

The Beam

Central Service Office-47 Portland Street, Portland
Maine 04101

Hours-Monday thru Friday-9am to 5pm—Email-cso@csoaamaine.org

Phone-1-800-737-6237—207-774-3034—Website-csoaamaine.org



**"While some days may offer only a modicum of frantic serenity,
twenty-six years later I still know
the same inner tranquility that comes with forgiveness
of self and the acceptance of God's will. Each new morn-
ing, there is faith in sobriety, sobriety not as mere absti-
nence from alcohol, but as progressive recovery in every
facet of my life."**

Edmonton, Alberta, Canada

1973 AAWS, Inc.; Come to Believe, 30th printing 2004, pg. 13

SPONSORING VIA THE BIG BOOK

Some years ago, out in Hollywood, California, I was asked to sponsor a guy named Tom. However, I declined by informing him that I was only two years sober, to which Tom replied: "Well, that's all I want!"

What to do? I had been studying the Twelve Step directions from the Big Book, so I decided it might work out if we stuck to those clear-cut directions, page-by-page. After all, Step Twelve doesn't say that I am to carry *my message - my sponsor's message - what I think message*, etc., but it says to carry THIS MESSAGE - I believe that means the one in the Big Book. Confidence restored, I proceeded full speed ahead and the vital Big book message was successfully carried.

Since, I have only one authority as an active sponsor: The Big Book program of action. Being a history-minded sort of guy, I have spent many years studying the ingredients and suggestions of the AA Program. A place to start was a November 1934, "kitchen table" meeting between Ebby Thacher and Bill Wilson (pg. 9): Ebby told of a simple religious idea (*A vital spiritual experience*), and a practical program of action (*The Oxford Group's Four Absolutes, etc*). Bill had the idea that his gin would outlast Ebby's preaching, but it did not—a week or so thereafter, Bill checked back into Towns Hospital never to drink again.

On Dec 14th, 1934, Bill, while lying in bed, went through the essential elements of our now Twelve Steps (pg. 13). By 1936 these ideas (tenets) became what was then known as the six-step program (Read pg. 263). Although similar, there were several versions of these.

Bill W. started writing the Big Book manuscript during the spring of 1938, and by December had completed the writing of all Twelve Steps. However, his manuscript was altered somewhat dramatically in January of 1939 and included our Twelve Steps of today.

But guess what - it worked! We then had maybe one-hundred members, but now over two-million are staying sober by their use. Thank God I had these guidelines when I sponsored Tom so many years ago.

Bob S., Richmond, IN

Do not be discouraged.

ALCOHOLICS ANONYMOUS, p. 60

Few experiences are of less value to me than fast sobriety. Too many times discouragement has been the bonus for unrealistic expectations, not to mention self-pity or fatigue from my wanting to change the world by the weekend. Discouragement is a warning signal that I may have wandered across the God line. The secret of fulfilling my potential is in acknowledging my limitations and believing that time is a gift, not a threat.

Hope is the key that unlocks the door of discouragement. The program promises me that if I do not pick up the first drink today, I will always have hope. Having come to believe that I keep what I share, every time I encourage, I receive courage. It is with others that, with the grace of God and the Fellowship of A.A., I trudge the road of happy destiny. May I always remember that the power within me is far greater than any fear before me. May I always have patience, for I am on the right road.

Copyright 1990 ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

Where as I know the extreme importance of daily prayer and meditation in my life, I also know how important service work is to my program., engaging in service is the quickest way to get out of my head and also cements that I am living in His will.

Right now I set up a meeting which I've been doing for over a year. I enjoy the saneness of this service work and have offered it to others in the spirit of rotation. To no avail ! Its very important that someone else gets the experience of gratitude that I have felt by giving of myself to AA service structure. It has helped keep me mindful and sober today and will do the same for you .I am so grateful for this program and the service reminds me how good it feels to live in His will of feeling useful with a sense of true purpose.———Lisa D

A NEW PLAYBOOK

When I entered AA, I wasn't aware of the degree of change that would be required if I were to have any chance of fully recovering from alcoholism. Sure, I knew I had a drinking problem and that I wanted to find a way to quit, and to stay quit. That, I thought, wasn't going to be easy as all my previous attempts at going on the wagon only lasted a short time and as soon as the heat was off, I found some lame excuse to have a drink, and I was off to the races again.

At my first meeting I felt something different that I had never felt before. People held out their hands to me and made me feel at home. They listened with compassion and empathy and this was different than anything I had ever experienced. *They seemed comfortable in their skin* and I thought, Maybe they have something here and I wanted to learn more, especially while I was still suffering from the withdraws of a pretty good bender. My introduction to AA couldn't have been better.

I jumped in with both feet and I was on my way to learning why alcohol had such a horrible effect on my life when others could take it or leave it alone. It wasn't long after I started getting into the 12 steps that I learned that most of my thinking up to that point had flaws and I was going to have to question all my decision making and determine which ideas were sound and which ones were flawed. One of my mentors suggested that all my decisions were flawed because they were based on faulty (selfish) perceptions. Some of them may be the right answer but based on selfish motives and they only tend to bolster my ego. That didn't stop me from wanting to be right, and I spent much of my early years debating issues and still driving people away from me. Someone said *that* I would rather be right than be happy. That was true as my *EGO* was running the show.

I finally evolved enough to see the wisdom in his words and have been spending most of my efforts in the AA program trying to keep my *EGO* in check. I often use metaphors to make a point. If I were a professional football player and something happened that ended my football career, but still I had the talent to play baseball and could sign on with a baseball team, that would be great. I show up in my new uniform and when the game starts I tackle a base runner trying to get into 2nd base. It's obvious to everyone else that I shouldn't do that but I can't understand what the problem is after all, I did have the right uniform on. Things go on like this for as long as I am *still using the old play book*. It seems ridiculous but we see it every day in AA. We come in thinking that if we jump through the right hoops, that we are following the program if we don't pick up a drink. This is shallow alcoholic thinking and usually fails before too long.

The new playbook deals with the deeper emotional problems that cause us to search for relief in the bottle. It suggests a more humble approach to our relationships with others. *It suggests being nonjudgmental. It suggests restraint of pen and tongue. It suggests surrender, patience, acceptance, kindness, love, and many other qualities that are unfamiliar to the average alcoholic, and most of all, it suggests EGO deflation.* This is a large order for a person who needs attention, and has self esteem problems. When we see a person in the program for awhile, that has struggled trying to make the old playbook work, and finally crosses that line and picks up the new playbook, the change is so profound that it obvious to anybody. Be willing to question whether or not you are stuck in the old way of thinking and look deeper into your motives. It may be easier than you think to change those old habits if you persist. *Pick up the new playbook and get into the game.*

Rick R.

From Portland Me-

I learned about Service work thru my sponsor & home Group. My first service job at two months sober was a greeter at my Home Group. After six months I became the coffee maker and cookie lady. Then I also starting to volunteer at our Central Service Office in Portland once a week. This was right next to Bubba's Bar at that time. I answered the phones, took 12 step calls and connected people throughout the State of Maine with AA members from those

Districts.

Throughout my days, months and now years, I realized how I looked forward to being of service to AA. In other words, helping other people especially new comers and by helping myself by showing up. Through sponsorship, service work and the 12 Steps I have found the God of my understanding. It has been a beautiful journey of love, caring as the best parts of my life. Family members, old friends and co-workers like being around me today.

I was a Drunk for many years, now I can say that I am a women of Honor and Dignity.

Thank You God !

OUR COMMON WELFARE COMES FIRST

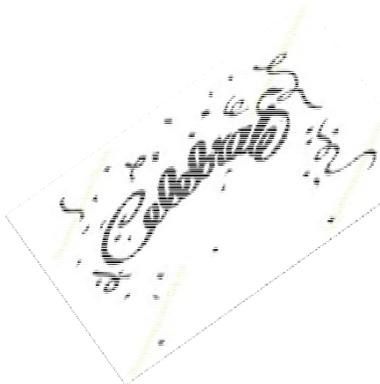
The unity of Alcoholics Anonymous is the most cherished quality our Society has. . . . We stay whole, or A.A. dies.

TWELVE STEPS AND TWELVE TRADITIONS, p. 129

Our Traditions are key elements in the ego deflation process necessary to achieve and maintain sobriety in Alcoholics Anonymous. The First Tradition reminds me not to take credit, or authority, for my recovery. Placing our common welfare first reminds me not to become a healer in this program; I am still one of the patients. Self-effacing elders built the ward. Without it, I doubt I would be alive. Without the group, few alcoholics would recover.

The active role in renewed surrender of will enables me to step aside from the need to dominate, the desire for recognition, both of which played so great a part in my active alcoholism. Deferring my personal desires for the greater good of group growth contributes toward A.A. unity that is central to all recovery. It helps me to remember that the whole is greater than the sum of all its parts.

Copyright 1990 ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.



District 4 & 7 Anniversaries

May 5-Kris H-8 Years-Stockholm

Choices

"During the day, we can pause where situations must be met and decisions made, and renew the simple request: 'Thy will, not mine, be done.'

If at these points our emotional disturbance happens to be great, we will more surely keep our balance, provided we remember, and repeat to ourselves, a particular prayer or phrase that has appealed to us in our reading or meditation. Just saying it over and over will often enable us to return to the surest help of all - our search for God's will, not our own, in the moment of stress."

**Bill W., Twelve Steps and Twelve Traditions, pp. 102-3
As Bill Sees It p. 78**

Honesty

"I know the biggest word for me in AA is 'honesty.'
I don't believe this program would work for me
if I didn't get honest with myself about everything.
Honesty is the easiest word for me to understand
because it is the exact opposite of what I've been doing
all my life.

Therefore, it will be the hardest to work on.
But I will never be totally honest -- that would make me perfect,
and none of us can claim to be perfect.

Only God is.

If I work on it every day, it will be easier
to be honest with myself.

Then getting and staying honest with other people
will come automatically.

I know I will be grateful for a chance to make amends
to everybody I have hurt in the past."

c. 1976AAWS, *Alcoholics Anonymous*, p. 482

STEP FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Twelve steps deflate ego. Step 5 is difficult but necessary to sobriety and peace of mind. Confession is an ancient discipline. Without fearless admission of defects, few could stay sober. What do we receive from Step Five? Beginning of true kinship with man and God. Lose sense of isolation, receive forgiveness' and give it; learn humility; gain honesty. Danger of rationalization. How to choose the person in whom to confide. Results are tranquility and consciousness of God.

TRADITION FIVE

“Each group has but one primary purpose-to carry the message to the alcoholic who still suffers.”

Better do one thing well than many badly. The life of our fellowship depends on this principal. The ability of each A.A. to identify him-self with and bring recovery to the newcomer is a gift from God... passing on this gift to others is our aim. Sobriety can't be kept unless it is given away.

CONCEPT FIVE

Throughout the world services structure, a traditional *“Right of Appeal”* ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

GROUP AUTONOMY

Some may think that we have carried the principle of group autonomy to extremes. For example, in its original "long form," Tradition Four declares: "Any two or three gathered together for sobriety may call themselves an A.A. group, provided that as a group they have no other affiliation. ". . . But this ultra liberty is not so risky as it looks.

A.A. COMES OF AGE, pp. 104-05

As an active alcoholic, I abused every liberty that life afforded. How could A.A. expect me to respect the "ultra-liberty" bestowed by Tradition Four? Learning respect has become a lifetime job.

A.A. has made me fully accept the necessity of discipline and that, if I do not assert it from within, then I will pay for it. This applies to groups too. Tradition Four points me in a spiritual direction, in spite of my alcoholic inclinations.

Copyright 1990

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

"He calls it 'meditation'."

**R
U
L
E

6
2**



BEAM Subscription Form

- New Renewal
- Save the postage, I read it online

Name _____

Address _____

Phone _____

Mail \$12.00 per year to:
Central Service Office
47 Portland St.
Portland, ME 04101



I Am Responsible...

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



Where to send your Contributions

Central Service Office (CSO)
47 Portland Street
Portland, Maine 04101

MAINE AREA 28
499 Broadway #225
Bangor, Maine 04401

General Service Office (GSO)
P. O. Box 459
Grand Central Station
New York, New York 10163-0459

YOUR OWN DISTRICT

Faithful Fivers

Faithful Fivers are AA members who, in gratitude, pledge to contribute \$5 each month toward the support of CSO in its task of helping Groups and Members in carrying the message to the alcoholic who still suffers. If you are able to join in our quest please fill out the enrollment form and send it along with your first donation to:

Central Service Office
47 Portland St.
Portland, ME 04101

Or sign up at csoamaine.org for a recurring payment with PayPal
 You will receive a subscription to the BEAM for yourself or for a friend... and much, much more!!!

Name _____

Address _____

Phone _____

Services Offered By Your CSO

- * Volunteers answer all phone calls; meeting info & 12 Step calls
- * Sell approved A.A. literature
- * Publish State Meeting List
- * Publish *The Beam* (our monthly newsletter)
- * Print Area 28 Service Workbook & *Boomerang*
- * Maintain CSO Web-Site, access to meeting information for all of Maine & New Brunswick, Area 28 Events, Forums, The Beam, Speakers, Daily Readings, Forms for all events, meeting changes & registration.
- * Provide meeting space for Districts & Committee Meetings.

BUSINESS MEETINGS at CSO

CSO Steering Committee Meeting
Last Wednesday of every Month
May 30 @ 6:00 pm

CSR Meeting
First Tuesday of every Month
June 5 @ 6:00 pm

District One
Second Sunday of every Month
June 10 @ 9:30 am

Corrections Committee Meeting
Second Tuesday of every Month
June 12 @ 6:00 pm-BTG@5pm

Treatment Committee Meeting
Third Tuesday of every Month
Love & Service
May 15@ 6:00 pm

PICPC Committee Meeting
Fourth Tuesday of every Month
May 22@ 5:15pm
Special Needs@6pm

Bookies' Meetings
Third Sunday of every 3rd Month
Sahara Club Ashmont St.
July 15 & October 28, 2018
At 9:30am

The Beam is the Monthly
Newsletter of
Central Service Office
47 Portland Street
Portland, Maine 04101
(207) 774-3034
Web: csoaamaine.org

Our Purpose
*Our purpose is the sharing of
experience, strength and hope as
well as opinion, information and
entertainment, throughout
the Maine Fellowship.*

Beam /Committee Staff
CSO Manager
CSO Treasurer
Artistic Editor CSO
Production Editor CSO
Web Master:

**Volunteers Always Needed,
Always Wanted**

If you are interested in sitting on any of
the following Committees.
Please contact the Office.

Finance Committee
By Laws Committee
Web Site Committee
Functions Committee

Beam Subscriptions
Suggested contribution \$12.00
Please mail to:
Central Service Office
47 Portland Street
Portland, Maine 04101

CSO

HOLIDAYS

2018

2018
Memorial Day 28
Independence Day July 4



Declaration of Unity

This we owe to A.A's Future;
To place our common welfare first;
To keep our fellowship united.
For on A.A. unity depend our lives;
And the lives of those to come.

April Hot Line Summary

There were 304 calls answered this month,
25 which were Twelve Step calls.
Answering Service 328 call for a total
of 654 calls.
Districts are urged to keep their
12 Step Call Lists current
to aid in expediting calls efficiently.