



The FYI

"Your voice to Area 31 Alcoholics Anonymous"

It's on your Phone or on the Web at:
[www.westernmassaa.org!](http://www.westernmassaa.org)



WESTERN MASS INTERGROUP FREE FAMILY PICNIC

Live Music
11 August 25th, 2019
11am - 6pm
Raffle Table

**Moose Family Center
244 Fuller Road, Chicopee**

RAFFLE DONATIONS WELCOME

CALL 413-532-2111

Kids Bounce House, Face Painting, Softball, & Games

Food & Beverage Available at a Small Cost

Air Conditioned Dining Hall

**VOLUNTEERS NEEDED FOR SET UP AND BREAKDOWN
GOT IDEAS OR SUGGESTIONS CALL THE OFFICE!**

No Hibachis or Coolers / No Alcohol or Drugs

Western Mass Intergroup Group Donations - JULY, 2019

A NEW FREEDON
 DANIELE - 474 ONLINE CHALLENGE
 ALL ABOUT WE
 GROUP # 715994
 CONWAY WOMEN'S SUNDAY SERENITY
 CLEAR THE AIR
 SOBER SUNDAY
 HAND IN HAND GROUP
 NEW DIRECTIONS WOMAN'S GROUP
 ONLY TODAY GROUP
 SOUTHWICK NOONTIME GROUP
 STEPS TO LIVE
 SUNDERLAND SECURITY
 MIXED NUTS GROUP
 DAILY REFLECTIONS
 SUFFIELD MONDAY NIGHT GRAPEVINE
 MONDAY NIGHT CANDELIGHT WESTFIELD
 WESTFIELD TUESDAY NIGHT SPEAKER
 HOLYOKE DISCUSSION GROUP
 LA LUZ DE UN MILAGRO
 HOLYOKE GROUP OF AA
 LINDA AND BILL M - 474 CHALLENGE
 DANIEL P - 474 CHALLENGE
 WIBRAHAM MEN'S GROUP

IN PARTNERSHIP
 NOHO BB STUDY
 CHICUPPY 12 & 12 & 12
 7AM I OPENER
 NO NAME GROUP LUDLOW
 SCAMBLLED EGGS GROUP
 RANDAL GROUP
 INTO ACTION
 RANDAL GROUP
 FIND YOUR VOICE
 WHIP CITY NOONER
 MORNING LIGHT
 NOHO SATURDAY BEGINNERS
 AMHERST FRIDAY NIGHT
 BUCKLAND GROUP
 HOLYOKE NOONTIME GROUP
 VALLEY LGBTQ
 NEW BEGININGS AA MEETING
 LYNN F - 474 CHALLENGE (MONTHY)
 ALANOONER
 HAYDENVILLE
 WILBRAHAM GROUP
 BYOBB 2
 BYOC GROUP

Thank You For Your Generous Donations! Please place group name and service # on all checks.

Weekly AA Group Phone Coverage

DATE	GROUP NAME
AUG 3 - AUG 9 →	BELCHERTOWN SATURDAY NIGHT
AUG 10 - AUG 16 →	COLD SPRING GROUP
AUG 17 - AUG 23 →	EASTHAMPTON MEN'S
AUG 24 - AUG 30 →	EASTHAMPTON MONDAY NIGHT
AUG 31 - SEPT 6 →	
SEPT 7 - SEPT 13 →	
SEPT 14 - SEPT 20 →	
SEPT 21 -SEPT 27 →	

INTERGROUP PICNIC RAFFLE PRIZES



IF YOU WISH TO DONATE PRIZES TO THE INTERGROUP PICNIC RAFFLE YOU CAN DO SO BY DROPPING OFF YOUR ITEMS OR CASH AT THE INTERGROUP OFFICE DURING NORMAL BUSINESS HOURS.

(The Raffle helps the Picnic to be self supporting and remain a free event to all.)

Thanks and see ya in August!

WESTERN MASS INTERGROUP BOOK STORE

BOOKS ON CD

NEW! Big Book 1st 165 pages for \$25.00 (English and Spanish)

Big Book Full Version with All Stories for \$55

Step Book of AA Full Version \$25.00

Living Sober CD \$15.00

AA Comes of Age - CD \$15.00

Pioneers of AA Old Big Book Stories - \$18.00

Grapevine CD's DVD's \$12.00

Bill & 12 Traditions CD - Bills Story DVD - Bill & 12 Traditions DVD

Three Legacies CD - Co-Founders CD—Other Grapevine CD's

DVD Movies

My Name is Bill W - \$20.00

Bill W and Dr. Bob—Broadway Play - \$20.00

To view more of our products please visit our on-line bookstore at:

www.westernmassaa.org - online bookstore. We also ship anywhere in the world!

To remember without anger - The program helped him find compassion, love and a new definition of forgiveness

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

I used to cringe every time I heard the word “forgiveness.” I used to believe forgiveness was for sissies.

See, I was the kind of person who kept a list of all the people who had ever hurt me—physically, emotionally, spiritually. Anytime something triggered my memory of that person, I replayed the harmful incident in my mind, allowing my anger, hate and desire for revenge to flare up. I believed that someday, some way, I would “get even” with everyone on my list.

My longing for retribution sustained me. Forgiveness was never in the picture. In fact, my desire to get even actually motivated my behavior in many ways, although I never realized it at the time.

When I attended a social function that my ex-wife was also set to attend, I made sure I had a gorgeous younger woman with me as my date. That’ll show her, I thought. A few times, my dates actually realized I was just using them as pawns to emotionally damage my ex-wife and complained about it. I ignored their protests and cajoled them into attending the social function anyway. I had no clue that my behavior was negative, manipulative and wrong.

My “get even” list was long. It went back decades: teachers, relatives, police, bosses, coworkers, friends. I even wanted revenge against the cat that bit me when I was 3 years old while I was trying to put a pretzel down its throat.

I was one miserable, angry, vengeful, twisted and warped person. The worst part of it all was that I believed I was in the right; everyone else was in the wrong.

At the age of 59, it was suggested that I enter therapy. My response was that I didn’t want to dredge up the past. I wanted to just forget it and move on. In fact, if there had been a way to give myself amnesia, I would have considered it.

By a series of coincidences, I found myself in the rooms of AA. As usual, I didn’t consider myself as having a problem with drinking. But slowly, in God’s time, not my own, some of the AA philosophy started insidiously seeping into my brain. I began to question myself. If these AA people were right, then I couldn’t just forget the past, I had to settle with it.

I’m not embarrassed to say that I must be a slow learner because it took almost seven years for me to begin to realize that my desire for revenge, my anger and my hate were all negative and self-defeating. My defects had turned my world into a dark, hostile and hopeless place. AA eventually shined a light into that world and gave me back a positive outlook, hope, and yes, even a desire to forgive.

I found that my first problem with forgiveness was my total misunderstanding of the definition of the word. I was under the misconception that to forgive someone meant that I had to condone someone’s bad behavior. I thought forgiveness required that I forget that a person hurt me, perhaps willingly, maliciously.

But what I eventually learned was a new, accurate definition of forgiveness, one that I could understand, accept and actually put into practice: To remember without anger.

One of the major books we study in AA is Twelve Steps and Twelve Traditions. In it there's a line that jumped out at me one day (after having read the book about 20 times). That line says that it "is pointless to become angry, or to get hurt by people who, like us, are suffering..."

When that thought finally made it into my consciousness, I suddenly saw clearly that everyone on my grudge list was the same as me; we're all just emotionally ill human beings who frequently make mistakes, lash out in anger with pen and tongue, and unfortunately, sometimes with physical harm.

I knew that I wanted to be a better person. Instead of hurting people, I wanted to heal people. Instead of being angry, I wanted to be happy. And the key to do that was to remember without anger, to feel compassion instead of annoyance, love instead of hate. To set aside those resentments, it takes practice, and for me, a near-constant vigilance and self-censoring.

It's not always easy, but the patience and effort have been rewarding.

-- Jersey Steve

St. Augustine, Florida

COMING AUGUST 22nd!

VISIT ICYPAA.ORG
FOR HOTEL INFO AND TO PRE REG!

\$35
PRE REGISTER HERE

THE 61ST ICYPAA
ENTIRE PSYCHIC CHANGE
BOSTON
AUGUST 22 - 25, 2019

BOSTON MARRIOTT COPLEY PLACE
BOOK YOUR HOTEL HERE

WITH AL ANON ALATEEN PARTICIPATION

AT WITS END!
(from the Grapevine)
Words, words, words

I recently read that consuming alcohol can lead to bad decisions, ill health and various legal problems.

Right then and there, I decided I would have to give up reading.

Big Book Quote

"Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows.

Clear away the wreckage of your past. Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

Alcoholics Anonymous, 4th Edition, A Vision For You, pg. 164

**Area 31
 Service Committee**



*The Service Manual Meeting
 3rd Wednesday of the month
 @ 7:30pm*

*The Concept Meeting is on the
 1st Thursday of the month
 @ 7:30pm*

Grace United Church 474 Pleasant
 Street, Holyoke MA (1st floor)
www.area31aa.org

**FOR MORE INFORMATION ON
 ALL AREA 31 COMMITTEE'S,
 EVENTS, AND MORE, VISIT
 WWW.AREA31AA.ORG**



Bill W.

From the words of Bill W. & Friends

Checking Our Motives

But in other instances only the closest scrutiny will reveal what our true motives were.

There are cases where our ancient enemy, rationalization, has stepped in and has justified conduct which was really wrong.

The temptation here is to imagine that we had good motives and reasons when we really didn't.

Twelve Steps and Twelve Traditions, (Step Ten) p. 94



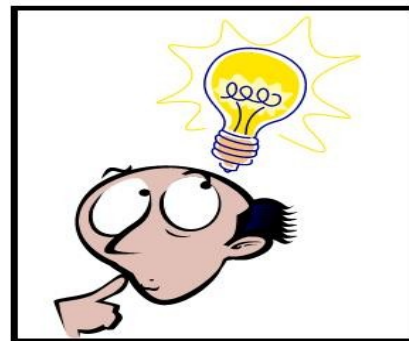
THOUGHT TO PONDER



Don't believe everything you think.



RULE #62



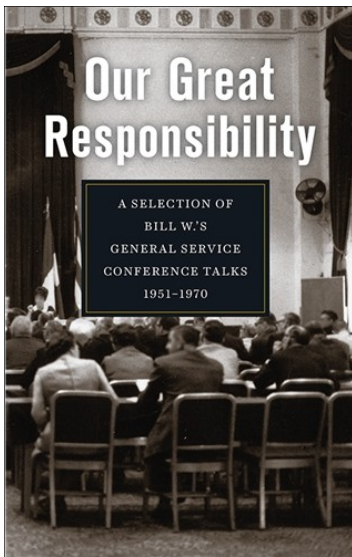
AA-related 'Alconym'

**W I S D O M =
When Into Self,
Discover Our
Motives!**



New from Grapevine: Cartoon Book "Take Me To Your Sponsor"

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh. In AA, members learn to not take themselves too seriously, to be happy, joyous and free. Luckily, sobriety can be pretty darn amusing. Two of the most beloved departments of Grapevine are the "At Wit's End" jokes and the cartoons, all contributed and drawn by AA members. This book contains some of the best laughs of the last few years, dealing with meetings, sponsorship, dating and marriage, friends and coworkers, character defects and more. We hope this book brightens your day and gives you some hearty, well-earned laughs.



Our Great Responsibility

1st AAWS Publication in 30 years!

A selection of Bill W.'s General Service Conference talks, 1951 – 1970. Timeless and timely, these 16 selected talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words.

Only...
\$10.00



Western Mass Intergroup

\$4.74

ONLINE DONATION CHALLENGE

Visit Westermassaa.org home page and scroll down to online donation and follow the directions.

In keeping with the Spirit of the General Service Office's NEW 2019 \$8.06 financial challenge to the AA fellowship we are asking our AA fellowship to help us, help you, to help others.

For a ***Personal Online Donation of ONLY! \$4.74*** (That's about a few Coffee's) you can be part of helping ***Your Intergroup*** to continue to provide the vital services to AA as a whole.

You can make it as a one time donation, or sign up for monthly donations, call us at the office if you need more information.

Our mission to make sure that when a newcomer calls someone is there to answer the phone, also sell groups their literature, and provide a meeting list, full staff, a website, and much more!

For more information call Kevin or Joy at the Intergroup office during business hours! at 413-532-2111 Thank You

This is an **ONLINE DONATION CHALLENGE** please visit the website

Area 31 Service Committee News

The Area 31 Service Committee meets 2nd **Wednesday of the month** at the Grace United Church (front entrance) 474 Pleasant Street, Holyoke. Please urge your Home-Group to elect a GSR and have a voice in Area 31 AA.

Is your group looking to have the Grapevine or Archives boards at your next AA function for anniversary? Please let the Archives or Grapevine Committee know a month in advance. Grapevine & Archives email - a31chair@gmail.com.

AREA COMMITTEE MEETINGS

- ARCHIVES** - 1st Tuesday, 7:30pm
- GRAPEVINE** - 1st Tuesday, 7:30pm
- PUBLIC INFORMATION** - 2nd Tuesday, 7:30pm
- CPC** - 2nd Tuesday, 7:30pm
- WM Round-Up** - 1st Weds following 2nd Tues,
- WESTERN MASS INTERGROUP** - 2nd Thurs, 7:30pm,
- WMIG STEERING COMMITTEE** - Last Thurs, 7pm (please check with office to confirm)
- AREA 31 - 12 CONCEPTS OF AA** - 1st Thurs, 7:30pm
- ACCESSIBILITIES COMMITTEE** - 4th Weds - 7:00pm
- AREA 31 WEBSITE COMMITTEE** - 4th Weds - 7:00pm

(All Meetings Above Meet at the Grace United Church
474 Pleasant Street in Holyoke MA

- INSTITUTIONS** - 1st Wednesday, 7pm, Providence Hospital, Holyoke
- BERKSHIRE INTERGROUP** - 2nd Monday, 7pm, 152 North St. suite 30C, Pittsfield, MA
- WESTERN MASS YOUNG PEOPLES** - 2nd Sat, 6pm, Serenity Club, 143 Main St., Springfield

DISTRICT COMMITTEE MEETING

- DISTRICT 1** - 3rd Thursday, 7:30pm, Sacred Heart Church
35 Everett Street, Springfield
- DISTRICT 2** - 2nd Monday, 7pm, Grace United Church, 474 Pleasant St Holyoke
- DISTRICT 3** - 3rd Friday, 7pm, Old Court House, Lee Town Hall - Lee, MA
- DISTRICT 4** - 3rd Tuesday, 7:00 pm, Holy Father Parish, 29 Sugarloaf St. S. Deerfield
- DISTRICT 5** - 1st Monday, 7:30pm, Union Church of Christ, 52 Center St, Ludlow
- DISTRICT 6** - 3rd Monday, 7:30pm, Western Mass Hosp, 91 East Mountain Rd, Westfield

AA Service Manual & Tradition Meetings

AREA 31 - AA SERVICE MANUAL MEETING - 1st Thurs, 7:30pm

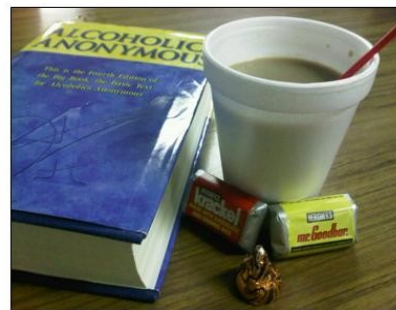
Join us in learning the rest of the 36 Spiritual Principles!

AREA 31 TRADITIONS MEETING

3rd Wednesday, 7:30pm both meetings held at the Grace United Church, 474 Pleasant in Holyoke (home of the WM Intergroup)

**THE AREA 31 SERVICE COMMITTEE
FALL ASSEMBLY & BUSINESS MEETING
SATURDAY OCTOBER 12th, 2019
SUNDAY, OCTOBER 13th, 2019
Our Lady of Blessed Sacrament
127 Holyoke Road, Westfield MA**

***Saturday
9:00am to 4:00pm
AREA INVENTORY***



***Sunday Area Service
Business Meeting
ELECTIONS!
1:00pm to 5:00pm***



PUZZLE TIME!

H U A C S S E F B A S I C T E X T A P P G V A O
 G P Z Q R Z N L Z D T K B W Y U Z N S O M M F R
 U J S J G A U K G B T C I D D A W O U W X M D O
 V A M C J F V R D J I W F U J E U N T E S H A L
 T L A F R Z Q I Y Z Z P E C V I A Y R R U K N E
 K L F E P M S U N H V O D L A U T M O L N Y S S
 L J W P T D H T X G U Y P L E H E O P E S A P N
 V O S E N D P F E T W F R C I Z V U P S E D I U
 P U G S O H Q S M P P I F E V C B S U S R Y R O
 N U N P I V S S R F S Z T A V O H R S P E B I C
 Z K I I T F D O P X W A S H B O U Y Y X N Y T L
 T J T S N J G E B O J X D M D U C V R K I A U R
 T B E V E E G O N R N D W D E R S E J H T D A X
 H O E O V Q U V N V I S S X I P A E R G Y J L O
 A I M P R L D H V N E E O M W C E W I O P M P O
 D K O M E Y F P C J V C T R X X T N A I R Y R G
 K T I Z T P T U U G D U V Y A J S I O L A L I G
 K O N C N F U L S V H X T W E V K Z O H Y C N T
 A G C A I B P D E P E N D E N C Y L L N E W C R
 X Z D M N U T A G T R O P P U S R E E P R U I U
 I U E N O L A B A O D A D R H Z F I F H R J P S
 R Y Q K H L P E K T B J E E W S T E O A Z P L T
 E S P A L E R Q J H T C H F X E J W U Y K V E G
 W B M V L T M V E J M W P A T R F A Z L U B S K

meetings

support

alone

intervention

dependency

craving withdrawal

trust

sponsor

peer support

counselor

anonymous

abuse

day by day

sobriety

addiction

addict

call

help

powerful

serenity prayer

spiritual principles

powerless

how

steps

basic text

relapse

recovery

HITCHCOCK ACADEMY BRIMFIELD FRIDAY NIGHT 35th Year Group Anniversary

Friday August 23rd, 2019

Hitchcock Academy - 2 Brookfield Rd, Brimfield MA



6:00pm - 6:27pm

6:30-7:20 POTLUCK BUFFET

BRING A DISH TO SHARE



**7:30pm – 8:30pm
Two Speaker Meeting**

8:30pm-9:00pm

Door Prizes & Clean-up

MONDAY NIGHT EASTHAMPTON GROUP AA GROUP ANNIVERSARY

Monday, August 12th, 2019

**St. Phillips Church
126 Main Street, Easthampton**

Food & Fellowship

6:30pm

Bring A Dish



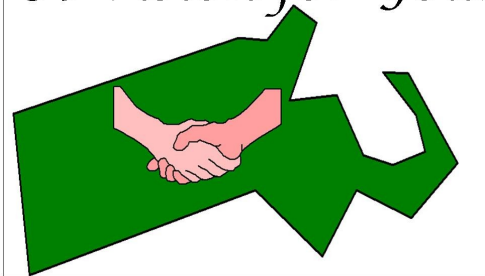
**AA Open
Speaker Meeting**

7:30pm



**56th ANNUAL
Massachusetts State A.A. Convention
November 8th-10th, 2019
with Al-Anon & Alateen Participation**

A Vision for You!

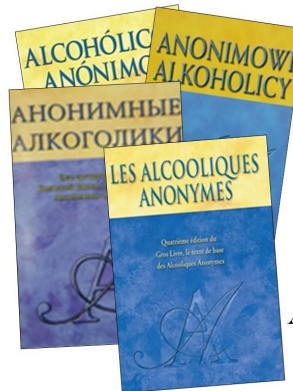


**Sheraton Framingham Hotel
1657 Worcester Road
Framingham, MA 01701**

Online Convention and Hotel
Reservations at:

<https://aamastateconvention.org>

CAN YOU SPEAK A 2nd LANGUAGE?



**CAN YOU SPEAK
RUSSIAN?
WE NEED YOU!**

**CAN YOU SPEAK
POLISH?
WE NEED YOU!**

**CAN YOU SPEAK
ANOTHER LANGUAGE?
(FRENCH, SPANISH, ECT)
WE NEED YOU!**

**WANNA HELP PASS THE AA MESSAGE?
TRANSLATORS ARE NEEDED TO HELP!
CONTACT US AT THE INTERGROUP OFFICE!**

413-532-2111

Tues - Sat 9am to 1pm - Thurs till 5:30pm



Western Mass Intergroup

474 Pleasant Street, Holyoke MA 01040
Office Phone: 413-532-2111
Website: www.westernmassaa.org
E-mail: intergro4@aol.com
Office Hours: Tuesday - Saturday 9am - 1pm
Thursday until 5:30pm

Intergroup Officers & Staff

Charlie R - Chair	Kevin L. - General Manager
Ron G - Treasurer	Joy F - Store Manager
Marc - Secretary	Renee D - Office Staff
	Eddie K - Office Staff

If you have Questions or Comments you may reach us at the contact information above.
Thank You for your support.

Monthly Thought

**For Today
Insane Idea**

But there was always the curious mental phenomenon that parallel with our sound reasoning there inevitably ran some insanely trivial excuse for taking the first drink.

Our sound reasoning failed to hold us in check. The insane idea won out.

Next day we would ask ourselves, in all earnestness and sincerity, how it could have happened.

Alcoholics Anonymous,
(More About Alcoholism) p. 37

WESTERN MASS INTERGROUP is a body made up of representatives from all AA groups in the area (Area 31). It has met on a monthly basis since it was established in 1953. Each AA group elects, annually, one of its members (one year of sobriety recommended) to serve as its representative on this important committee, and, an alternate to regularly attend its meetings (one year of sobriety recommended). Its main responsibilities are to:

1. Coordinate AA activities among its various groups and to help weaker groups in anyway possible.
2. Maintain 24 hour AA telephone coverage
3. Publish regularly updated schedules of group meetings in the area
4. Provide a program which will promote regular visits between groups.
5. Provide an inventory of AA Literature for the convenience of local groups and committees in an office which also serves as a communication and information center
6. And, to act upon any suggestions be any group, through its representatives, that would be of potential benefit to our area groups.

**WESTERN MASS INTERGROUP MEETS ON
THE 2nd THURSDAY AT 7:30 PM AT THE
INTERGROUP OFFICE.**



am responsible...

**When anyone, anywhere,
Reaches out for help,
I want the hand of A. A. always
to be there.
And for that: I am responsible.**

**Quote of
the Month**

WANTED
HONESTY
OPENMINDEDNESS
WILLINGNESS
SERENITY
INTEGRITY
Some of the spiritual
principles that make
MY RECOVERY POSSIBLE