

THE BEAM

Central Service Office –47 Portland Street-

Portland Maine 04101-

207-774-3034

1-800-737-6237

Office Hours

Mon-Wed-Thur-Fri-9am to 5 pm

Tuesday-9am to 7pm

Web-csoaamaine.org

Email:

cso@csoaamaine.org

A PRICELESS REWARD

**. . . work with other alcoholics . . . It works when other activities fail.
ALCOHOLICS ANONYMOUS, p. 89**

"Life will take on new meaning, as the Big Book says (p. 89). This promise has helped me to avoid self-seeking and self-pity. To watch others grow in this wonderful program, to see them improve the quality of their lives, is a priceless reward for my effort to help others. Self-examination is yet another reward for an ongoing recovery, as are serenity, peace and contentment. The energy derived from seeing others on a successful path, of sharing with them the joys of the journey, gives to my life a new meaning."

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The Great Reality Deep Within
Bob S., Richmond, IN

As I venture through each passing day, I try to watch for those ever-reoccurring defects of character such as repeating angry thoughts, self-centeredness, unreasonable fear, and all the rest of it. Of course, Step Ten (p. 84) tells me to ask God at once to remove these dangerous obstacles when they crop up, but without conscious contact with my Higher Power I am lost – those little devils jump in the driver's seat long before I realize they have taken control, rendering me minus a fit spiritual condition. Lest I soon reconnect with the aforementioned Power I will be treading on dangerous emotional territory. But where is this mysterious power? The Big Book provides a surprising answer: "*We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.*" (p. 55) Please note the words, *Great Reality*, are capitalized denoting God! Bill is not theorizing here; he is describing spiritual results from AA history.

In other words, I already possess the power to face and be rid of reoccurring sobriety-threatening emotional states, as they crop up, so long as I make use of the Intuitive cognizance offered by this mysterious, yet ever-present, *God Given Reality*. Reality implies Truth. An alcoholic cannot drink on the Truth! An alcoholic can only drink on a lie. Page 87 tells us: ". . . *we find that our thinking will, as time passes, be more and more on the plane of Inspiration. We come to rely on it.*" Living out of this inspirational Truth, albeit only spasmodically, has allowed me to remain emotionally fixed and stable regardless of outside influences – at least enough that I haven't had to drink since my very first AA meeting.

Simply living in the spirit of the Twelve Steps, in some mysterious way, brings forth this inherent Self, *my true Self*, as a most welcome intuitive guide. That is to say, clean house in all day long (Step 10); pray throughout the day (Step 11); so I may be of maximum service to God and my fellows all day long (Step 12). In short: "*Out of self. Into God. Into others.*" (Rev. Sam Shoemaker) . . . and to parrot the famous 1940s Cleveland Indians catcher, Rollie Hemslie: "*AA opened the door, but I had to walk in!*" I have to 'walk in' each and every new day to revive and continue my conscious contact with the '*Great Reality deep down within,*' if I want to remain happy, joyous and free of booze.

Someone once remarked that pain is the touchstone of spiritual progress. How heartily we A.A.'s can agree with him, for we know that the pains of alcoholism had to come before sobriety, and continued turmoil before serenity.

<<< >>>

"Believe more deeply. Hold your face up to the Light, even though for the moment you do not see."

2. TWELVE AND TWELVE, pp. 93-94

3. LETTER, 195

~~*~*~*~*^ **Big Book Quote** ^*~*~*~*~*~*

"Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight."

~Alcoholics Anonymous, 4th Edition, How It Works, pg. 67~

From the desk of your Office Manager; 2019

Happy New Year from your Central Service Office, I hope everyone had a safe and sober journey through 2018.

I want to thank all the Groups and Districts for their support last year and the continued support in the coming year. Because of you all we have been able to grow a little financially to make your office a bit more stable. But our work with the next alcoholic coming through the doors is never done. We need to practice the AA Traditions and help others to also understand them through our literature, this of course is group survival for us all. We can always use more support than less on both ends of the spectrum.

I want to thank all those that brought food in for the open house Christmas Gathering on cold rainy December 21th. A few newly sober members and sponsors and sponsees sitting around and talking about the program and principals for AA with cheer and laughter in the air. We have come to believe we are not a glum lot here at CSO. Through his loving grace we all have received freedom from alcohol on this day with the ability to be of service.

And with this some new members got a chance to listen as volunteers answered the phones helping those who called. While others bought literature and talked, God's grace filled the room with thoughts of helping one another as we all talked about the last year and the hopes of a new year in front of us all. Peace & Blessings to everyone that has come into your office to help or volunteer in some manner over this past year. God bless you !!!

Your CSO Manager-Gary S

A New Notion

"The idea that religion and spirituality were not one and the same was a new notion. My sponsor asked that I merely remain open-minded to the possibility that there was a Power greater than myself, one of my own understanding. He assured me that no person was going to impose a belief system on me, that it was a personal matter. Reluctantly, I opened my mind to the fact that maybe, just maybe, there was something to this spiritual lifestyle. Slowly, but surely, I realized there was indeed a Power greater than myself, and I soon found myself with a full-time God in my life and following a spiritual path that didn't conflict with my personal religious convictions."

c. 2001 AAWS, Alcoholics Anonymous, p. 287

"When, in all humility, I try to pass our message on to other less fortunate alcoholics, I know that the plan of the Higher Power comes to us through the medium of people. To us alcoholics, this does not mean common or garden people, but special people, such as other alcoholics. And I am guided to include among the people from whom I might receive guidance, and to whom I must demonstrate the life of my conscience or Higher Power, those who married me, loved me, befriended me, and stuck by me, as others stuck by other alcoholics."

Bulawayo, Rhodesia [now Zimbabwe]

1973 AAWS, Inc.

Came to Believe, 30th printing 2004, pg. 82

Since 1938, the greatest part of my A.A. life has been spent in helping to create, design, manage, and insure the solvency and effectiveness of A.A.'s world services - the office of which has enabled our Fellowship to function all over the globe, and as a unified whole. It is no exaggeration to say that, under their trustees, these all important services have accounted for much of our present size and over-all effectiveness. The A.A. General Service Office is by far the largest single carrier of the A.A. message. It has well related A.A. to the troubled world in which we live. It has fostered the spread of our Fellowship everywhere. A.A. World Services, Inc., stands ready to serve the special needs of any group or isolated individual, no matter the distance or language. Its many years of accumulated experience are available to us all. The members of our trusteeship - the General Service Board of A.A. - will, in the future, be our primary leaders in all of our world affairs. This high responsibility has long since been delegated to them; they are the successors in world service to Dr. Bob and to me, and they are directly accountable to A.A. as a whole. This is the legacy of world-service responsibility that we vanishing old-timers are leaving to you, the A.A.'s of today and tomorrow. We know that you will guard, support, and cherish this world legacy as the greatest collective responsibility that A.A. has or ever can have.

Yours in trust, and in affection,

Bill

DISTRICT 4 & 7 CELEBRATIONS

JANUARY-1 JAMES H-2 YEARS-FORT KENT
 JANUARY-4-DENNIS S-25 YEARS-FORT KENT
 JANUARY-4-LINDA T-9 YEARS-FORT FAIRFIELD
 JANUARY-5-LYNNE R-33 YEARS-CARIBOU
 JANUARY-5-ANNE E.-4 YEARS-WOODSTOCK
 JANUARY-5-KATHY MC-28 YEARS-WOODSTOCK
 JANUARY-5-RUDY ST. P.-36 YEARS-STOCKHOLM
 JANUARY-6-DAVE R.-8 YEARS-CARIBOU
 JANUARY-9-STEPHEN L-8 YEARS-AROOSTOOK JUNCTION
 JANUARY-14-EMILY B--1 YEAR-CARIBOU
 JANUARY-15-DICK M-30 YEARS-MADAWASKA
 JANUARY-20-STACIE H-3 YEARS-CARIBOU

FRYEBURG STEP SISTERS
 JANUARY 1-HARRIET S-46 YEARS
 JANUARY 3-MARY W-7 YEARS
 JANUARY 13-JUDIE D-7 YEARS
 JANUARY 13-CLAIRE K-13 YEARS
 JANUARY 21-CYNTHIA J-39 YEARS

Sad passing of Gerry-Grand Falls-with 43 Years

Like the Effect
from: "The Doctor's Opinion"

"Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks - drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery."

2001, AAWS, Inc., *Alcoholics Anonymous*, pages xxviii-xxix

Can We Choose?

We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings - that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose.

STEP ONE

**“We admitted we were powerless over alcohol—
that our lives had become unmanageable.”
Who cares to admit complete defeat? Admission
of powerlessness is the first step in liberation.
Relation of humility to sobriety. Mental obsession
plus physical allergy. Why must every A.A.
hit bottom?**

CONCEPT

TRADITION ONE

**“Our common welfare should come first;
personal recovery depends upon A.A. unity.”
Without unity, A.A. dies. Individual liberty, yet great
unity. Key to paradox: each A.A.'s life depends on
obedience to spiritual principles. The group must survive
or the individual will not. Common welfare comes
first. How best to live and work together as groups.**

CONCEPT I

**Final responsibility and the ultimate authority for A.A. world services should always reside
in the collective
conscience of our whole fellowship.**



"Let me know when you take your inventory. You'll need my help!"

During my drinking years, my one and only concern was to have my fellow man think highly of me. My ambition in everything I did was to have the power to be at the top. My inner self kept telling me something else but I couldn't accept it. I didn't even allow myself to realize that I wore a mask continually. Finally, when the mask came off and I cried out to the only God I could conceive, the Fellowship of A.A., my group and the Twelve Steps were there. I learned how to change resentments into acceptance, fear into hope and anger into love. I have learned also, through loving without undo expectations, through sharing my concerns and caring for my fellow man, that each day can be joyous and fruitful. I begin and end my day with thanks to God, who has so generously shed His grace on me.

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When I go shopping I look at the prices and if I need what I see, buy it and pay. Now that I am supposed to be in rehabilitation, I have to straighten out my life. When I go to a meeting, I take a coffee with sugar and milk, sometimes more than one. But at the collection time, I am either too busy to take money out of my purse, or I do not have enough, but I am there because I need this meeting. I heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never give one dollar. Like many others, I rely on the more generous members to finance the Fellowship. I forget that it takes money to rent the meeting room, buy my milk, sugar and cups. I will pay, without hesitation, ninety cents for a cup of coffee at a restaurant after the meeting; I always have money for that. So, how much is my sobriety and my inner peace worth?

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- 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.

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

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

District One
Second Sunday of every Month
January 13 @ 9:30 am

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

Treatment Committee Meeting
Third Tuesday of every Month
February 19 @ 6:00 pm-L&S @ 6pm

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

Bookies' Meetings
Third Sunday of every 3rd Month
Sahara Club 57 Ashmont Street
January 20th @ 9:30 am

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

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

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CSO Manager
CSO Treasurer
Artistic Editor
Production Editor CSO
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Always Wanted**

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Portland, Maine 04101

**CSO
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2019**

**January 21th-Martin L King
February 18th Presidents Day**

December Hot Line Summary

There were 262 calls answered this month,
11 which were Twelve Step calls.
Answering Service 328 call for a total
of 590 calls.
Districts are urged to keep their
12 Step Call Lists current
to aid in expediting calls efficiently.



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.**