

OCTOBER

THE BEAM

Web: csoaamaine.org
Email:
cso@csoaamaine.org

Central Service Office
47 Portland Street Portland Maine 04101
207-774-3034 1-800-737-6237

Office Hours
Mon, Tue Wed, Thu, Fri 8am to
12:30pm
Closed Saturday & Sunday



How Rigorous Must Honesty Be

Devoid of All Motives to Deceive

By Rick R.

Is there a difference between *being honest* and *being rigorously honest*, and if not, why add the word rigorous, unless to imply that honesty comes in degrees? I know that when I first was faced with the challenge of being honest, (where it is mentioned three times in the first paragraph of How It Works in the Big Book), I wasn't against being honest and I was willing to give it my best shot. *Could I attain perfect honesty? I think not.* I could, however, reign in my lying about things that mattered, but that still left me with, what I felt was, a half measures approach and that did not sit well with me. If I was willing to be dishonest about anything, I was leaving myself opened to rationalizing and still I was conflicted. If I could lie once, wouldn't that be like taking just one drink? The second lie comes easier. Was I dishonest if I embellished the size of the fish, I caught last weekend? All these questions ran through my mind, and many more before I came upon an approach that worked for me, and it all seems to rest upon what my motives are.

I was attending a discussion meeting one evening and the topic was RIGOROUS HONESTY, and many of these questions were discussed without resolution until a gentleman defined the word *HONEST, as DEVOID OF ALL MOTIVES TO DECEIVE*. That meaning of the word gave me the latitude to practice that principle in the spirit that I believe the founders of AA would approve of. If you read the Big Book and the 12X12 you will find some overriding principles concerning these dilemmas. One that comes to mind immediately is: We cannot buy our own peace of mind at the expense of others. (Step 9 in the 12X12) and I would add "*my own self-righteousness at the feet of my loved ones.*"

If the definition of honesty is "devoid of all motives to deceive" it leaves me with room to be kind during those innocent moments when my wife returns from the hair dresser and asks me if I like her new hair-do. I always like her new hairdo. *The being kind clause trumps the rigorous clause and I am not trying to deceive anyone.* What are hairdos supposed to look like anyway?

There is one area where I must be rigorously honest, and that is, with Myself. I must not let, what I refer to as, *overriding principles get stretched out of proportions* to the degree that I start to *rationalize and become deceptive again*. The *trust and respect* we gain when we follow these principles do not come easy and if we compromise it, we may never get it back. In step 9, it also makes exceptions where full disclosure would cause actual harm. When in doubt, I can enlist the help of a trusted advisor and, I can be *rigorously honest with him*, live in the spirit of these principles and still have *honest integrity*.

Thank You from your Central Service Office Manager

As we go through these crazy times together in AA I want to let you all know that we here have stayed open from 8am to 12:30 pm Monday through Friday. I am honored that with everything going on around the Covid Virus, that Marion L has stayed by my side here at the office volunteering day in & day out . We are still taken any book orders that come to us and you can easily order from the CSO Book Store. Myself, I am doing the everyday jobs that make it possible for the office to be open & moving forward in a positive manner. I am deeply grateful for all the members that have stepped up and donated to the office . We are still in a good sound financial position so far. There are many Groups & Districts that have kept up their support the best they can along with some of the outdoor meetings. Because of you all ,we have not had to go into our prudent reserve and our bank account is relatively healthy. Thank you all for making this possible ! Although we are not having any Committee meetings here at the office, most have been going smoothly on zoom. And finally I ask , if you have been a CSR we will need a couple to send in a letter from your Home Group if you are interested in joining the Steering Committee for the next 2 years. Your input to your office is always needed and welcomed. Our Webmaster has been out straight trying to keep up, please be patient my AA friends. Nothing good comes from being rude ! We are all in the same boat. Again a big thank you for allowing me to be here with you and to serve with a grateful heart.

Be safe & Be well

Gary S

Your CSO Manger

The Center Line of Life

Deeper rooted emotional problems

By Rick R.

We are all born with a Conscience and an Ego. We all have instincts. We, as human beings are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differ in all of us. "Yet these instincts, so necessary for our existence, often far exceed their proper function. "(12x12 Step 4) Most normal people make mistakes in their lives and that is normal since no one is perfect. Most Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. Most Alcoholics have deeper rooted emotional problems that far exceeds the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, A certain percentage of our fellowship have deeper rooted problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms. Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are arrogant or egotistical etc. when displaying behaviors that the average person is not afflicted with. These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range else why would we need to attend AA meetings. Let us consider the normal range to be 5 degrees on either side of the center line. The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may walk in front of a bus. These are the extremes, and we all fall somewhere in between. Those of us who are fortunate enough not to be afflicted by those pre-mentioned mental disorders, are blessed In the sense that, practicing the principles of Alcoholics Anonymous, can bring us back towards the center line and we can lead a somewhat normal life.

For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of judging them by their outward behavior, we are still outside the normal range, and when we replace the habit of being judgmental with the habits of compassion and empathy we are somewhat closer to the center line. We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions pointed out in the A.A. program. Steps six and Seven begins this process of recognizing our defects of character, based on our thinking, and changing the shortcomings or actions, that result from those thoughts. "There are those too who suffer from grave emotional and mental disorders but many of them do recover if they have the capacity to be honest." (BB pg. 58) My question is, do we have the capacity to be accepting when we recognize that some of us have these, uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be judgmental about these difficulties. Love, Compassion and Empathy are the center line positions in these cases. They need our understanding.

^Just For Today!^*~

What I've Learned

From: "Building a New Life"

There have been some hard times too during these years of sobriety. When I was five years sober, the daughter who drove me to the treatment program and helped me get admitted disappeared. My A.A. friends helped me search for her, but she has never been found. Her mother and I raised her three daughters. I did not have to take a drink. I went to lots of meetings to relieve the pain. When I lost a second daughter to cancer a few years ago, I did the same thing.

What I've learned is that it doesn't matter what hardships and losses I've endured in sobriety, I have not had to go back to drinking. As long as I work the program, keep being of service, go to meetings, and keep my spiritual life together, I can live a decent life.

2001, AAWS Inc.

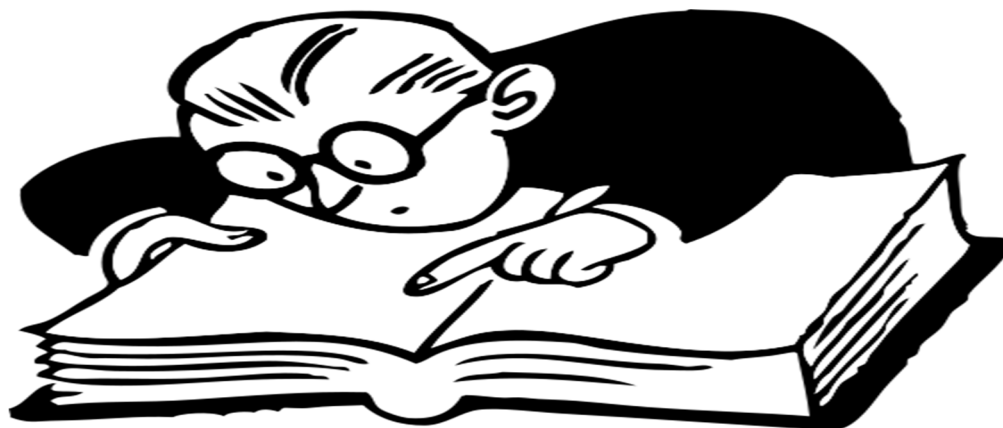
Alcoholics Anonymous, page 485

THE LAST PROMISE

**We will suddenly realize that God is doing for us what we could not do for ourselves.
ALCOHOLICS ANONYMOUS, p. 84**

The last Promise in the Big Book came true for me on the very first day of sobriety. God kept me sober that day, and on every other day I allowed Him to operate in my life. He gives me the strength, courage and guidance to meet my responsibilities in life so that I am then able to reach out and help others stay sober and grow. He manifests within me, making me a channel of His word, thought and deed. He works with my inner self, while I produce in the outer world, for He will not do for me what I can do for myself. I must be willing to do His work, so that He can function through me successfully.

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Faith is the substance of things hoped for, and the evidence of things not seen.

When I talk with a newcomer to A.A., my past looks me straight in the face. I see the pain in those hopeful eyes, I extend my hand, and then the miracle happens: I become healed. My problems vanish as I reach out to his trembling soul.

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~*^As Bill Sees It^*~

The Step That Keeps Us Growing

Sometimes, when friends tell us how well we are doing, we know better inside. We know we aren't doing well enough. We still can't handle life, as life is. There must be a serious flaw somewhere in our spiritual practice and development. What, then, is it? The chances are better than even that we shall locate our trouble in our misunderstanding or neglect of A.A.'s Step Eleven - prayer, meditation, and the guidance of God. The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually.

GRAPEVINE, JUNE 1958

District 4 & 7 Anniversaries
9-22-Ken G-1 Year-Madawaska
9-27-Bebra J-2 YEARS-MICMAC ADMIN-PRESQUE ISLE
10-2-PAUL L-15 YEARS-FORT KENT
10-8-Charlie D-9 Years -Florenceville
10-16-PATTY C-19 YEARS-FORT FAIRFIELD

Fun

"Every day, I feel a little bit more useful, more happy, and more free. Life, including some ups and downs, is a lot of fun. I am part of A.A. which is a way of life. If I had not become an active alcoholic and joined A.A., I might never have found my own identity or become a part of anything."

1976 AAWS, Alcoholics Anonymous, p. 417

We recovered alcoholics are not so much brothers in virtue as we are brothers in our defects, and in our common strivings to overcome them."

1. ALCOHOLICS ANONYMOUS, P. 60

2. LETTER, 1946



CONCEPT X

Every service responsibility should be matched by an equal service authority - the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

TRADITION TEN

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."
 A.A. does not take sides in any public controversy. Reluctance to fight is not a special virtue. Survival and spread of A.A. are our primary aims. Lessons learned from Washingtonian movement.

STEP TEN

"Continued to take personal inventory and when we were wrong promptly admitted it."
 Can we stay sober and keep emotional balance under all conditions?
 Self-searching becomes a regular habit. Admit, accept, and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met. Varieties of inventory. Anger, resentments, jealousy, envy, self-pity, hurt pride— all led to the bottle. Self restraint first objective. Insurance against "big-shot-ism."

**As Bill Sees It
"Look Before You Leap"?**

"Wise men and women rightly give a top rating to the virtue of prudence. They know that without this all important attribute little wisdom is to be had. Mere 'looking before we leap' is not enough. If our looking is charged with fear, suspicion, or anger, we had better not have looked or acted at all.

<<< >>>

We lose the fear of making decisions, great and small, as we realize that should our choice prove wrong we can, if we will, learn from the experience. Should our decision be the right one, we can thank God for giving us the courage and the grace that

A N O N Y M O U S

Actions, Not Our Names, Yield Maintenance Of Unity and Service

Joker in the Glass

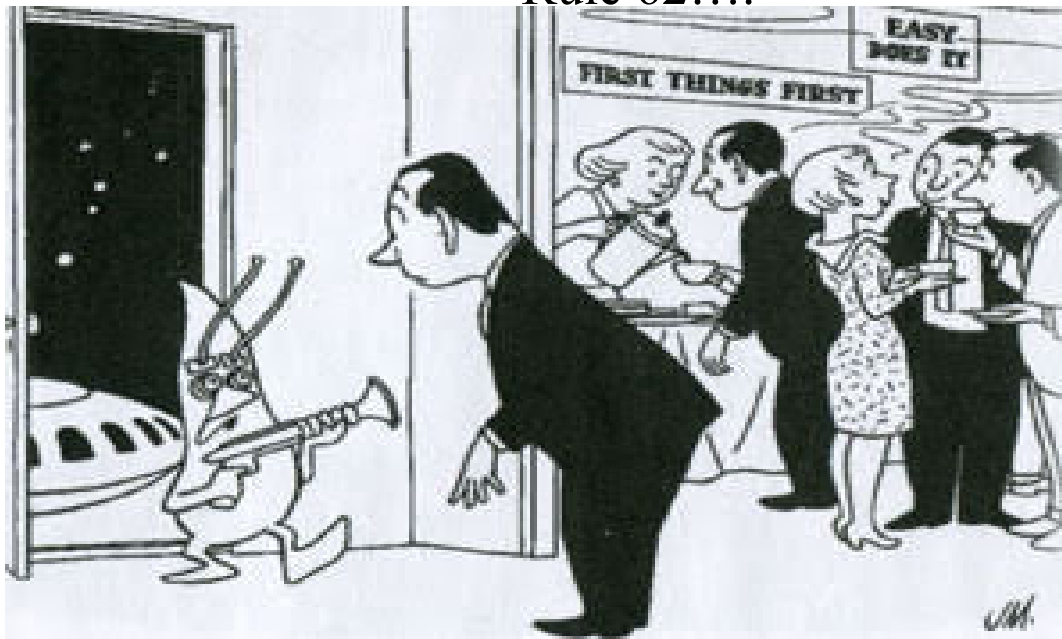
Chapter XXIII: His prescriptions for sobriety

You know, Dan, he [Dr. Bob] told me, many people coming into A.A. get the wrong conception of "Easy Does It", and I hope you don't. It doesn't mean that you sit on your fanny, stay home from meetings and let other people work the program for you. It doesn't mean you have an easy life without drinking. Easy Does It means you take it a day at a time. He told me that before I could be honest with him or my sponsor or anyone else, I had to get honest with that joker in the glass.

I didn't know what he meant by that joker in the glass. He told me that was the man in the looking glass. When you shave tomorrow, get honest with the man who looks back at you from the looking glass.

1980 AAWS Inc.

Rule 62....



"My drinking has me feeling a little alienated."

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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 _____

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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
October 28@ 6:00 pm

CSR Meeting
First Tuesday of every Month
November 3 @ 6:00 pm

District One
Second Sunday of every Month
November 8 @ 9:30 am

Corrections Committee Meeting
Second Tuesday of every Month
November 10 @ 6:00 pm-BTG @ 5pm

Treatment Committee Meeting
Third Tuesday of every Month
October 20 @ 6:00 pm-L& S @ 6pm

PICPC Committee Meeting
Fourth Tuesday of every Month
October 27 @ 5:15 pm-Special Needs @ 6pm

Bookies' Meetings
Third Sunday of every 3rd Month
Sahara Club 57 Ashmont Street
October 18, 2020 @ 1pm

The Beam is the Monthly Newsletter of
Central Service Office
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(207) 774-3034
Web: cssoamaine.org

Our Purpose
Our purpose is the sharing of experience, strength and hope as well as opinion, These letters will be over viewed and be guided by our 36 spiritual principles. information and entertainment, throughout the Maine Fellowship.

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2020

VETRANS DAY-NOVEMBER 11
THANKSGIVING NOV-27 & 28
CHRISTMAS-DEC- 25
NEW YEARS-DEC 31 & JAN 1



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.

September Hot Line Summary

There were 199 calls answered this month, 14 which were Twelve Step calls. Answering Service 281 call for a total 494 of calls. Districts are urged to keep their 12 Step Call Lists current to aid in expediting calls efficiently.