



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 - MAY, 2019

SUNDERLAND SECURITY
 TOP OF THE HILL GROUP
 LA LUZ DE UN MILAGRO
 SRAMBLED EGGS GROUP
 STEPS TO LIVE GROUP
 SAT NIGHT BEGINNERS NORTHAMPTON
 NOHO BIG BOOK STEP STUDY JERICO
 MORNING LIGHT GROUP
 DAILY REPRIEVE AMHERST
 HOLYOKE NOONTIME GROUP
 SOMERSVILLE BIG BOOK
 SUFFIELD MODAY NIGHT GRAPEVINE
 WILD CATS
 ONLY TODAY
 7AM I OPENER
 SUFFIELD MEN'S
 WHIP CITY NOONER
 BRIMFIELD HITCHCOCK ACADEMY
 MIXED NUTS
 TRIALS AND SMILES
 HAND IN HAND
 DAILY REFLECTIONS
 LOST AND FOUND

HOLYOKE GROUP
 CONWAY MONDAY NIGHT
 HAMPDEN GROUP
 PATH TO RECOVERY

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

Weekly AA Group Phone Coverage

DATE	GROUP NAME
JUNE 8 - JUNE 14 →	SOBER SUNDAY
JUNE 15 - JUNE 21 →	SUFFIELD MEN'S TUESDAY NIGHT
JUNE 22 - JUNE 28 →	SUFFIELD MONDAY NIGHT GRAPEVINE
JUNE 29 - JULY 5 →	SUNDAY NIGHT LIFE HAYDENVILLE
JULY 6 - JULY 12 →	
JULY 13 - JULY 19 →	
JULY 20 - JULY 26 →	
JULY 27 - AUG 2 →	

COFFEE MUGS



**WESTERN MASS INTERGROUP
COFFEE MUGS ARE HERE!
HOT OR COLD... COLOR RED!
THESE INSULATED MUGS MAKES A
GREAT GIFT FOR ALL OCCASIONS!
OUR LOGO AND THE SERENITY PRAYER
IS ON THE MUG!**



ONLY \$8.50

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!



More being revealed

As the summer leaves fall, a member reflects on the change that comes with sunshine

STEP SIX: Were entirely ready to have God remove all these defects of character.

We recently started to go through a change of season, from fall into winter, and of course this means that I have had to put my shorts and sandals away for another year. It is a sad time. Or is it? Our Steps say that it isn't. How is that possible? I'm very fortunate to be able to have some time in the morning to quietly ease into the day. While having my coffee, I can look out into our yard and the woods behind our house. This fall I've been watching the leaves fall with some sadness at first, but then I realized that as they fell, I was able to see more of the woods being revealed as the green curtain changed to brown and then finally fell; allowing me to see into the depth of the woods and see some of the trees that had been hidden from view. Not all of the leaves fall; some manage to hang on long past their use. Sound familiar? Don't we hang on to things long past their use?

One of the trees is a really beautiful and very tall holly. When it first appeared, I couldn't see any of the berries that usually cover it. It dawned on me that the reason I couldn't see them was because they hadn't turned their usual bright red. There is a good explanation for that; they had been living in the shade from all the other trees. Once the leaves began to fall, the sun was able to find its way through and shine directly on the berries, and they began to ripen. There is a purpose for these berries; once they have ripened they will become important winter food for the migrating birds. Soon there will be hundreds of birds in this tree for days feasting on the delicious fruit (delicious to them that is) for the necessary energy to continue their journey.

Isn't that what we have to do, bring our character traits into the sunlight so that God, with our willingness and cooperation, removes the ones that are no longer of any value to us? Some of these may be covering up the traits within us that God had intended us to use in the first place. Just like the berries, there are things about us that have value and have been covered by others so the sun couldn't shine through.

How does this happen for us? First we must identify all of our character traits, both good and not so good with the aid of another person, and find those things about us that have been the underlying cause of our troubles. This process is critical for us to go through. As I was warned very early in my recovery, and it motivated me to continue the process, "the same person will drink again." Fortunately I had a good sponsor who was able to guide me with his experience and encouraged me to continue the process. He also encouraged me to listen and learn from the experience of others. He told me that I could find the information I needed by attending Step meetings on a regular basis, and I've been doing that ever since.

This isn't all that we have to do, because like the holly tree, our character traits are still in the shade, and of course we are still hanging on to them. There is some

thing else that we have to do; we have to become “entirely ready to have God remove all these defects of character.” We can’t do this by ourselves. Haven’t we tried this before and failed before? Some of us have tried to stop doing harmful things over and over and still failed. “There was always one more attempt—and one more failure.” We thought we were failures, but we weren’t; we just hadn’t discovered that we can’t do this task alone.

Maybe we should learn from nature and learn to let go, as hard as it is to do. Unlike the trees, we have help available to us; we don’t have to “do it myself.” There are two Steps that we can take that will relieve us of those things that have driven us to drink. Step Six asks us a question. Can we live without these (defects) today? Unlike the tree, our calendar is one day, while the tree’s is 365. We can do almost anything for one day, but 365? If we can answer yes, then as in Step Seven, we can ask God to “remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.”

Did you notice that part of our request includes a daily plan? Our job is to be useful, just like the tree. Once the berries have ripened, it provides necessary food for the birds. Once our defects have been removed (for today), our remaining qualities allow us to be useful and to be productive contributors to our community. We shouldn’t be too excited about the word remove; it doesn’t mean obliterate. These defects have a habit of sneaking back into our lives when we least expect them. Just like the leaves, they will reappear in the spring and the cycle will start all over again. Lucky for us, our cycle is only 24 hours.

You might ask yourself, Why go through all this trouble? There is a clue that our cofounder, Bill W., gave us and it can be found in the “Twelve and Twelve”: “It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*.” How is this a clue? The word is disturbed. The trick is to remain undisturbed. If we can do that, then there is nothing for booze to fix. The process is learning how to let go of those things that cause the disturbance in the first place.

Just like the trees, if we can let go of those things that are covering our true nature, then we can continue to be useful members of our community and the world around us. Isn’t that just what we wanted all along?

-- Morgan J. Annapolis, Maryland

COMING SOON!

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

\$35
PRE REGISTER HERE

BOOK YOUR HOTEL HERE

BOSTON MARRIOTT COPLEY PLACE

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

WITH AL ANON ALATEEN PARTICIPATION **6g**

AT WITS END!
(from the Grapevine)

Text to wife:

*Mary, having one more pint with the lads.
If not home in 20 minutes,
read this message again.*

Big Book Quote

"Highly competent psychiatrists who have dealt with us have found it sometimes impossible to persuade an alcoholic to discuss his situation without reserve. Strangely enough, wives, parents and intimate friends usually find us even more unapproachable than do the psychiatrist and the doctor.

But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, can generally win the entire confidence of another alcoholic in a few hours. Until such an understanding is reached, little or nothing can be accomplished."

~Alcoholics Anonymous, 4th Edition, There Is A Solution, pg. 18~

BIG BOOK OF AA IN ABRIDGED VERSION
1ST 164 PAGES

Contains all front matter...Prefaces, Forewords and Dr.'s Opinion; text of pages 1-164; "Dr. Bob's Nightmare;" and Appendices.

POCKET SIZE \$5.50 LARGE PRINT \$8.25



Bill W.

From the words of Bill W. & Friends Temptation

In our belief any scheme of combating alcoholism which proposes to shield the sick man from temptation is doomed to failure. If the alcoholic tries to shield himself he may succeed for a time, but he usually winds up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed.

Alcoholics Anonymous, (Working With Others) p. 101



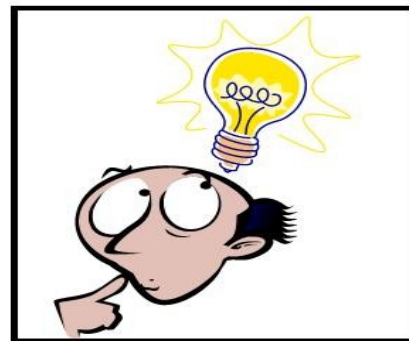
THOUGHT TO PONDER



Faith makes the impossible possible.



RULE #62



AA-related 'Alconym'

F E A R =
Face Everything
And Recover.

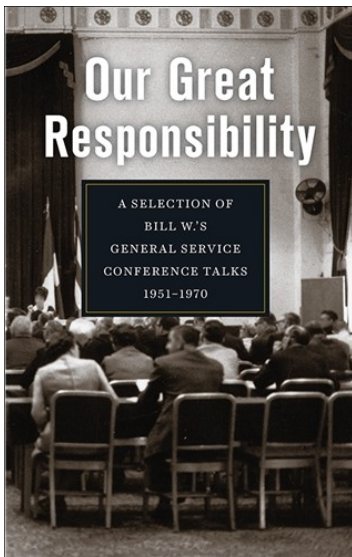


"I'm a problem drinker. Every time I have a problem, I drink."



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



Bill W. speaking at a General Service Conference, circa 1950.

GET ACTIVE TAKE A MEETING!

Open Meeting List - Updated May 2019

(BERK) - Berkshires (M) - Men's Meeting (W) - Women's Meeting (SPAN) - Spanish Language Meeting
TO TAKE ON A COMMITMENT, ROLL IN DURING THE MONTHLY INSTITUTIONS COMMITTEE MEETING AND SEE THE SECRETARY AFTERWARD

Institution	Day	Time	Sponsor	Alternate
Berkshire CSS	3rd Sunday	7:00:00 PM	OPEN	OPEN
Berkshire CSS	2nd/3rd/5th Saturday	7:00:00 PM	OPEN	OPEN
CCC Phoenix House	1/3/5 Thursday	6:30:00 PM	OPEN	OPEN
Chicopee Hmpdn (W)	Tuesday	7:00:00 PM	OPEN	OPEN
Chicopee Hmpdn (W)	1/3 Wednesday	7:00:00 PM	OPEN	OPEN
Chicopee Hmpdn (W)	2/4 Wednesday	7:00:00 PM	OPEN	OPEN
Chicopee Hmpdn (W)	1/3 Thurs	7:15:00 PM	OPEN	OPEN
Chicopee Hmpdn (W)	Sunday	10:00:00 AM	OPEN	OPEN
Franklin County (W)	Sunday	6:00:00 PM	OPEN	OPEN
Franklin County (M)	Thursday	6:00:00 PM	OPEN	OPEN
Franklin Recovery Center	1/3/5 Sunday	7:00:00 PM	OPEN	OPEN
Franklin Recovery Center	Thursday	7:00:00 PM	OPEN	OPEN
Franklin Recovery Center	4/5 Friday	7:00:00 PM	OPEN	OPEN
Gandara House	Friday	1:30:00 PM	OPEN	OPEN
Hampshire Cnty (M)	1st/3rd/4th Wed.	7:00:00 PM	OPEN	OPEN
Hampshire County Corr. LifeSkills (M)	1/4/5 Monday	7:00:00 PM	OPEN	OPEN
Highview Nursing Home Leeds	Tuesday	5:00:00 PM	OPEN	OPEN
Hillcrest Commons	4th Wednesday	7:00:00 PM	OPEN	OPEN
Hmpdn Cnty Lud (M-SPAN)	Mon	7:00:00 PM	OPEN	OPEN
Hmpdn Cnty Ludlow (M)	Tue	7:00:00 PM	OPEN	OPEN
Hmpdn.Cty.PreRelease(M)	1st/4th Wed	7:00:00 PM	OPEN	OPEN
Hmpdn.Cty.PreRelease(M)	Saturday	8:30:00 AM	OPEN	OPEN
Jones 2 (BERK)	1st Saturday	11:00:00 AM	OPEN	OPEN
Jones 2 (BERK)	3rd Sunday	10:00:00 AM	OPEN	OPEN
Liberty Prep Academy	1/2/3 Friday	11:15:00 AM	OPEN	OPEN
Ludlow, Section 35	Monday	7:00:00 PM	OPEN	OPEN
Ludlow, Section 35	Tuesday	7:00:00 PM	OPEN	OPEN
Ludlow, Section 35	Wednesday	7:00:00 PM	OPEN	OPEN
Ludlow, Section 35	Thursday	7:00:00 PM	OPEN	OPEN
Ludlow, Section 35	Friday	7:00:00 PM	OPEN	OPEN
Ludlow, Section 35	Saturday	7:00:00 PM	OPEN	OPEN
Mill Street (W)	Tuesday	6:00:00 PM	OPEN	OPEN
Mill Street, Section 35	2nd/3rd/4th Tuesday	7:00:00 PM	OPEN	OPEN
Mill Street, Section 35	1st/3rd/5th Wednesday	7:00:00 PM	OPEN	OPEN
Mill Street, Section 35	Friday	7:00:00 PM	OPEN	OPEN
Mill Street, Section 35	Saturday	7:00:00 PM	OPEN	OPEN
My Sisters House (WM)	1/3rd Thursday	7:00:00 PM	OPEN	OPEN
Northern Hope Center	1/3/5 Wednesday	7:00:00 PM	OPEN	OPEN
Northern Hope Center	2/4/5 Sunday	7:00:00 PM	OPEN	OPEN
Northern Hope Center	1/35th Saturday	7:00:00 PM	OPEN	OPEN
Providence Hosp. Detox	1/3 Friday	6:30:00 PM	OPEN	OPEN
St. Luke's Rest Home	Wednesday	7:00:00 PM	OPEN	OPEN
Springside Skilled Nursing Pittsfield	TBD		OPEN	OPEN
Swift River CSS	1/3/5 Thursday	6:30:00 PM	OPEN	OPEN
Swift River CSS	2/4 Thursday	6:30:00 PM	OPEN	OPEN
Timberland Heights Great Barrington	TBD	TBD	OPEN	OPEN

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)

VISIT ICYPAA.ORG

FOR HOTEL INFO AND TO PRE REG!

\$35

PRE REGISTER HERE



BOSTON
AUGUST 22 - 25, 2019

BOSTON MARRIOTT COPLEY PLACE

BOOK YOUR HOTEL HERE



WITH AL ANON ALATEEN PARTICIPATION



VISITA ICYPAA.ORG

PARA INFORMACIÓN DEL HOTEL Y PARA PREINSCRIBIRSE

\$35

PRE REGISTRACIÓN AQUÍ



BOSTON
AUGUST 22 - 25, 2019

BOSTON MARRIOTT COPLEY PLACE

RESERVE SU CUARTO DE HOTEL AQUÍ



22-25 DE AGOSTO DE 2019 CON LA PARTICIPACIÓN DE ALANON Y ALATEEN



PUZZLE TIME!

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

ACCEPTANCE
 ADDICTION
 AMENDS
 ANGRY
 COMPLACENCY
 CONSEQUENCES
 CRAVINGS
 FEAR
 GRATITUDE
 HELP

HITTINGBOTTOM
 HONESTY
 HOPE
 HUMBLE
 INVENTORY
 LIFE
 LONELY
 LOSSES
 PATIENCE
 PROMISES

RECOVERY
 RELAPSE
 RESPECT
 RESPONSIBILITY
 SELFPITY
 SELFWILL
 SERENITYPRAYER
 TIRED
 TREATMENT
 UNMANAGEABILITY

THE UP AND ATOM GROUP HAS MOVED TO IT'S NEW HOME!



**AS OF SUNDAY MARCH 31st, 2019
IMMANUEL LUTHERAN CHURCH
867 N. PLEASANT STREET
AMHERST, MA
MONDAY - SUNDAY
OPEN AA MTG
7:00AM**

THE COLD SPRING GROUP

46th Year Group Anniversary



**Thursday, June 13th, 2019
Congregational Church Parish House
18 Park Street, Belchertown**



6:00pm

**AA Open Speaker
Meeting 7:30pm**



LIVE AND LET LIVE

NOW MEETS AT

6:00pm

Alano Club

**36 King Street, Agawam
Every Thursday Night 6:00pm**

PASS THE WORD!

4/10/2019

GROUP ANNIVERSARY!

Tuesday Night Women's Group
is celebrating 29 years!
(formally Tuesday Women's Discussion Group)

Join us for a 2 speaker meeting followed by
food and fellowship!

Tuesday, July 30th @ 6PM
474 Pleasant Street, Holyoke

This is an open meeting, all are welcome!
(guys, this means you too!)





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	Rene 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

“The most beautiful gifts of my life come to me in packages I do not recognize at first glance. In fact, I often don’t see them until I’ve stumbled over them. Yet I know that when I go about my business in service to AA and to others these gifts will appear, usually in the most unexpected places.”

“The Gift of Sobriety,” Costa Mesa, California, February 1993, AA Grapevine

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

**HAPPY
joyous
FREE**

BILL W.