

# THE BEACON

The light at the end of the tunnel

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



## No Matter How Low Your Bottom Was... You Can Still Go Lower

No matter how low your personal bottom was, deep down in your heart you realize that if you go out again your next one could be even lower... if it doesn't kill you.

Remember, unless the EMTs arrive on time, or the hospital staff can bring you back to life, death is the one bottom you don't get a chance to come back from.

But what, exactly, is a bottom? The Big Book does not define it. Nor should it. And here's why. General Service Office tells us that AA:

- Is in approximately 180 different nations;
  - Has literature in 100-plus languages;
  - Has more than 123,000 separate groups;
  - Total membership is around 2,000,000.
- And in the same way each and every AA – like everyone else in the world – has a different DNA, each AA has their own bottom.

This month we will hear about a tiny fraction of the bottoms that AAs have hit. Maybe you'll find one or two similar to yours.

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Happy September,

Finances are looking a bit better this month, but we are far from being comfortable.

- ◆ July contributions were \$5,774.94; June \$4,986.31 – **UP \$788.63**
- ◆ July product sales were \$4,093.50; June at \$4,416.15 – **DOWN \$322.65**
- ◆ Year-to-Date contributions \$30,173.81; \$29,104.81 in 2022 – **UP \$1,069.00**
- ◆ Year-to-Date product sales \$31,177.32; \$26,030.12 in 2022 – **UP \$5,147.20**



**Brandy H.**  
**Office Manager**

## OFFICE HOURS

Mondays	10-2pm
Tuesdays	10-3pm
Wednesdays	10-8pm
Thursdays	10-2pm
Fridays	CLOSED
Saturdays	9-2pm
Sundays	CLOSED



### Next Month:

## Happy, Joyous & Free

The Big Book says “We are sure God wants us to be happy, joyous, and free.” I wanted freedom from alcohol. I couldn’t imagine ever being truly happy or joyous again.

My goal was to not feel any worse: not as depressed, not wishing I were dead; not thinking about how to commit suicide and make it look like an accident so my wife and kids could collect the insurance.

Much to my surprise, the happiness and joy came too, and keeps on coming, even in the dark times. As long as I stick with the program, it stays: steps, meetings, working with others, being of service, and, most important, staying connected to God as I understand him – and my *understanding* changes of a regular basis.

Are you happy joyous and free? Please tell us about it in a few paragraphs or a few hundred words. The deadline is the 25th of the month.

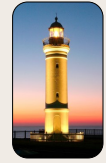
– TCS

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(508) 752-9000 [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org)

Back issues at [aaworcester.org/E-Beacon/ebeaconnew.htm](http://aaworcester.org/E-Beacon/ebeaconnew.htm)

Editors: The Cyber Sot & The Digital Drunk



**Face-to-Face:**

# Seeing Your Disease In The Mirror

Vanilla. Plain and simple. No bells, no whistles. No flashing blue lights, no handcuffs. Just a messy and disgusting reflection in the bathroom mirror staring back at me that morning in April 2019. For absolutely no reason, I knew I had finally hit bottom with drinking.

My 45-year romance with “the rapacious creditor,” inexorably came to a screeching halt the moment my eyes connected with the blood-shot eyes reflected in the glass. It was a fleeting glance into the very depth of my being, and I knew, with moral certainty, that I needed to address my alcoholism (oh yes, I knew for many years that I was an alcoholic!) I also knew where to seek help...Alcoholics Anonymous.

I was aware of AA because I had dabbled at sobriety 15 years before THAT DAY in April 2019. I called it dabbling in AA, because it was exactly that... a casual attempt at a sober life at the behest of my loved ones. THAT DAY in April 2019, the switch finally flipped: I HAD to get sober for ME!

I chose to believe it was Divine Intervention. I asked the God of my understanding for help. That was the beginning of living the life I was meant to live. Yes, this alcoholic will take vanilla, no bells, no whistles.

That is the beginning of my journey to freedom and sobriety, plain and simple. My spiritual awakening occurred just that way too; but that is a story for another day.

– Norene E.



## Why Alcohol Hits Women Harder Than Men

According to the Center for Disease Control (CDC): After drinking the same amount of alcohol, women tend to have higher blood alcohol levels than men, and the immediate effects of alcohol usually occur more quickly and last longer in women than men. These differences make women more susceptible to the long-term negative health effects of alcohol compared with men.

Why? Women have less body water than men of similar body weight and achieve a higher concentration of blood alcohol level than men, meaning absorption takes place more quickly with longer lasting effects. Women tend to weigh less than men, and a woman's body generally has less water and more fatty tissue than a man's.



## The Two Bottoms:



# He found out that it was possible to have a bottom in recovery too

There is a line in one of the Big Book stories that states, "One definition of a bottom is where the last thing you lost, or the next thing you are about to lose means more to you than the booze." The very next line says, "That point is different for each of us, and some of us have to die before we get there."

Solemn words...

A bottom involving alcohol brought me to AA. In ignorant anger, the kind that seethes quietly, well below the surface, I lashed out at those around me and the world in general. How dare you threaten my love affair with alcohol! Who are you to tell me all the things it is doing to me! You couldn't possibly understand what it does for me! Back off! I don't need people like you in my life!

Before I realized it, I was all alone.

Small wonder alcoholics know loneliness like few others. We work so hard to keep our dysfunctional relationship with booze alive that we sacrifice those about us with little or no thought to the consequences of our actions.

I arrived at AA in bad shape, looking good on the outside but dying on the inside. I hung on by my fingernails day after day, week after week without drinking. Ironically, I was willing to work the steps from the very start, as I found them to be some sort of odd, periodic escape from the inner turmoil that rarely left me alone. I knew I had a drinking problem, but me an alcoholic? No way! The steps would prove that wrong. At least, that's what I was thinking in my first three months.

Things definitely changed along the way.

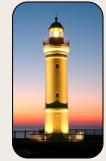
At nine months, following the steps diligently, I was convinced I was an alcoholic. Certain that AA had likely ruined any chance at my returning to drinking and enjoying it, I pressed forward. I was already into my amends but now I felt worse than ever. Why wasn't this working? I had been fearless and thorough from the start, like the big book suggested, so why did I feel like throwing everything and everyone overboard? Again?! I could hardly stomach the way I felt anymore.

This was no small inner rebellion. I stood in the family backyard deleting fellowship numbers from my cellular phone, muttering very unflattering opinions about these people I hardly knew, and what a waste of time AA had been. I was lining up for a relapse, in fact, I was already there. Only the first drink was missing. I headed inside the house to the basement, but in a moment of clarity I fell to my knees and pleaded with God that He show me how this works, that I'd give it one more day, just show me how these people live sober and happy. I wiped the tears away and tried to sleep.

**Well  
apparently  
Rock Bottom  
has a  
basement.**

*(Continued next page)*

(Two Bottoms – continued)



How does one reach a bottom? Slowly at first, and then suddenly. I was at my second bottom, this time in AA, and this time without alcohol. Much like the first bottom, I never saw it coming.

The next day out of sheer desperation I sought out an alcoholic after a noon meeting, humbly explaining my insanity and asking him for his time. I had experienced sponsorship before, but due to my resistance to talk, he had chose to let me go. I resented this initially but now I understand why. There is only so much one can do for the man who will not help himself, who will not work with others. That was me.

This time however I opened my heart and let someone know where I was at and how I was feeling. I wanted to let go. We talked at length later that evening. I shared the deepest, darkest moments of my guilt, shame and remorse and how confused I was about recovery. I asked for help and was willing to do whatever it took.



He suggested some work I could do, which I promptly completed, and we brought closure to my agonized mind over the next two days. My alcoholism was being revealed to me.

I cannot give words to the relief I felt! Within 72 hours I was moved from utter despair to the fourth dimension of recovery. I admitted, understood and accepted who I was, what I was, where I was at and what I needed to continue to do. What I wanted to continue to do! I understood for the first time how the process worked. How could I work with others if I didn't first allow others to work with me? It may appear that I was rocketed to this fourth dimension, but like most of us, I feel I was dragged to the launching pad.

That was 7 years ago now, and though I still have moments of insanity, the idea that I can do this alone or without the steps, I know there is a solution. I have since witnessed hundreds of problem drinkers reach their bottoms involving alcohol. There are newcomers every week at my home group. The numbers are few that survive their second bottom in AA involving alcoholism. The hardest part seems to be to hang on long enough to learn to let go.

Let go **in** AA, not let go **of** AA.

God does not look for extraordinary men and women to work the steps, He looks for the broken spirits who are willing to trust an extraordinary process.

I thank Him that presides over all of us for these revelations.

– Bill T., Calgary AB Canada

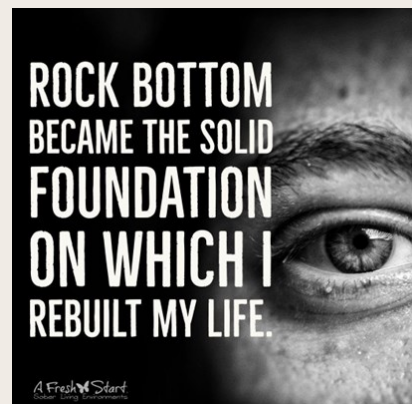


**When you've hit rock bottom and survived, there are few things in life that can scare you.**

**“How will I know if I've really hit my bottom?” I asked at my home group.**

**“When you stop digging,” they told me.**

*Chelsea, Mich., November 2002 “The Foundation,” In Our Own Words*

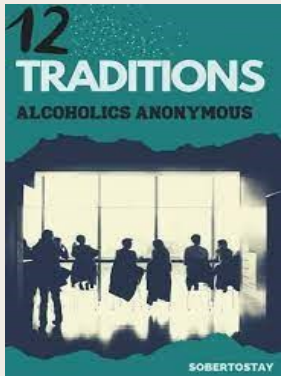




# Tradition Nine

**Short Form:** AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Long form:** Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary.



The 12 Steps are how individual alcoholics get and stay sober.

The 12 Traditions are how individual AA groups, as well as intergroups, districts, areas, and other AA bodies all around the world continue to function and work together to carry the message.

In continuing the series that Bill W. wrote for the AA Grapevine that ran from November 1969 through September 1971, this month we are looking at Tradition Nine.

*While the checklists were originally intended primarily for individual use, many AA groups now use the traditions as a basis for a group inventory and wider discussion.*

- 1) Do I try to run things in AA?
- 2) Do I ever resist formal aspects of AA because I see them as authoritative?
- 3) Do I try to understand and use the AA program – even if no one makes me do so – with a sense of personal responsibility?
- 4) Do I exercise patience and humility in my service work?
- 5) Am I aware of all those to whom I am responsible in any AA job?
- 6) Why don't groups need a constitution and bylaws?
- 7) Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- 8) What has rotation to do with anonymity? With humility?



## The Beacon:

### Time for New Editors

In keeping with the “spirit of rotation” talked about in the long form of Tradition Nine, we will step down at the end of the year. It is time to pass the job on to new people with fresh ideas, stories, voices, experiences, strengths, and hopes.

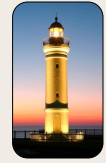
The December issue will be our last one. Being the editors has been an honor... and fun.

We are announcing this now to let everyone know the job will be available in a few months, and to give you a chance to think about your next service commitment. We would like to continue to write for it, but being a writer is not the same as being the editor.

If you are interested in being an editor, and learning what's involved in publishing The Beacon every month – or even learning what an editor actually does – email us at [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org).

We look forward to hearing from you and passing on the baton.

– The Cyber Sot & The Digital Drunk



# My Sober Bottom

When I came into AA I was out of work, filled with fear, despair, and self-loathing, suicidal... and in debt. That was bottom No. 1.

Five sober years later, my wife and I were standing in federal bankruptcy court waiting for our case to be called. That was bottom No. 2.

In many ways, Bottom No.2 was harder than No. 1. The alcoholic fog was gone. I knew exactly what was going and how I had managed to make a bad situation worse. I couldn't run away or hide. And I had definitely found that the promised *fear* "of financial insecurity" is a hard one to deal with... but the program helped me do it.

My wife and I ran our own business at the time, and the economy had taken a major hit. We lost our two major clients within days of each other. To top things off, I was in trouble with the IRS over unpaid taxes. I had negotiated a payback plan, and then missed a payment.

We had gone from busy to busted in just a few days. Then the IRS seized our bank accounts: mine, my wife's, and each of our three children's.

The only thing that took a bigger hit than my finances and credit score was my ego. It was bigger than my debts. So, I must admit, the hit was well-deserved and necessary.

Had I still been drinking I'm sure I would have gone on a binge and kept on drinking until I did something to make it all even worse, maybe even suicide.

Instead, thanks to five years of sobriety, working the program, and a lot of God time, I called my sponsor. He saved my sobriety, my sanity, and very likely, my life.



He told me to find a lawyer to deal with the bankruptcy, but that I would have to deal with the IRS and the frozen bank accounts personally.

The first thing my sponsor told me to do was call the IRS first thing in the morning: try to be the first caller. He also told me to bookend the call. I called him first and we said a prayer to help accept my powerlessness.

My sponsor also told me what to say, and reminded me that the person I spoke to had never heard of me before. I was just a case number. I was told to be respectful, polite, and admit that I had screwed up. I did. We worked out a repayment plan. When that was over I asked him why they had also seized my kids' savings accounts. He told me because people tended to hide money in them. I asked him to check theirs. The three of them together had less than \$250. I didn't say anything, and after a long pause he returned their money.

Then I called my sponsor.

After that my wife and I did what we had to do to get by; keep a roof over our heads and food in the fridge.

Eventually our day in bankruptcy court arrived. As we sat in the courtroom waiting for our case to be called, I looked out the window and noticed a big bulletin board on top of a building down the street. It showed a pair of hands with the message: "Pray. It works."

I nudged my wife and she looked at it, too. She started to laugh. Much to my surprise, I laughed, too.

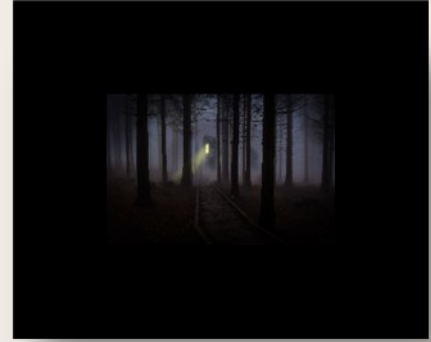
I can still laugh about it today.





## A Place You Do Not Want To Go

On a recent family trip, we were discussing common problems we have with our backs. The daily pain and how we dealt with it. My family member spoke of how embarrassed she felt from having had to be transported by ambulance to the hospital due to severe back pain. After her tests were completed, she was sent home with pain medication and muscle relaxers. For her, it was a pain she never wanted to experience again. Therefore, she does the things needed to maintain a healthy back. That was her “bottom “if you will. It motivated her.



When I think about my back pain, it brings me to back to my last bottom, which I never want to experience again. I have severe back problems. I was scheduled for what would have been a fifth surgery on my lower back. During that time, I was drinking again. I was also using it to relieve pain I was experiencing. The problem was that I was sneaking the alcohol and not drinking it in front of my family. The surgeon had prescribed opioids to address the pain in the interim. I had my wife hold on to the pills and dispense them to me when I had difficulty with the pain. Usually, she would leave me 1-2 pills for the day while she was at work.

But I am an alcoholic. I thought I was in control. I wasn't.

My bottom happened on January 31, 2018. I was home alone. I remember going to the package store to buy a six pack of beer. I was thinking that a six pack should get me through the weekend but then added a ½ pint of vodka because it was Super Bowl Weekend.

My surgery was scheduled for the following Monday.

The one thing I have learned about drinking alcohol is that once you have that first drink, the next drink is easier to take. I would usually lose all self-control. For me, that loss of self-control thought it would be a clever idea to have a mixed drink after I had had a couple of beers. The next thing I know, I am taken the pain medication after drinking alcohol. It was not too shortly after that that I found myself on the floor. I could not get up; I could not talk. Even the television did not make sense to me.

At that time ,I thought I had a stroke. Plainly, I could not function. I was able to dial 911. I told the operator in a weak voice that I think I am having a stroke. When the EMS came to my house that evening, they brought everyone with them. Fire, ambulance, and police. They did what they had to do for what they thought was a person having a stroke. They came into my home, and I remember hearing one person say to the other, he's drunk! At that point I was thinking I had had a stroke. Certainly not drunk. But that was exactly what it was. It took me a long time to finally realize that yes, when you start mixing alcohol and then adding pain medication on top of it, that I could have killed myself that night. The emotional turmoil that came afterwards as I dealt with how selfish and foolish an act that was.

In AA, many of us experience bottoms because of our drinking. They will be a different experience for each of us. They usually involve pain in some way. Whether it be physical, emotional, mental, financial, legal troubles, family troubles to name a few. My bottom has left me with a sour feeling when I think about that night. It has caused me to have serious problems with depression.

*(continued next page)*



# What's going on



*(continued from previous page)*

I returned to AA the next day, I still work with a sponsor, talk, and meet with him on a weekly basis. It has saved my life and my marriage. Currently I am back working. And that fifth surgery? The surgeon canceled the surgery after he heard about my visit to the E.R. the previous evening. I have not had the surgery to this day. That is over 5 years. I still have pain and have found better ways of handling it. And with alcohol that any-time I want to have another drink all I do is think about that night and I know I do not want to go down that road again. It still stings.



*The Digital Drunk*

## 59th Annual Mass State Convention



**Nov 10 - 12 2023**

**STURBRIDGE HOST HOTEL**

**366 Main St. Sturbridge MA**

### Activities Include:

- » **Speaker Meetings** «
- » **Alkathon Meeting** «
- » **Panel Presentations** «
- » **Workshop Sessions** «
- » **Saturday Breakfast** «
- » **Saturday Banquet Dinner** «
- » **Sunday Fellowship Breakfast** «
- » **Ice Cream Social, Dance & More** «

Convention planning — all are welcome!

Next meeting: Tuesday Sep. 27 at 7 pm

Sturbridge Host 366 Main St Sturbridge

or Zoom: 815-7599-9333 p/c: 112023



# WAI Monthly Calendar

## Worcester Area Intergroup Calendar

Alcoholics Anonymous  
in the heart of Massachusetts

1 September 2023 - 30 September 2023

Sep 5	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: <a href="https://zoom.us/j/311969752">zoom.us/j/311969752</a> Password: Sober2020  District 25 GSR meeting in-person & Zoom
Sep 7	Thu	7:00 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: <a href="https://us04web.zoom.us/j/9296006039?pwd=VUx2STJSc0RVRZVFV5b0pTY0hVWj9SUT09">us04web.zoom.us/j/9296006039?pwd=VUx2STJSc0RVRZVFV5b0pTY0hVWj9SUT09</a>
		7:00 PM - 8:30 PM District 26 GSR Meeting	Currently meeting in-person and on Zoom: Emmanuel Lutheran 1200 John Fitch Hwy Fitchburg MA  See attached PDF for Zoom information.
Sep 8	Fri	3:00 PM - 12:30 PM National AA Technology Workshop	NAATW Sep 8-10 Winchester, VA. See flyer for details.
Sep 9	Sat	3:00 PM - 12:30 PM National AA Technology Workshop	NAATW Sep 8-10 Winchester, VA. See flyer for details.
Sep 10	Sun	8:00 PM - 10:30 PM NECYPAA Movie Night	Drive-in in Salisbury. See flyer for details.
		3:00 PM - 12:30 PM National AA Technology Workshop	NAATW Sep 8-10 Winchester, VA. See flyer for details.
Sep 10	Sun	10:00 AM - 3:30 PM Area Assembly	Area 30 Workshop assembly. For details see attached flyer.
Sep 12	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.
Sep 14	Thu	7:00 PM - 8:00 PM Worcester Area Intergroup Delegates Meeting	In-Person: Salem Covenant Church 215 Mountain St E. Worcester ( <a href="#">GoogleMap</a> )  Online Zoom Link: <a href="https://zoom.us/j/912007235">zoom.us/j/912007235</a> Passcode Sober2020 Dial in 1 646 558 8656 Conf# 912 007 235 # Passcode 025337 #
Sep 17	Sun	4:00 PM - 8:00 PM Ashburnham Naukesg 63rd	For details see attached flyer
Sep 21	Thu	8:00 PM - 7:00 PM PI Committee Meeting via Zoom	PI joint committee meeting Join Zoom Meeting <a href="https://us06web.zoom.us/j/82792980756">us06web.zoom.us/j/82792980756</a> Meeting ID: 827 9298 0756 Passcode: 206180
		7:15 PM - 8:00 PM Alcathon Planning Meeting via Zoom	7:00 pm Alcathon Committee Meeting Zoom ID: 867 9652 7922 Password: Alcathon See attached flyer.
Sep 22	Fri	12:00 PM - 12:00 PM S'More Sobriety	Worcester Area Intergroup and District 25 are hosting a weekend filled with tent camping, bonfires, music, ghost stories, games, hiking, fishing, BBQ, potluck dinner, meetings, workshops, traditions, s'more parties, and much more!  You can camp for the weekend or come each day for the activities. All are welcome, especially friends and family. This will be a safe and sober atmosphere to relax and have some fun, while at the same time strengthening your recovery. This is a sober event, any guests who are not sober will be asked to leave and will not receive a refund.  S'More Sobriety will be taking place just 25 minutes from Worcester at the 660 acre Trout Brook Reservation in beautiful Holden, Massachusetts. We have reserved a large covered pavilion with picnic tables, 2 medium size covered pavilions, a lodge house with bathrooms, meeting rooms and a beautiful fireplace and plenty of space for tent camping.  For signup, tix, etc visit <a href="https://SmoreSobriety.org">SmoreSobriety.org</a> or see attached flyer.
Sep 23	Sat	12:00 PM - 12:00 PM S'More Sobriety	Worcester Area Intergroup and District 25 are hosting a weekend filled with tent camping, bonfires, music, ghost stories, games, hiking, fishing, BBQ, potluck dinner, meetings, workshops, traditions, s'more parties, and much more!  You can camp for the weekend or come each day for the activities. All are welcome, especially friends and family. This will be a safe and sober atmosphere to relax and have some fun, while at the same time strengthening your recovery. This is a sober event, any guests who are not sober will be asked to leave and will not receive a refund.  S'More Sobriety will be taking place just 25 minutes from Worcester at the 660 acre Trout Brook Reservation in beautiful Holden, Massachusetts. We have reserved a large covered pavilion with picnic tables, 2 medium size covered pavilions, a lodge house with bathrooms, meeting rooms and a beautiful fireplace and plenty of space for tent camping.  For signup, tix, etc visit <a href="https://SmoreSobriety.org">SmoreSobriety.org</a> or see attached flyer.
Sep 24	Sun	12:00 PM - 12:00 PM S'More Sobriety	Worcester Area Intergroup and District 25 are hosting a weekend filled with tent camping, bonfires, music, ghost stories, games, hiking, fishing, BBQ, potluck dinner, meetings, workshops, traditions, s'more parties, and much more!  You can camp for the weekend or come each day for the activities. All are welcome, especially friends and family. This will be a safe and sober atmosphere to relax and have some fun, while at the same time strengthening your recovery. This is a sober event, any guests who are not sober will be asked to leave and will not receive a refund.  S'More Sobriety will be taking place just 25 minutes from Worcester at the 660 acre Trout Brook Reservation in beautiful Holden, Massachusetts. We have reserved a large covered pavilion with picnic tables, 2 medium size covered pavilions, a lodge house with bathrooms, meeting rooms and a beautiful fireplace and plenty of space for tent camping.  For signup, tix, etc visit <a href="https://SmoreSobriety.org">SmoreSobriety.org</a> or see attached flyer.
Sep 30	Sat	7:00 PM - 10:00 PM NECYPAA Talent Night	See flyer for details

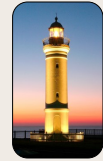
AA Events in Worcester and Metrowest Mass. Email: [webmaster@aaWorcester.org](mailto:webmaster@aaWorcester.org)

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

September 2023

10

# Worcester Area Intergroup 7th Tradition



Worcester Area Intergroup 7th Tradition thru August 2023					
Group Name	Aug	Total 2023	Group Name	Aug	Total 2023
Member Contributions	\$563.47	\$4,848.81	Northboro Women of Courage and Dignity		\$120.00
Ashburnham Happy Joyous and Free		\$50.00	Northbridge G.O.Y.A.		\$125.00
Auburn Group		\$200.00	Oxford Step Group		\$75.00
Auburn She Means Business	\$100.00	\$150.00	Paxton (both groups)		\$600.00
Auburn Thursday Womens	\$20.00	\$94.25	Rochdale Big Book		\$50.00
Barre Women's Wisdom In Recovery		\$50.00	Rochdale Recovery		\$50.00
Berlin Candlelight		\$200.00	Rutland Naquag Firewater		\$35.00
Boylston As Bill Sees It		\$103.00	Shrewsbury BB Workshop		\$206.50
Brookfield Unlimited Sobriety		\$50.00	Shrewsbury Eternal Vigilance	\$1,078.00	\$3,055.75
Charlton Courage To Change		\$3.50	Shrewsbury Simple Steps		\$93.00
Charlton Daybreaker	\$779.14	\$4,316.60	Shrewsbury Women's BBSS	\$235.00	\$235.00
Charlton Life Second to None		\$375.00	South Grafton Step	\$158.00	\$208.00
Clinton Shamrock		\$250.00	Southbridge Noon Recovery Group		\$350.00
Concord Sobah Camel		\$20.00	Spencer Noon Time		\$125.00
District 25	\$250.00	\$250.00	Sturbridge Key To Freedom		\$205.00
Douglas Maintenance & Repair		\$350.00	Sturbridge Lighthouse 12x12		\$195.00
Douglas Monday BB		\$241.61	Sturbridge Step Forward		\$125.00
Douglas Never Back Down		\$70.00	Sturbridge Women's Destiny		\$50.00
Douglas Tuesday Night Step		\$50.00	Upton Spirit	\$240.00	\$490.00
East Brookfield Friday Night Big Book		\$75.00	Uxbridge Sobah Sisters		\$56.05
East Brookfield Noon	\$290.00	\$740.00	Warren New Beginnings		\$300.75
Fitchburg How It Works		\$5.00	Webster Daily Reflections		\$30.00
Fitchburg Newman		\$100.00	Webster Early Risers	\$47.75	\$1,002.25
Foxboro Young Peoples		\$164.20	Webster Thursday Women's Group	\$50.00	\$50.00
Gardner Step It Up		\$60.00	Webster Triton		\$458.00
Grafton Common Bond		\$165.00	West Boylston Choices	\$250.00	\$510.00
Grafton Easy Does It		\$200.00	Westboro Easy Does It		\$50.00
Grafton Happy Joyous And Free		\$50.00	Westboro Forge		\$250.00
Grafton Reflections Group	\$60.40	\$315.40	Worcester Acceptance & Attitudes		\$150.00
Gratitude Gang	\$50.00	\$142.50	Worcester BBSS	\$1.50	\$353.25
Harvard Happy Joyous and Free		\$200.00	Worcester Come As You Are		\$922.00
Holden Open Air	\$150.00	\$400.00	Worcester Crozier	\$20.00	\$220.00
Hudson Second Chance		\$600.00	Worcester Daily Choice	\$880.00	\$2,995.00
Leicester Road to Recovery		\$110.50	Worcester Four Corners		\$100.00
Leominster Original		\$200.00	Worcester Friday Night 12 Step Discussion	\$50.00	\$200.00
Living Sober (online)		\$230.00	Worcester Gratitude	\$50.00	\$150.00
Marlboro Early Risers		\$420.50	Worcester Green Hill Park Noontime		\$850.00
Millford Eye Opener	\$20.00	\$135.00	Worcester Greendale		\$300.20
Millbury Spin to Win		\$163.00	Worcester Hadwen Happy Hour	\$80.00	\$500.00
Millbury Traditions		\$300.00	Worcester Hi-Noon		\$400.00
North Brookfield Sunset	\$150.00	\$275.00	Worcester It All Starts Here	\$81.00	\$131.00
North Oxford One Day at a Time		\$100.00	Worcester Joy Of Living		\$50.00
North Oxford Primary Purpose		\$357.00	Worcester Main South Sobriety		\$300.00
Northboro Friday Big Book		\$30.00	Worcester Mid-Day	\$150.00	\$1,300.00
Northboro Mid-Morning		\$80.00	Worcester People Helping People		\$25.00
Northboro Saturday Morning			Worcester Saturday Morning Step		\$25.00
Northboro Thursday BB		\$200.00	Worcester Stronger Together		\$10.00
			Worcester The Way Out	\$1,200.00	\$1,200.00
			Worcester Way of Sobriety		\$249.95
			Worcester Wednesday BBSS	\$175.00	\$325.00
			<b>Column Totals</b>	\$7,179.26	\$37,347.57



# We are not a Glum Lot

"You drinking?" the officer asked.

"Sure," I replied, "You buying?"

We both laughed and laughed.

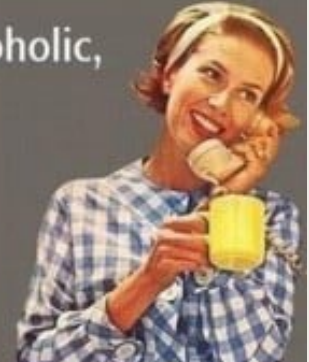
Now I need bail money.



How do you call a nun that leads an AA meeting?  
A Nun-alcoholic!

I'm not an alcoholic,  
alcoholics go  
to meetings.

I'm a drunk,  
we go to  
parties.



## Wizard of Id Classics by Parker and Hart



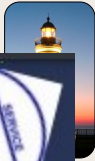
Part of me says I can't keep drinking like this. The other part of me says 'Don't listen to her, she's drunk'.



### I Drank So Much My Blood Type is AA



Notice  
Elevator to sobriety  
out of order...  
Use the Steps.



Save the Date!

# S'more Sobriety

A Weekend of Campfire Fellowship and Family Fun!

**September 22-24, 2023**

Trout Brook Reservation, Holden MA

- Meetings
- BBQ Dinner
- Workshops
- Traditions
- Camping
- Fishing

- Bonfires
- Music
- Games
- Hiking
- Arts & Crafts
- S'more Party

Ages 12 & Up - \$50  
 Ages 6 - 11, \$25  
 5 & Under - Free!

**Please Select this link or scan the QR code below for ticketing details and to purchase!**



Sponsored by Worcester Area Intergroup 30 & District 25

social@aaworcester.org  
 www.smoresobriety.org





# What's going on

Eastern Mass AA

## AREA 30 ASSEMBLY

HOSTED BY DISTRICTS 14 & 25

SEPT 10, 2023

10:00am - 3:30pm  
Orientation at 9:15am

Florida Ruffin Ridley School  
345 Harvard St  
Brookline, MA 02446

hybrid info on [aaemass.org](http://aaemass.org)

FOR QUESTIONS: [area30district14@gmail.com](mailto:area30district14@gmail.com)



### District 25 & WAI Worcester Alcathon Committee

**JOIN OUR ALCATHON PLANNING MEETING! 3rd Thursday of each month @7:15pm**

Zoom ID: 867 9652 7922  
Password: Alcathon

We are looking for AA members to help with the planning of all 3 Alcathons:

- Thanksgiving
- Christmas
- New Years

QR to Alcathon website



**NECYPAA IS... CALLING ALL PERFORMERS!**

Do you Sing?  
Play an Instrument?  
Can you tell a Joke?

## AA's Got Talent

Wants YOU!

Please email [NECYPAA33@gmail.com](mailto:NECYPAA33@gmail.com) to sign up  
Saturday Sept. 30th 7pm 125 Mt Hope Street Lowell, MA

## NAUKEAG SUNDAY NIGHT 63<sup>RD</sup> ANNIVERSARY

You're Invited to Celebrate with Us!  
Book & Food Donations Welcome!

Sunday September 17, 2023  
HOLY ROSARY CHURCH  
135 Nichols St, Gardner, MA 01440

4:00-4:45 COFFEE AND FELLOWSHIP  
4:45-6:00 FOOD  
6:00-8:00 GUEST SPEAKERS  
8:00-50/50 ANNOUNCEMENT



# Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada



July 3-6, 2025



Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of our Fellowship's founding.

Frequently visit the Convention webpage at [aa.org/international-convention](http://aa.org/international-convention) for more information, the latest news, and FAQs. As the Convention approaches, the page will be updated with registration information.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. At the Convention, members and their families and friends from around the world attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.



## Let's celebrate sobriety together in Vancouver in 2025!

**Worcester Area Intergroup**

100 Grove St. Suite 314  
Worcester, MA 01605



WAI Steering Committee		
Office Manager	Brandy H	
Chair	Jane P.	
Alt-Chair	Ted K.	
Secretary	Cathy H.	
Alr-Secretary	OPEN	
Treasurer	Katie M.	
Alt-Treasurer	OPEN	
Trustees	Lynne S.	
	Bill S.	
	Ray M.	
	Naomi D	

Committes/Liasons		
Alcathon	Jeff W	
Beacon	Rich D./Stef D.	
Corrections	John N.	
Area 30	John L.	
District 25	OPEN	
District 26	Richard M.	
HALT line	Sue W.	
Public Information	Bill G.	
Social	Dante Q.	
Treatment	Fred F.	
Website	Fred F.	
Zoom	Brandy H.	
MSCYPAA	Ray M.	



**To get the Beacon:**

1]FREE via email [Beacon@aaworcester.org](mailto:Beacon@aaworcester.org) (While this is free, a \$5 donation would be appreciated)

2]For a printed copy, follow directions in 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 \$25.00.00 payment for a one year subscription

NAME \_\_\_\_\_

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EMAIL ADDRESS \_\_\_\_\_