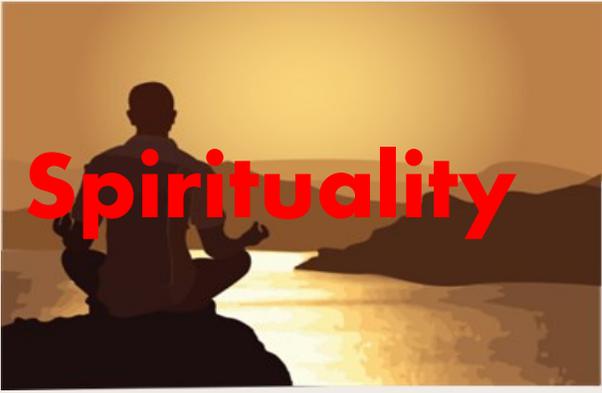


THE BEACON



The light at the end of the tunnel

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



In This Issue

Office Manager's Report	2
Zoom Meetings Are Not Free	2
Tradition Four Checklist	3
Spirituality and Sobriety	
What Science Says	4
What Is Spirituality?	5
About That Spirituality "Thing"	6
AA Grapevine Archives:	
Second Thoughts on The 3rd Step	8
On Cultivating Tolerance, by Dr. Bob	9
Feeling Free	10
Monthly Calendar	11
We Are Not A Glum Lot	13
What's Goin On	14-15
7th Tradition	16
Office Hours and Subscription Info	17

Religion, as you have probably heard at a meeting or three, is for people who are afraid of going to hell. Spirituality is for those who have been there.

But what does spirituality actually mean?

There are a wide variety of definitions and opinions, and you'll see some of them explored in this month's issue.

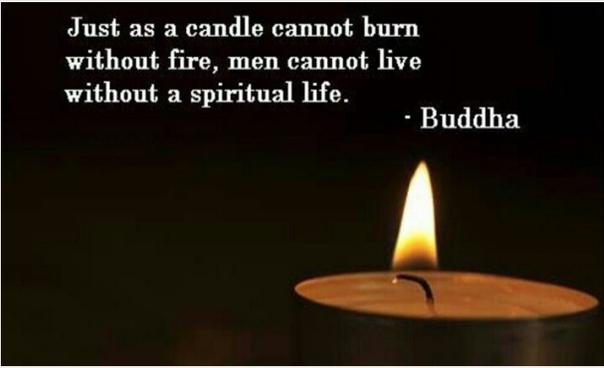
Some say that spirituality is simply your relationship with your higher power, regardless of who, or what, that higher power is.

It is possible to be spiritual without being religious, and, as both ancient and modern history shows, it is also possible to be religious without being spiritual.

Then there are those who are both, and those who are neither.

This month we'll going to look at spirituality itself, and what various people have to say about it.

— The Editors



Just as a candle cannot burn without fire, men cannot live without a spiritual life.

- Buddha



OFFICE HOURS

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

Happy Spring,

Even though it is officially spring, cold and flu season is still here (along with Covid and RSV). If you have any symptoms, please wear a mask when you come in to help protect our employees and their families.

There is also a nasty intestinal bug going around. If you have ANY symptoms, please consider having another group member come in to the office for your purchases!

Price increases for literature went into effect April 1st.

If you are NOT on our email list and wish to be kept up to date, please email me at officemanager@aaworcester.org and I will add you to our list. I will be emailing out the new price lists.

Intergroup still has openings for Alternate Secretary, Alternate Treasurer, Treatment Facilities Chair and Correctional Facilities Chair. Please call or email if you have questions.

The new Meeting List is in!! PLEASE go through it and let us know of any changes, corrections, or groups no longer meeting.

Remember, your contributions keep us open and staffed!!

**— Brandy H.
Office Manager**

Zoom Meetings Are Not Free

When Covid hit and face-to-face meetings were forced to shut down, WAI jumped in and opened a Zoom business account; one of the first Intergroups or Central Offices to do so.

There are still more than 200 meetings each month using our account, and WAI is still picking up the tab: almost \$200 a month (\$199.90 to be exact) for our 10 Zoom licenses..

Some online meetings do support WAI; there are too many that do not. If your group uses one of our Zoom licenses and does NOT support us through the 7th Tradition, we hope you will add the topic to the agenda for your next business meeting. And if you don't have a business meeting coming up... please schedule one.

We are committed to providing this essential service... as long as we can afford it.

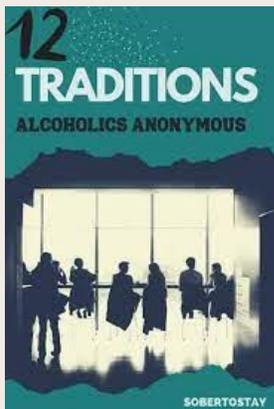
The Beacon, published monthly by Worcester Area Intergroup, 100 Grove St., #314, Worcester, MA, 01583.
(508) 752-9000 Beacon@aaworcester.org

Back issues at aaworcester.org/E-Beacon/ebeaconnew.htm
Editors: The Cyber Sot & The Digital Drunk



Tradition Four:

Each group should be autonomous except in matters affecting other groups or AA as a whole.



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 Four.

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.

Tradition Four Checklist:

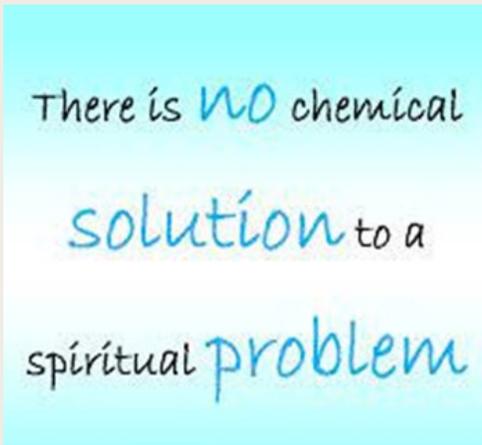
1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

AA



"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us."

— 12 & 12, p. 90





What is Spirituality?

Dr. Maya Spencer of Britain's Royal College of Psychiatrists defines it this way:

"Spirituality involves the recognition of a feeling or sense or belief that there is something greater than myself, something more to being human than sensory experience and that the greater whole of which we are part is cosmic or divine in nature."

Wow! A lot to consider.

What is the difference between spirituality and religion? Religion is a specific set of organized beliefs and practices, usually shared by a community or group. Spirituality is more of an individual practice and has to do with having a sense of peace and purpose.

Religious people can be spiritual, but you don't need religion to practice spirituality as many agnostics and atheists can attest

Alcoholics Anonymous is a spiritual program. Its twelve spiritual principles are:

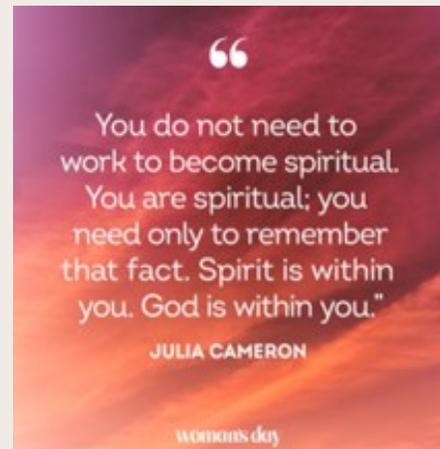


- 1) Acceptance
- 2) Hope
- 3) Faith
- 4) Courage
- 5) Honesty
- 6) Patience
- 7) Humility
- 8) Willingness
- 9) Brotherly Love
- 10) Integrity
- 11) Self-discipline
- 12) Service

How do I, as a recovering member of Alcoholics Anonymous, incorporate spirituality into my daily life? I carry a small notebook and write down inspirational quotes to share on my social media account. I post one every morning. After doing that, I sit and do my morning readings which consist of two AA books, as well as a Catholic reading. I am a practicing Catholic. I then sit quietly for a few minutes and try to clear my thoughts. I say try because some days it seems impossible. If so, I look out the window at the birds and small animals at work and play. I love to see the changing seasons and try to appreciate them all. Even the one-foot snow falls and the blazing summer heat waves. Once, I saw a double rainbow. God was extra happy that day.

Unfortunately, I am in the middle of a spiritual "dry spell." I wasn't going to write this article. My mind wasn't cooperating. Writer's block? No. I have been told when something is wrong, I need to look inside myself for the answer. At this moment, I am trying to do this. Hopefully, through prayer and meditation the bright skies will appear again.

— Beth H.





Spirituality and Sobriety: What Science Says

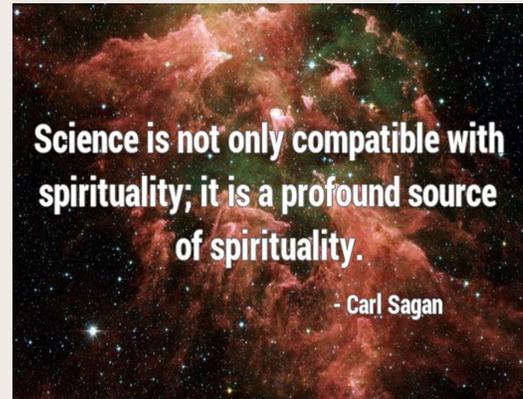
Spirituality may help you stay sober, according scientific research published in the *Journal of Studies on Alcohol and Drugs*.

“While people's actual beliefs don't seem to change during recovery, the extent they have spiritual experiences, and are open to spirituality in their lives, does change,” said Dr. Elizabeth A.R. Robinson, a professor in the University of Michigan Medical School's department of psychiatry and a member of the Addiction Research Center.

The scientific study looked at 154 drinkers in an outpatient treatment program and at 10 different measures of their spirituality, along with their alcohol use and alcohol-related problems, at the start of the study, and then again six months later.

Their view of God, prayer, church attendance, forgiveness, spiritual experiences, use of religion or spirituality to cope, and existential meaning were among the spiritual measures used in the study.

Over six months, many participants experienced significant changes in about half the measures of spirituality, including daily spiritual experiences, the use of religious practices, forgiveness, positive use of religion for coping, and feelings of purpose in life. But there were no changes in the participants' core beliefs about God or religion.



If you Google “medical research, recovery centers, sobriety, and spirituality” you will get more than 22 million links to papers and articles from medical journals, scientific studies, and the National Institutes of Health, as well as advertising and information for recovery centers. All talk about how important spirituality is to recovery.

As one recovery center says:

“With all the benefits spiritual elements bring to addiction recovery, it's no wonder why 73% of addiction treatment programs in the United States include a spirituality-based element of some sort. Spirituality has many benefits for a person's life, especially during addiction recovery. Addiction recovery acts as a leap of faith to challenge harmful thoughts, and spirituality can help replace those thoughts with uplifting, motivating thoughts. It can provide guidance for all-around better ways of living.”

The study showed that alcohol use decreased significantly during the study, and 72 percent of participants did not relapse into heavy drinking. The study found that participants who had increased feelings of purpose in life and in daily spiritual experiences were less prone to heavy drinking.

— The Editors





About That Spirituality “Thing”

*“We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.”*

Pierre Teilhard de Chardin, SJ

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

Step 11

I’m not sure exactly when I realized that there was such a thing as a spiritual life, and that I needed one if I wanted to stay sober. It was sometime in early sobriety, around about when I realized three things about God:

1. As the Big Book says, He wants me to be happy, joyous, and free.
2. He wants me to do good. (I’m just not always sure what that means.)
3. He sees and hears and knows every single thing I say, do, or even think about doing. (That one still terrifies me... and on a regular basis.)

I grew up with priests and nuns making me memorize a ton of prayers, prayers for all occasions: mornings, nights, meals, feast days, saints’ days, holidays, holy days, and, most important: “Please! Please! Please God! Let Notre Dame stomp Southern Methodist this weekend.”

Prayer is important, but I want – need – a spiritual life if I want to stay sober. Life is just a phase I am going through, followed by eternity. (Yet another God-thing that I can’t wrap my mind around.) I look forward to spending that eternity with God. (Whoever and whatever God turns out to be). So, I want to develop that relationship in advance. (Always check out a neighborhood before moving into it.)



That relationship must be based on more than Sunday pew aerobics and memorized prayers. It requires listening, meditation... and silence.

My spiritual life started with my understanding of who I really am: a child of God, a sober alcoholic, loved, blessed, and forgiven. I am also grateful. My life and my sobriety are God’s gift to me. What I do with them is my gift to Him. I want to make that gift special.

I know that a lot of my prayer life was – and at times still is – a mystical Xerox machine. Why print out just one Serenity Prayer? I’ll run off 50 copies instead, each in a different font and color. (That’ll really impress God.)

I know I cannot impress God, but I can get to know Him better. And since I am going to be spending eternity with God, I most definitely want to get to know Him better... in advance. I want an actual relationship with Him. Developing a relationship with someone, anyone, even God, especially God, requires more than memorizing a set of prayers, a script, or even hitting a meeting or two every day.

A big part of my spiritual life is getting to know God; looking at and appreciating this beautiful world and amazing universe He created; the warm and loving people I have in my life, many of them in AA. I also look at what God has done: given me a second life, sobriety, and helped me hold on to for more than 30 years..

(Continued next page)

(Continued from previous page)



I'm not afraid of death because I don't believe in it. It's just getting out of one car and into another.
- John Lennon

Step 11 is one of the key elements of my spiritual life; telling me to improve my "conscious contact" with Him. That means I have to pull my head out of my nether regions and focus on Him. I suffer from egoism: **Ego-I-Self-Me**. I am so busy focusing on myself I tend to ignore everyone else, including Him. I have to pay more attention to Him and to all the others on the path to eternity.

In "Experiencing Spirituality," Ernie Kurtz and Katherine Ketchum talk about trudging that path in a story by a monk who explaining what his life is like:

"We walk, we fall down, someone helps us up. We walk some more, someone else falls down. We help them up. That's pretty much what we do."

When my ego is running my life, I'm walking alone.

The path can be really hard slogging, and I can't do it alone.

Conscious contact with God requires conscious contact with the world and people around me.

It also requires conversation, talking and listening. Sometimes I ask for help. Sometimes I just tell Him about my day. Sometimes I offer Him advice. (Embarrassing? Yes, I know.) But I listen, too. He speaks to me at meetings, at church, and also through what I read, that inner voice we call conscience, and other people.

My spiritual life, my spirituality, is simply my relationship with God. It is based on a long-running and all-too-often-rambling conversation that helps me maintain my awareness of and my conscious contact with Him.

And let's not forget gratitude.

I say thanks a lot; sometimes through my actions, sometimes through prayer.



AA

"Sometimes I think there are only two instructions we need to follow to develop and deepen our spiritual life: slow down and let go."

- Oriah Mountain Dreamer

A spiritual process is not a divorce from life. It is an irrevocable love affair with life

Sadhguru



"I believe in God, but not as one thing, not as an old man in the sky. I believe that what people call God is something in all of us. I believe that what Jesus and Mohammed and Buddha and all the rest said was right. It's just that the translations have gone wrong."

- John Lennon



Second Thoughts:

On The Third Step

Now the 3rd step, which reads: "Made a decision to turn our will and our lives over to the care of God as we understand Him," might be summed up as, "Thy will be done."

This is a continuous performance for us alcoholics, if we want some peace of mind.

It says somewhere in the Bible, *Think not of what ye shall eat, what ye shall drink, or where withal ye shall be clothed; for God hath knowledge of your need for all these things, therefore enter ye first into the kingdom of God and all shall be added unto you.*

Convinced of this, we try to go about our business wanting nothing for ourselves, but hoping and believing that we may understand in some measure His will for us and have the power to carry that out.

Somehow or other the more we practice this way of thinking the easier life seems to become, and tensions decrease.

With most of us this ability to "let go and let God" does not come automatically but, rather, gradually as a result of turning our thoughts away from ourselves toward others and the various steps in the A.A. program.

Even though we have been in A.A. without a drink for four years we have times when doubts occur and indecision arises in connection with matters concerning ourselves, but thanks to A.A., we can turn to this 3rd step, say, "Thy will be done," proceed to the nearest thing at hand to do, and all is quiet within us again.

**— Chet W.
Stony Creek, CT
March, 1945**

AAAAAAAAAAAAAAAAAAAAAAAA

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

— Swami Vivekananda



Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.

— Martin Luther King, Jr.

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

DENIS WAITLEY



On Cultivating Tolerance

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.



From Dr. Bob's Last Message. . .

Our Twelve Steps, when simmered down to the last, resolve themselves into the words 'love' and 'service.'

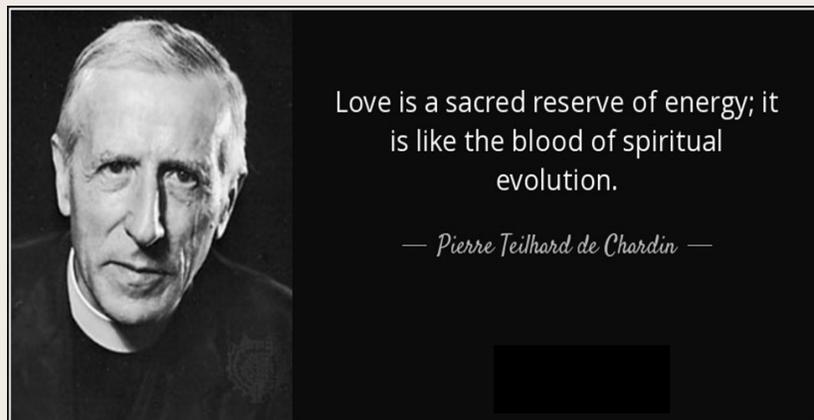
Dr. Robert Holbrook Smith
Co-founder of Alcoholics Anonymous

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior — which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another — and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important — in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

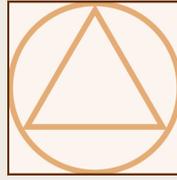
These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

**Dr. Bob
Akron, OH
July, 1944**



Love is a sacred reserve of energy; it is like the blood of spiritual evolution.

— Pierre Teilhard de Chardin —



Feeling Free

GET INTO SERVICE | STEP THREE

A member shares how our Third Step Prayer gives him a sense of peace, acceptance, and joy.

Early in my sobriety I found my way to a men's Big Book Step study meeting and met a guy named Bob who became my sponsor that very day. Bob is militant about working the Steps, reading the Big Book and following the practices exactly as they're set out. No deviations. I was to start each day reading the Big Book or "Twelve and Twelve" and check in with him every day. Being a rebel at heart I found the structure both challenging and curiously beneficial.

We would meet at 9 A.M. on Saturday mornings at my house. We'd sit in my home office as he read the Big Book out loud. I didn't understand why he read to me. "Shouldn't I read also?" I asked. "No," he said, "this is the way my sponsor did it with me and this is the way I am doing it with you. This is the way we do it." I winced when Bob asked me to get on my knees to say the Third Step Prayer. It was not an invitation. It was somewhere between a suggestion and a command. In my mind I heard myself say, No thank you, I do not get on my knees for anybody.

To say I was resistant is an understatement. Something made me relinquish though. I knelt next to Bob in a corner of my home office and we said the Third Step Prayer together—a first for me. The Third Step Prayer has become an integral part of my daily practice. I often say it at night as I go to bed. If I wake up and I am restless during the night, I say it. Also, mornings before I meditate and during the day to ground myself.

Often, I recite the words and don't really pay attention. Sometimes I listen to the words but don't really feel it. And sometimes I pay attention, listen and allow the words to penetrate. When I do, when the words flow meaningfully, I feel a shift in my body, a somatic experience of dropping down into a place of deeper sensing.

Lately I find myself wondering, What does it mean to live the Third Step Prayer, to embody this prayer, to make it part of my life in a deeper way?

"Dear God, oh Great Spirit," I begin. "I offer myself to you, to build with me, to do with me as you will." My sponsor says it's OK for me to adapt the wording. For me, it is meaningful to say it this way. It's easy for me to say these words and want to remain firmly in control and have the day work out according to my plan. When I mean it, when I offer myself unconditionally without reservation, I can feel vulnerable. When I surrender to these feelings I feel the presence of Spirit, my Higher Power.

"Relieve me of the bondage of self that I may better do your will." For most of my life, certainly for the 50 years alcohol was part of my life, I thought booze gave me freedom. I thought of myself as a wonder of creation able to achieve great things when I was drinking. But I was delusional. It wasn't until I started working the Steps that I experienced freedom in surrender. Only now do I see how much my delusional thinking was self-destructive. Only now do I see how I was enslaved by my will, my ego and my defects of character, holding me captive, holding me in bondage.

"Take away my difficulties that I may be a lesson to others of your power, your love and the way of spirit." I notice that my breathing slows, the chatter in my head quiets down, and I feel calmer when I ask Spirit to take away my difficulties. I can be present, open to what I'm sensing and seeing right now. It leaves me feeling free, more at peace and able to accept things as they are.

One day recently my grown daughter said, "Dad, you are much more patient than you used to be." Before I gave up alcohol, I probably would have responded with an in-depth explanation of how I learned to

Continued to next page



Continued from previous page

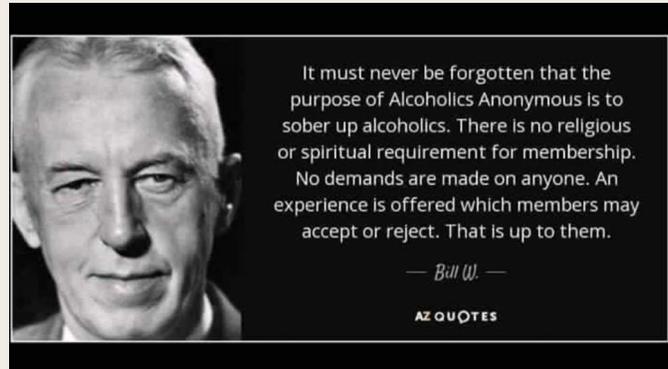
be more patient. Not anymore. I didn't tell my daughter that every morning I ask how I can be of service. I didn't tell her I have done yeoman's work to be responsible for my resentments. I didn't tell her that, for me, patience is a byproduct of sobriety. I will wait patiently for her to ask. She may ask, she may not.

"May I always do your will." Turning our will and life over to God is not for the faint of heart. It takes courage. Who knows what he/she has in store for us, what he/she will require of us. Who knows what challenges we may face.

Be careful what you wish for; you may get it. Happiness, joy, and purposefulness are all on the menu..

AAGRAPEVINE- MARCH 2023- | GET INTO SERVICE | STEP THREE

BY: PAUL M. | BOULDER, COLO.



Worcester Area Intergroup Calendar

Alcoholics Anonymous
in the heart of Massachusetts

1 April 2023 - 30 April 2023

Apr 1	Sat	7:00 PM - 10:00 PM Crazy Costume Party	Crazy costume party with DJ Anonymous, singo bingo, food, etc. See flyer for details
Apr 4	Tue	7:30 PM - 8:30 PM District 25 GSR Meeting	Hybrid meeting (Zoom+in-person) Salem Covenant Church 215 Mountain St East Worester MA Web link: zoom.us/j/311969752 Password: Sober2020 District 25 GSR meeting in-person & Zoom.
Apr 5	Wed	7:00 PM - 8:00 PM Service Study Zoom	Study of A.A. Service Concepts, via Zoom. See attached flyer for details & Zoom info.
Apr 6	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: us04web.zoom.us/j/9296006039?pwd=VUx2STJSdXRvZDFVS0pTY0tVW9SUT09
		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.
Apr 11	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.
Apr 13	Thu	7:00 PM - 8:00 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 Conff# 912 007 235 # Passcode 025337 #
Apr 16	Sun	6:00 PM - 8:30 PM Marlboro Path to Recovery	Food at 6, guest speakers at 7 pm. Food & book donations welcome.
Apr 19	Wed	7:00 PM - 8:00 PM Service Study Zoom	Study of A.A. Service Concepts, via Zoom. See attached flyer for details & Zoom info.
Apr 20	Thu	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.



We are not a Glum Lot



***This month's We are not a Glum Lot" page courtesy of AA Grapevine Archives**

Heard at a meeting:

"Happy Hour for me is now a nap."

"I never repeat gossip, so you better listen the first time!"

"A sponsor took great pains to explain to a newcomer that in AA the terms pride, greed, anger, envy, lust, gluttony and sloth are generally known as the Seven Deadly Sins, not the Bill of Rights."

"A sailor was walking down the street with one foot in the gutter and the other on the sidewalk. It wasn't long before the shore patrol caught up with him and said, "You're drunk."
"Thank heaven!" said the sailor. "I thought I was lame."

"While you set the bar really high, I sat at the bar really high."

"I practice my opinion in all my affairs."

"The "Controlled Drinker" lets it go at a couple.
The "Alcoholic" just lets go"

"Once the saying went: "There's no place like home."
Now it's just: "There's no place."
And the same drunk who never wanted to go home is now complaining loudly because he can't find any home to go to".

"I have 43 years in the program. On going through some of my old papers from 1975, I came across an old phone message from my 12-year-old daughter, Julie. I thought it was clever and wanted to share it. The note said: "The AA office called. You're on duty for pigeons from 5:00 to 7:00 p.m., so bring your binoculars and a bird cage. Love, Julie."



What's going on



Districts 12&13 Present

Slices of Service



A meeting and pizza party with a panel of speakers sharing their experience, strength, and hope with service beyond the group level.

Saturday, May 13th, 2023 6PM-9PM

Arlington Street Church
351 Boylston Street, Boston, MA
Doors Open at 6:00PM

7:00PM - Speakers, 8:00PM - Fellowship

Pizza & Refreshments Will Be Served



**3rd Annual
FRIENDS OF BILL
MENS AA CAMPING TRIP!**
hosted by FOB Tuesday night mens meeting

JUNE 8TH - 11TH
@emerald lake state park.
Dorset, VT



This is a fellowship event which includes outdoor AA meetings, A Wilson house meeting and a visit to Bill W's grave.

for more information & how to book a camp site please email:
FOBmensAAcamping@gmail.com



What's going on

GRAPEVINE Daily Quote

NORTHEAST REGIONAL FORUM

June 2-4, 2023
Boston Marriott Burlington, Burlington, MA

You are invited to the Northeast Regional Forum!

- PURPOSE OF REGIONAL FORUMS**
 - Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
 - Regional Forums are designed to enhance communication and participation between A.A. members, the General Service Board and staff and directors from the General Service Office and AA Grapevine.
- PROGRAM**
 - Your Northeast Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past trustees.
 - There will be presentations, workshops, panels, and more. There will also be sharing sessions that will allow you to comment and ask questions of the board and staff. A sample program is posted on aa.org under the Regional Forums tab.
 - The event will take place on Friday from 6 p.m. – 10 p.m., Saturday from 9 a.m. – 9 p.m., and Sunday from 9 a.m. – 12 p.m.
- REGISTRATION INFORMATION**
 - Registration is **FREE** and will open online at www.aa.org on March 6, 2023.
 - All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- HOTEL INFORMATION**
 - Boston Marriott Burlington
1 Burlington Mall Road, Burlington, MA, 01803
Phone: (888) 236-2427
 - Hotel reservations: <https://www.marriott.com/events/start.mi?id=1656440251662&key=GRP>
 - Last day to book May 15th
 - Rate: Double Occupancy, \$159 per night US or Canadian
 - To receive the group rate, reference the event.

We look forward to seeing you in Boston!

For more information, please contact, Regional Forums Staff Coordinator, at regionalforums@aa.org or call (212) 870-3120

"As I've moved along in sobriety, I've learned that I cannot change others, only myself. So I did that and got healthier."

"In AA it doesn't matter who is right -- only who is left!"

"Having an honest relationship with my sponsor allowed me an honest relationship with myself and others."

"We're all fledglings, learning to fly."

"Sobriety is ... hope for the future while living in the moment."

"We work; we struggle; we will survive."

"In AA I learned to take the risk of being real."



NORDESTE FORO REGIONAL

2 al 4 de junio de 2023
Boston Marriott Burlington, Burlington, Massachusetts

Te extendemos una invitación al Foro Regional del Nordeste.

- PROPÓSITO DE LOS FOROS REGIONALES**
 - Los Foros Regionales son organizados por la Junta de Servicios Generales de AA y están "abiertos" para todos los miembros de AA y cualquier persona interesada en AA.
 - Los Foros Regionales están pensados para mejorar la comunicación entre los miembros de AA, la Junta de Servicios Generales, así como el personal y los directores de la Oficina de Servicios Generales y del AA Grapevine.
 - PROGRAMA**
 - Tu custodio regional del Nordeste será la persona que moderará el evento. También podrás escuchar a los miembros de la Oficina de Servicios Generales, al gerente general, a los custodios de la Junta de Servicios Generales, al responsable de publicación y personal del AA Grapevine, a un director de AA World Services, Inc. y a los delegados y excustodios de tu región.
 - Habrà presentaciones, mesas de trabajo, paneles y más. También habrá sesiones de camaradería que te permitirán hacer comentarios, y preguntas dirigidas a la junta y al personal. En www.aa.org, en la pestaña de Foros Regionales, se puede ver un modelo de programa.
 - El evento tendrá lugar el viernes, de 6 p.m. a 10 p.m., el sábado de 9 a.m. a 9 p.m., y el domingo de 9 a.m. hasta el mediodía.
 - INFORMACIÓN PARA LA INSCRIPCIÓN**
 - La inscripción es **GRATUITA** y se abrirá en línea en www.aa.org el 6 de marzo de 2023.
 - Toda la información sobre la inscripción es confidencial y será utilizada únicamente para las comunicaciones acerca del evento y el envío del informe final en versión digital.
 - INFORMACIÓN DEL HOTEL**
 - Boston Marriott Burlington
1 Burlington Mall Road, Burlington, MA, 01803
Teléfono: (888) 236-2427
 - Reservas del hotel: <https://www.marriott.com/events/start.mi?id=1656440251662&key=GRP>
 - Último día para reservar: 15 de mayo
 - Tarifa: Ocupación doble, por noche, 159 dólares americanos o canadienses.
 - Asegúrate de mencionar el evento para recibir la tarifa de grupo.
- ¡Esperamos verte en Boston!*

Para mayor información, ponte en contacto con el coordinador de Foros Regionales en: regionalforums@aa.org o bien llama al (212) 870-3120.

What's going on



Save The Date

September 8th - 10th, 2023

**Shenandoah University
Winchester, VA**

National AA Technology Workshop
"Solving, Sharing, and Scaling Solutions"

<https://naatw.org>



**Inviting all AA members in Service
(and Geeks in Recovery)**

We would love for you to join us in person if you can make it
or we'll see you on Zoom!

Hotel rooms available at two local hotels for \$139/night
Rooms also available with the "Stay with a Local" program
Transportation from Dulles Airport will be coordinated

Event & Hotel Registration coming soon!



7TH TRADITION

WORCESTER AREA INTERGROUP

WAI Group Contributions 2023			Group Name		Mar	Total YTD
Group Name	Mar	Total				
Auburn Thursday Womens	30.00	30.00	Northboro Thursday Mid-Morning	5.00	5.00	
Barre Women's Wisdom In Recovery	50.00	50.00	Northboro Women of Courage and Dignity			120.00
Berlin Candlelight	200.00	200.00	Paxton (both groups)			275.00
Charlton Courage To Change		3.50	Rochdale Big Book	50.00	50.00	
Charlton Daybreaker	476.15	1,547.35	Rochdale Recovery	50.00	50.00	
Concord Sobah Camel	20.00	20.00	Shrewsbury BB Workshop	206.50	206.50	
Douglas Monday BB	122.88	122.88	Shrewsbury Eternal Vigilance	339.00	995.00	
East Brookfield Friday Night Big Book		75.00	South Grafton Step	50.00	50.00	
East Brookfield Noon		150.00	Southbridge Noon Recovery Group	50.00	125.00	
Fitchburg Newman		50.00	Sturbridge Key To Freedom		205.00	
Foxboro Young Peoples		164.20	Sturbridge Lighthouse 12x12		25.00	
Grafton Common Bond		60.00	Sturbridge Women's Destiny		25.00	
Grafton Happy Joyous And Free	50.00	50.00	Upton Spirit	250.00	250.00	
Grafton Reflections Group	67.00	67.00	Uxbridge Sobah Sisters	56.05	56.05	
Gratitude Gang	25.00	54.00	Warren New Beginnings		300.00	
Holden Open Air		50.00	Webster Early Risers		133.50	
Hudson Second Chance		600.00	Webster Triton		71.00	
Leicester Road to Recovery		110.50	West Boylston Choices	60.00	60.00	
Leominster Original		200.00	Westboro Forge		150.00	
Living Sober (online)		200.00	Worcester Acceptance & Attitudes		100.00	
Milford Eye Opener	15.00	50.00	Worcester BBSS		200.00	
Millbury Spin to Win	163.00	163.00	Worcester Come As You Are	20.00	249.00	
Millbury Traditions		150.00	Worcester Crozier	80.00	80.00	
North Brookfield Sunset	75.00	75.00	Worcester Daily Choice		555.00	
North Oxford One Day at a Time		100.00	Worcester Friday Night 12 Step Discussion		50.00	
Northboro Friday Big Book		30.00	Worcester Gratitude		100.00	
Northboro Saturday Morning		5.00	Worcester Green Hill Park Noontime	125.00	250.00	
Northboro Thursday BB	200.00	200.00	Worcester Greendale		100.20	
			Worcester Hadwen Happy Hour		60.00	
			Worcester Hi-Noon	200.00	200.00	
			Worcester Joy Of Living		50.00	
			Worcester Mid-Day	150.00	450.00	
			Worcester Saturday Morning Step		25.00	
			Column Totals	3,185.58	10,199.18	

NERF Planning Committee

When Tues, April 18 7pm-8pm

Where Virtual

Zoom ID: 849 9131 7479

Passcode: Forum

For more info, contact Sue W.
at NERF2023Host@gmail.com

Acathon Planning Committee

When Thur April 20 7pm-8pm

Where Virtual

Zoom ID: 867-9652-7922

Passcode: Alcathon

Zoom Link: <https://us06web.zoom.us/j/86796527922>

Worcester Area Intergroup

100 Grove St. Suite 314
Worcester, MA 01605



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



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, 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 _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____