participation”?

Each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world.

Cheap help is apt to feel insecure and inefficient; it is very costly in the long run. This is neither good spirituality nor good business. Assuming service money is available, we should therefore compensate our workers well.

There is a saying – if you pay peanuts all you will get is monkeys. So true! A lot of the paid special workers are doing this for a living and are specially qualified for the positions they hold.



2] Do we practice rotation in all our service positions?

Rotation happens in ANY service structure in AA. From the Home Group down to GSO Staff, rotation allows us to experience a wide range of service responsibilities, BUT it also allows those people who are new to service work to step in and contribute to the group by way of service. If the Secretary or Treasurer of a group serves continuously in that same position for years, it is depriving a new person the opportunity to see the support system ‘behind the scenes’.

(from the Twelve Concepts Illustrated)



What's going on - Meetings in November

Worcester Area Intergroup, Inc.

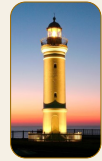
Alcoholics Anonymous
in the heart of Massachusetts

1 November 2022 - 30 November 2022

Nov 1	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.
Nov 2	Wed	5:00 PM - 6:00 PM Alcathon Planning Meeting	Zoom link: us06web.zoom.us/j/86796527922 Meeting ID: 867 9652 7922 Passcode: Alcathon ALL ARE WELCOME TO ATTEND
Nov 3	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=VUX2STJSdXRvZDFVSDpTY0ttVW9SUT09
Nov 6	Sun	9:30 AM - 4:00 PM Election Assembly	Area 30 election assembly. See flyer for details
Nov 8	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.
Nov 10	Thu	7:00 PM - 9:00 PM Worcester Area Intergroup Delegates Meeting	In-Person: Salem Covenant Church 215 Mountain St E. Worcester [map] Online Zoom: Link: zoom.us/j/912007235 Passcode Sober2020 Dial in 1 846 558 8856 Conf# 912 007 235 # Passcode 025337 #
Nov 11 thru Nov 13	Fri thru Sun	12:00 PM - 12:00 PM Mass State Convention	 <p>58th Annual Mass State Convention A.A.'s Three Legacies - Our Common Solution November 11 - 13, 2022 Sturbridge Host Hotel, Sturbridge, MA</p> <p>Speaker Meetings - Panels - Saturday Night Dance - Workshops Home Group Celebration - Musical Bingo - Recovery - Fellowship - Fun</p> <p>For more information and to register: aamastateconvention.org</p> <p>https://Zoom.us: Meeting ID: 833-4526-2186 Passcode: 164112</p> <p>Visit aamastateconvention.org for more details.</p>
Nov 16	Wed	5:00 PM - 6:00 PM Alcathon Planning Meeting	Zoom link: us06web.zoom.us/j/86796527922 Meeting ID: 867 9652 7922 Passcode: Alcathon ALL ARE WELCOME TO ATTEND
Nov 23	Wed	12:00 PM - 9:00 PM Thanksgiving Alcathon	 <p>Hosted by WAI & District 25 Alcathon Committee. For more details, visit WorcesterAlcathon.com.</p>
Nov 24	Thurs	8:00 AM - 9:00 PM Thanksgiving Day Alcathon	



We are not a Glum Lot



Why shouldn't you join Alcoholics Anonymous on Thanksgiving?
Because all they serve is cold turkey..

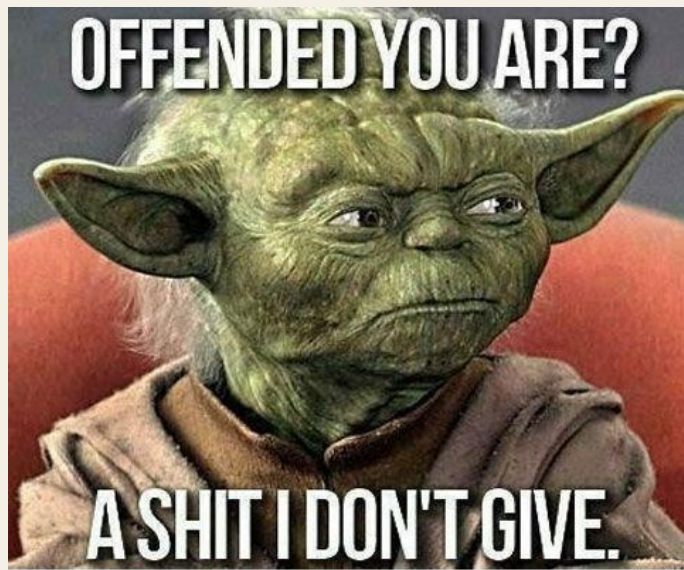
Unfortunately, but sometimes a woman can't find herself a man. She doesn't like the drunken ones, and the sober ones don't like her.

That one liner 'I'm not drinking too much tonight' never goes as planned...

I know my limits: if I fall down it means I've reached my limit.



There are drunk bikers. There are old bikers. There are NO old, drunk bikers.



more awesome pictures at THEMETAPICTURE.COM





What's going on



Area 30 Election Assembly

Sunday, November 6, 2022

Last minute
change

Join us!

On Zoom
Only!

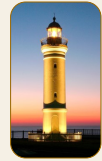
Go to calendar on
aaemass.org for
zoom info

9:15am -
Orientation for new
GSRs

10:00am - 4:00pm
Election Assembly



What's going on



Massachusetts State Convention Areas 30 & 31 November 11—13, 2022

58th Annual MA State Convention

A.A.'s Three Legacies - Our Common Solution
November 11 - 13, 2022
Sturbridge Host Hotel, Sturbridge, MA

Speaker Meetings - Panels - Saturday Night Dance - Workshops
Home Group Celebration - Musical Bingo - Recovery - Fellowship - Fun

For more information and to register:
aamastateconvention.org



Convention Registration: Early bird only \$25 thru Oct 15; \$30 thereafter Click on the image to the right and use the QR Code found in the flyer or visit our website to Register and choose your dinner/breakfast options today at aamastateconvention.org(link is external)! Lunch boxes will also be available at the Hotel. Mailed registrations & checks must be received by Oct 31st.

Room Reservations: Guaranteed Convention Special \$129+tax rate expires Oct 20. To credit the AA Account, please reserve directly by phone with the Sturbridge Host Hotel and Conference Center Tel. 508 347-7393 *View hotel rooms* www.sturbridgehosthotel.com/(link is external) or visit 366 Main St. Sturbridge

Questions? Help! We are here to help! Mailable registration forms available on [website](#) (link is external) or just ask us for one ☺

Contact email: mastateconv@area31aa.org(link sends e-mail)

See you in November!

Walk-In Registrations are Welcome at the Convention





What's going on

2022

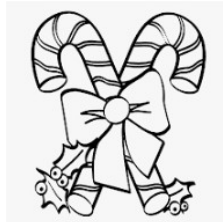
Worcester Area Alcathons

SALEM COVENANT CHURCH

215 EAST MOUNTAIN ST. WORCESTER, MA 01606



Thanksgiving



Christmas



New Years

EVE OF HOLIDAYS 12PM – 9PM

DAY OF HOLIDAYS 8AM – 9PM

Hosted by

District 25 & Worcester Area Intergroup

SCAN QR CODE FOR ONLINE
RESOURCES AND MORE
INFORMATION >>>>>>



www.aaworcester.org
www.worcesteralcathon.com

SPEAKER MEETINGS STARTING ON THE HOUR EVERY HOUR!



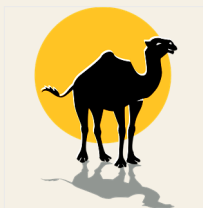
Save the date
Jan 27-29th 2023
Boston, MA

THE 2023 FREEDOM TRAIL CONFERENCE

**A weekend journey through the
12 steps featuring:**

Bob D, Las Vegas
Leslie S, Atlanta
Kent C, Ohio

*more
details to
follow*



Worcester Area Intergroup

Office hours:

Monday	10-2 pm
Tuesday	10-8 pm
Wednesday	10-8 pm
Thursday	10-2 pm
Friday	10-2 pm
Saturday	9-2 pm
Sunday	Closed



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

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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 subscription

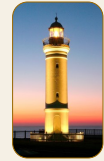
Worcester Area Intergroup
100 Grove St. Suite 314
Worcester, MA 01605



7th Tradition

Worcester Area Intergroup

Volume 1 Issue 12



GROUP NAME	AMOUNT
Barre Women's Wisdom in Recovery	\$50.00
Charlton Daybreaker	\$473.87
Douglas Maintenance & Repair Group	\$100.00
Douglas Monday Big Book	\$176.15
Fitchburg Newman AA Group	\$50.00
Grafton Common Bond	\$60.00
Grafton Reflections Group	\$4.35
Holden Open Air	\$115.00
Leicester Road to Recovery BB 164	\$37.50
Milford Eye Opener	\$40.00
Millbury Traditions	\$40.00
N. Oxford Primary Purpose	\$436.50
Oxford Step Group	\$75.00
Shrewsbury Eternal Vigilance Group	\$299.50
Shrewsbury Simple Steps	\$40.00
Southbridge Friday Night Flick	\$40.00
Southbridge Noon Recovery	\$50.00
Stow Sunday Morning	\$45.00
Webster Early Risers	\$57.50
Webster Triton	\$105.00
Webster Triton	\$83.00
Whitinsville Sunday Night OD	\$84.86
Worcester Come As You Are	\$253.00
Worcester Crozier Group	\$20.00
Worcester Daily Choice	\$220.00
Worcester Friday Night 12 Step Discussion	\$50.00
Worcester It All Starts Here	\$50.00
Worcester Mid-Day	\$100.00
Worcester Mid-Day	\$100.00
Worcester Way Of Sobriety	\$320.27
Worcester Wednesday BBSS	\$150.00
TOTAL	\$3,726.50

Flimsy Reed

"We sought escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, a 'design for living' that really works."

c.1976 AAWS
Alcoholics Anonymous, p.
28

Thought to Consider . . .

The task ahead of us is never as great as the Power behind