



## **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!)



# **THE NEW 2020 WHEN & WHERE**



### ***Western Mass Intergroup Group Donations - FEBRUARY, 2020***

STEPS TO LIVE  
 A WAY OUT  
 EAST MOUNTAIN GROUP  
 WILBRAHAM GROUP  
 7AM I OPENER  
 MORNING LIGHT  
 SUFFIELD MEN'S  
 NOHO SUNDAY NOONTIME  
 LALUZ DE UN MILAGRO  
 NOHO SATURDAY NIGHT BEGINNERS  
 LONGMEADOW GROUP  
 THURSDAY NIGHT BB STEP  
 LONGMEADOW GROUP  
 ANNE M - 474 CHALLENGE  
 LYNN F - 474 CHALLENGE  
 SHELburn FALLS THURSDAY BIG BOOK  
 24 HOUR GROUP WESTFIELD  
 EARLY SOBRIETY GROUP  
 SUNDERLAND SECURITY  
 SOBER AND FREE WESTFIELD  
 AFTER DINNER GROUP  
 NOHO BIG BOOK STEP STUDY  
 SOBER SUNDAY  
 NO NAME GROUP  
 QUIETLY AMONG US

NOT SO YOUNG PEOPLES  
 DO OR DIE GROUP  
 COLD SPRING GROUP  
 SOUTH HADLEY NIGHT WOMEN'S  
 THURSDAY LUDLOW MEETING  
 FOREST PARK GROUP  
 HOLYOKE NOONTIME GROUP

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

### ***Weekly AA Group Phone Coverage***

<b><i>DATE</i></b>	<b><i>GROUP NAME</i></b>
<b>MAR 14 - MAR 20</b> →	<b><i>HAYDENVILLE SUN NIGHT LIFE</i></b>
<b>MAR 21 - MAR 27</b> →	<b><i>AGAWAM SUNDAY NIGHT</i></b>
<b>MAR 28 - APR 3</b> →	<b><i>SUNRISE</i></b>
<b>APR 4 - APR 10</b> →	<b><i>TUESDAY WOMEN'S GROUP</i></b>
<b>APR 11 - APR 17</b> →	
<b>APR 18 - APR 24</b> →	
<b>APR 25 - MAY 1</b> →	
<b>MAY 2 - MAY 8</b> →	

***YOUR GROUP HAS A VOICE! SO USE IT!***

**DOES YOUR GROUP HAVE AN INTERGROUP REP!  
IF NOT WHY?**

**YOUR GROUP HAS A VOICE IN YOUR INTERGROUP OFFICE  
AND HAS A VOTE IN HOW WE WORK FOR YOU!**

**WE MEET THE 2ND THURSDAY OF THE MONTH @ 7:30PM  
AT THE INTERGROUP OFFICE / BOOKIE MEETING 7:00 PM  
*WE LOOK FORWARD TO SEEING YOU***

***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](http://www.westernmassaa.org) - online bookstore. We also ship anywhere in the world!

## Thought of the Month

The closest the book *Alcoholics Anonymous* comes to defining alcoholism is “an illness which only a spiritual experience will conquer.” That, for most members of *Alcoholics Anonymous*, says enough about the nature of their “disease.” And over time, despite occasional excursions into seemingly more promising understandings, most members of *Alcoholics Anonymous* seem to come back to their Big Book for their ultimate answers to daily living and especially to understanding themselves.

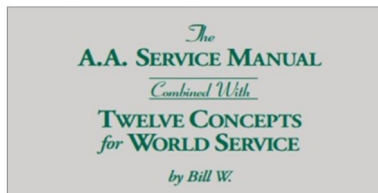
-- *Alcoholics Anonymous and the Disease Concept of Alcoholism*

## Big Book Quote

**“Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race.”**

**Big Book page 492**

### 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](http://www.area31aa.org)**

**FOR MORE INFORMATION ON  
ALL AREA 31 COMMITTEE'S,  
EVENTS, AND MORE, VISIT  
[WWW.AREA31AA.ORG](http://WWW.AREA31AA.ORG)**

# The AA Camel Story



## Camel

The camel each day goes twice to his knees.  
He picks up his load with the greatest of ease.  
He walks through the day with his head held high.  
And stays for that day, completely dry.

## Symbol

## Spiritual Principles

Prayer, Faith, Spirituality, Sobriety – One day at a time.

## Dr Bob's story of the AA Camel

Dr Bob, physician, and a cofounder of Alcoholics Anonymous – “. . . would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. 'It's the same with prayer,' Dr. Bob said. 'We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day.'” Dr. Bob and the Good Oldtimers (1980), page 229

## Camel Prayer

“The tasks of the day can pass with ease  
when a camel or I start on our knees.  
One Master we serve, the camel and I,  
and stay for that day completely dry.”

### ***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.

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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, 7:00pm, 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)





### Alcoholism in the Simplest Terms

Many of us, in Alcoholics Anonymous, have lost our families, our jobs, our friends, and even our health before we were desperate enough to deal with our problem. WHY? Asks the normal person, would anybody put the bottle before his wife, his children, his career and just about everything else in his life.

Well, the alcoholics who have recovered from this malady, and have been restored to a somewhat normal life, often understand how the

practicing alcoholic could do such a thing in the face of everything he has to lose, mainly because they have all been through the same, or similar ordeals to some degree or another.

They also know that, until this man has reached his bottom, it's unlikely that anything will get in the way of his drinking. The delusion (faulty perception) is still there. To him the thought of living without alcohol is terrifying.

Try to look at it this way:

On a scale of 1 to 10 the normal person awakens each morning at an emotional level of 8. The alcoholic awakens at a level of 2. Neither knows the emotional level of the other. The normal one doesn't understand why the alcoholic is so silent/depressed/disgruntled/unhappy, etc. everything seems fine to him. What's the problem?

The alcoholic, on the other hand (being at a 2) can't understand why the normal guy is so upbeat, after all, the world is a cold and hostile place to him. There's wars, the economy, sickness, responsibilities, financial problems, not much to look forward to. What's the use? He feels he is looking up from the bottom of a deep pit. (2)

When the alcoholic is in that pit and takes a drink he goes from a 2 to an 8 1/2 and halfway through his second drink he feels normal and everything is right with the world, no problem here!

On the other hand, when a normal drinker takes a drink, he goes from an 8 to an 8 1/2, it's nice but he wouldn't give up his life for it, and the next day, he's back to work. This is normal. The emotional level of an alcoholic will always return to a 2 and he continues to get progressively worse until he loses more than he was willing to lose. That is when he begins to realize that he will probably never be able to drink successfully, and if he is ready to ask for help, he has a chance to salvage his life.

The answers for me were in the AA program where I had a profound change of perception (or a Spiritual awakening if you like). The delusion that I could drink like a normal person was smashed. I know that if I neglect the evidence that I've experienced before and after I came to AA, I risk doing irreparable damage to myself and others, and worse than that, I risk wasting the only life I get to live, to a chemical that is closer to gasoline or lighter fluid than to the romantic way I used to perceive it.

What a tragic thing that would be when the solution was laid at my feet. All I had to do was surrender.

As the result of following this path, I am at an 8 almost every day of my life. A bad day for me is a 7. If I stop growing spiritually, I would start to go back down the scale again and as I approach a 5 or a 4, a drink might start looking good to me and it would be only a matter of time before I'd be back at the old game again. Knowing this, I am vigilante about my priorities and I stay in the safe (spiritual) zone. That is so much better than the alternative.

By Rick R.

## THE SATURDAY 11th STEP GROUP MEDITATION MEETING

Saturday 5pm November to April  
Grace Episcopal Church  
14 Boltwood Ave. Amherst, MA

Saturday 5pm May to October  
New England Peace Pogoda  
100 Cave Hill Road, Leverette, MA



CREATED JANUARY 24TH, 2017

## NEW GROUP!

of Alcoholics Anonymous

**All Women's Living Sober  
Discussion Group**



Christ Church Cathedral  
35 CHESTNUT STREET  
SPRINGFIELD, MA

**SUNDAY'S @ 1:00pm**

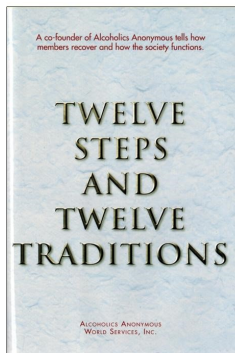
**OPEN  
WOMEN'S  
Discussion**



## NEW GROUP!

of Alcoholics Anonymous

**SOBER STEP SISTERS**  
Step Meeting



First Congregational Church  
7 Somers Road  
East Longmeadow, MA  
(2nd Floor Fireside Room)

If you have a Step Book  
Please bring it with you!

**Thursday's @ 6:00pm**  
**Closed Women's AA Meeting**

## NEW GROUP!

of Alcoholics Anonymous

**THE VETERANS GROUP**



**OPEN  
Speaker  
Discussion**

**Saturdays  
@ 7:00pm**

Massachusetts Military Support Center  
104 S. Ramah Circle, Agawam MA

Please note this meeting is designed  
for Veterans but no one will be turned away



**BYOBB 2****"Bring Your Own Big Book"****2nd AA Anniversary****Friday, April 3rd, 2020****"NEW LOCATION!"**

**THE HOPE COMMUNITY CHURCH**  
**152 South Westfield St., RT 157**  
**Feeding Hills, MA**

**6:00-7:00pm**

**AA Open 2**  
**Speaker Meeting**  
**7:00 - 8:00pm**

**THE BYOBB II****Bring Your Own Big Book****HAS MOVED TO A NEW LOCATION!**

**THE HOPE COMMUNITY CHURCH**  
**152 SOUTH WESTFIELD STREET**  
**ROUTE 187 S - FEEDING HILLS, MA**

**FRIDAY NIGHTS****7:00pm - Big Book Meeting****All Welcome - Open Meeting****WHEN & WHERE CHANGE!****THE RANDALL GROUP****SUNDAY AFTERNOON**

**St. Andrew's Church**  
**335 Longmeadow Street**

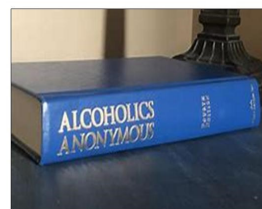
**THEY WILL HAVE THEIR**  
**BEGINNERS MEETING**  
**@ 1:00pm to 2:00pm**

**FOLLOWED BY A SPEAKER**  
**DISCUSSION MEETING**  
**@ 2:15pm to 3:00pm**

CREATED 3/10/2020

**NEW GROUP!****of Alcoholics Anonymous**

**THE DUNGEON GROUP**  
**FRIDAY NIGHTS**



**OPEN**  
**Topic Discussion**  
**7:30pm**  
**4th Friday Speaker**

**MENTAL HEALTH BUILDING**  
**20 BROAD STREET**  
**WESTFIELD, MA**



2/14/2109



### **Western Mass Intergroup**

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

### **Intergroup Officers & Staff**

Mike R - Chairman	Joy F - Office Manager
Marc C - Treasurer	Kevin L - Media / Web
Kate G - 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**

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—, that principle is contempt prior to investigation."

~Alcoholics Anonymous, 4th Edition, Appendice II, Spiritual Experience, pg. 568~

**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.**

**I 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.**

### **AA-related 'Acronym'**

**A B C =  
Action, Belief,  
Continue**