The Beacon

Recovery is a Team Effort

Worcester Area Intergroup
100 Grove Street Suite 314 Worcester, MA. 01605
Telephone: (508) 752-9000
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About Us

Worcester Area Intergroup (WAI) is an organization supporting those suffering and recovering from Alcoholism. Our monthly newsletter, The Beacon, features activities, stories, and articles from AA District 25 communities.

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Worcester Area Intergroup Services

www.AAWorcester.org

HALT Line
AA Meeting Lists
General Service Office

Worcester Area Intergroup:

"A central office (or intergroup) is an A.A. service office that involves partnerships among groups in a community — just as A.A. groups themselves are partnerships of individuals.

One of our current activities is planning social events for the upcoming holidays. Alcathons are always great events that allow souls to connect with others in a social setting while giving the opportunity to meet new people. Alcathon events are held during the Thanksgiving, Christmas, and New Year's holidays. All are welcome to attend, or volunteer to support the activities.



Office Manager's Update

Alcathon Reminder.
The Thanksgiving Alcathon will be held Thanksgiving Eve and Thanksgiving day at the Salem Covenant Church, 215 Mountain Street, East, in Worcester. All are welcome to join and celebrate the holiday.

In Love and Service,
Brandy H. – Office Manager
Matt H. – Assistant Office Manager

Office Hours and Contact Information

	Office Hours	HaltLine Hours
Sunday	Closed	24 Hours
Monday	10:00 AM – 2:00 PM	24 Hours
Tuesday	10:00 AM – 3:00 PM	24 Hours
Wednesday	10:00 AM – 3:00 PM	24 Hours
Thursday	9:30 AM – 2:00 PM	24 Hours
Friday	10:00 AM – 2:00 PM	24 Hours
Saturday	9:30 AM – 2:00 PM	24 Hours

Office Contact Information:

Phone: 508-752-9000
Office email: mailto:steps@aaworcester.org
Office Manager email: mailto:officemanager@aaworcester.org
Meeting List Corrections: mailto:meetings@aaworcester.org
Beacon Editor: mailto:Beacon@aaWorcester.org

From the Editor:

I hope you are enjoying the Beacon Newsletter. If you would like to hear about a topic, or would like to share your story, you can reach me at JLandry987@gmail.com, or contact the WAI office. I would be happy to help you write your article.

HALTline News

The HALTline needs volunteers! These volunteers answer our phone when the office is closed. The calls will be automatically forwarded to you when it is your shift. For more information, please contact Naomi at haltline@aaworcester.org.

General Service Office Update:

An updated version (Version 5.02) is now available.

The latest update to the Everything AA app is now available. We encourage you to update your app to version 5.02. This release updates the Sobriety Counter display to show both months and days after 1 month of sobriety. The release also adds version information to the Settings screen and addresses backend software updates.

We are grateful for user feedback as we plan for continued development of the app.

The Everything AA app is available on both iOS and Android.

For Everything AA app support, contact us at everythingaa@aa.org

Take a Minute



It is important to take a minute to cure your body and mind from the effects of stress. Stress is a natural reaction to your body when changes or challenges occur in your environment and are usually out of your control. One can't avoid stress, only try to manage it and get relief from the effects of stress.

Stress can be a positive or negative reaction to the present situation. Your body and mind are energized when you are stressed, which helps you to manage the temporary moment of anxiety. Sometimes stress can be a chronic event with spikes based on the situation.

When the body is stressed, your autonomic nervous system reacts. The autonomic nervous system controls natural bodily functions like heart rate, breathing, vision changes, and muscle reaction (pain or spasms). Stress increases the bodily functions according to the impact of the event. Increased bodily activity is normal and helps the body and mind adjust to the situation at hand. Physical symptoms of stress include headaches, dizziness, increased blood pressure and heart rate, and muscle tension. The psychological symptoms of stress include anxiety, depression, joy, sadness, fatigue, and lack of serenity. Again, the body's reaction to stress is important and healthy in order to get you through the moment.

When one sits idle, sometimes we get anxious and wonder why I am idle. One needs to remember that relaxing is very healthy for the body. By relaxing, it helps the body and mind replenish itself with nutrients to heal from the effects caused by normal and stressful activity. Relaxing helps the mind to rest and prepare for a good night's sleep and further healing. Thoughts will clear and allow one to make good decisions.

Sometimes we wonder if we am bored or lonely when relaxing. Both are valid questions and easily solved. When one feel bored, sometimes we lack the benefits of an **activity.** The activity can be simple like reading, walking outdoors, looking up a recipe for dinner, housekeeping, crafts, or word games. Practicing a healthy activity is both physically and mentally rewarding and can yield positive results.

Sometimes one may ask themself if I am lonely. Do I need to talk with someone about their day, ask how their children or grandchildren are doing, or just to hear another voice. Humans require connection to other beings. Connecting with others is easy. Just pick up the phone and make a call. Or, write a letter, card, or email to someone who you haven't spoke to in a while. Practicing gratitude is another way to connect to someone else. Making that connection can be valuable to your mental health and lead to other activities that continue a personal relationship.

Staying active doesn't need to be a chore. It can be very rewarding and satisfying. Just give it a try and see the results.

Step 11: Prayer and Meditation

Step 11: "***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."***

Step 11 addresses the direct appeal to spirituality, expressed as an increasingly conscious connection with a Higher Power. But alcoholics who achieved sobriety through practicing the 12 steps have already grappled with whatever childhood and family baggage may have clung to the word "God,"which they comfortably interpret according to their own individual understanding. For some, God is a word commonly used in AA literature and discussions and should be related to a higher power that exists beyond one's self and thoughts. The higher power can be in a form of an object or situation that recognizes something that exists above ourselves. This higher power can be utilized through prayer and meditation. The heart of step 11 lies in suggesting a practice of prayer and meditation is part of a sober life.

Simply, prayer is "talking to" or addressing one's thoughts toward whatever form of higher power has somehow aided their recovery. Meditation, on the other hand, is listening to that higher power. Prayer is an act of humility—a recognition that you are not a higher power helps to maintain our sanity and remain sober. Prayer is important as it restores us to a state of humility where we refocus our thoughts and actions with consideration to others. Prayer keeps us grounded and helps us to to control addictive behaviors like control and self-centeredness.

Meditation quiets the mind and pays active attention to whatever enters one's consciousness. Many forms of meditation exist. Some focus attention on the breath, others on an object or sound. Meditation enables one to reflect on their thoughts and redirects them to a state of calmness, clarity, and peace.

Practicing prayer and meditation are key tools for our mental well-being. Regular practice of both exercises should be part of our recovery process in order to keep a sober life.