



# The Beacon

Jan - Feb 2014

## The Beacon Statement

The Beacon is published to foster unity, facilitate communication among AA members and groups within the North Alabama area, and present the experience and opinions of individual members of Alcoholics Anonymous on the disease of Alcoholism and recovery from it. Opinions in The Beacon are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by Alcoholics Anonymous or the Huntsville Area Intergroup Association. We aim to be an instrument of carrying the A.A. message, and to publish AA related material, including personal stories of experience strength, and hope—as well as what we feel to be important information about what is happening in this area. All material is reviewed by the Beacon editor and the Huntsville Area Intergroup Association.

## The Beacon on the Web!

For those who have access to the “Web”, The Beacon is available via the internet. Just visit the AA District 20 web site at: <http://www.aahuntsvilleal.org> and click on the “NEWS” menu entry. Each issue will be posted (in PDF format) for download directly after publication.

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## Beacon Submissions

To reach the editor with article suggestions, feedback, contributions and ideas: Email to: [beacon@aahsv.org](mailto:beacon@aahsv.org). Or drop off at The Beacon mailbox inside the Central Office, 3322 S. Memorial Pkwy, Bldg 600, Suite 603, or call 256-885-0323.

## **From the Editor:**

Last November, I was diagnosed as having small cell carcinoma on a lymph node on the right side of my chest. I began treatment with chemotherapy in early January. I say this for one reason and one reason only: there is always the possibility that the chemo and radiation therapies will not stop the spread of this cancer; and this means that, at one point in time, I may no longer be in a position to produce the Beacon. In preparation for that possible event, I am asking for your help in finding a successor to take over production of this newsletter.

I make an assumption with this request: that members of the Huntsville Area Intergroup are interested and concerned enough to desire continued publication of the Beacon.

I first published the Beacon in 1988—and I’ve thoroughly enjoyed my involvement, as editor, over periods of years. The “bottom line”? I would hate to see the demise of the Beacon, however, if there isn’t a person or persons willing to take on the task, then “so be it”. Regardless, I know I’ve done my best to bring news and information about the HAIA and its member groups in the spirit from which it began—which was, and is: “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.”

As with other facets of A.A., it is your choice, within your willingness to serve, whether or not the Beacon survives.

**Bill P., Editor**

## On Cultivating Tolerance - *Dr. Bob and the Good Oldtimers, p. 279*

"During nine years in AA I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior -- which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another -- and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important -- in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us."

*From the Editorial column of the July 1944 issue of The Grapevine, written by Dr. Bob of Akron.*

### ATTITUDE by Charles Swindall

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.

Submitted by Troy H. (Harvest Group)

## I AM YOUR DISEASE

You know who I am, you have called me your friend

Wishes of misery and heartache I send

I want only to see that you are brought to your knees

I'm the devil inside you, I am your disease

I will invade all your thoughts, I'll take hostage your soul

I will become your new master, I am in total control

I will maim your emotions, I will run your whole game

Till your entire existence is crippled with shame

When you call me I'll come, sometimes in disguise

Quite often of course I will come by total surprise

But I'll take you I will, and just as you have feared

I will of course hurt you, with no mercy spared

If you have your own family, I will see it destroyed

I will steal every pleasure in life ever enjoyed

I will not only hurt you, I'll kill if I please

I am your worst nightmare, I am your disease

I bring self-destruction, but still you can't tell

I will sweep you through heaven, then drop you in hell

I will chase you forever, where ever you go

And then I will catch you, you won't even know

Of course I'll lay silent, just waiting to strike

What is yours becomes mine, I take what I like

I'll take what you own and I do not care who sees

I'm your constant companion...I am your disease

If you have any honor, I will strip it away

You will lose all your hope, and forget how to pray

I will leave you in darkness, while blinding you stare

I'll reduce you to nothing and not even care

So, do not take for granted my powers sublime

I will bend you and break you time after time

I will crumble your world with the greatest of ease

I'm that demon inside you...I am your disease

But today I'm so real angry...you want to know why?

I let all in recovery, entirely slip by

How did I lose you? Where did I go wrong?

One minute I had you...then the next you were gone

You just cannot dismiss all the good times we have shared

When you were alone...wasn't it I who was there?

When you sold all possessions you knew you  
would need

Wasn't I the first one who stepped in and  
agreed

Now look at you bastards, you are all thinking  
clear

You escaped with your lives when you found  
your way here

Only fools think they are winners when  
admitting defeat

It's what you must say when you're claiming  
that seat

Go ahead and surrender, if that's what you  
choose

But, I'm not giving up, I never lose

So stand in your groups and support hand in  
hand

Better choices will save you, leaving me to be  
damned

Be damned all you people seeking treatment  
each week

Be damned inner strength, however unique

Be damned all your sayings, be damned all you  
clichés

Be damned every addict, who back to me strays

For I know it will happen, I have seen it before

Those who love misery will crawl back for more

So take comfort in knowing, I'll be waiting right  
here

But next time around, you just better beware

You think that you're stronger or smarter this  
time

There isn't a mountain or hill you can't climb

Well if that's what you're thinking, you've  
learned not a thing

I'll still knock you silly when you step back in my  
ring

But you say you have surrendered, so what can  
I do?

It's so sad in a way, I had big plans for you

Creating your nightmare for me was a dream

I'm sure gonna miss you...we made quite a team

So please do not forget me, I'll never forget you

I will stand by your side watching all that you do

I am ready and waiting, so call on me if you  
please

I will never let you forget me, because I'm your  
disease

**Author unknown**

(Submitted by Troy H., Harvest Group)

### ***HAIA Answering Service***

### ***Volunteer Opportunities***

Following is a list of openings at the Central Office  
for volunteers to answer the A.A. "hotline". The  
sobriety requirement is 90 days. To volunteer, call  
Brenda C. at 256-508-1454 or leave a message at  
the Central Office at 256-885-0323.

*Sunday—12 to 2 PM Tuesday—12 to 2 PM*

*Wednesday 8 to 10 AM Thursday—4 to 6 PM*

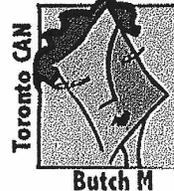
*Friday—8 to 10 AM*

# hr untsville oundup

# 2015 back to basics

Jan 30 • feb 1

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## stay

holiday inn huntsville-research park • 5903 university dr. • huntsville AL  
 888.465.4329 • ask for best rate with code: HRU before dec 29  
 reservation does not guarantee registration (limit of 400)

## play

fellowship • lightning talks • fun • romance • meetings • raffle • food  
 ice cream • history of aa & alanon workshop • call 256.837.2268  
 hospitality opens @ 5pm on friday

## pay

Huntsville Roundup • PO Box 662 • Huntsville AL 35804  
 • register separate - \$25 each • non-refundable • all meetings non smoking

name

address

city

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zip

email

Huntsville Roundup • PO Box 662 • Huntsville AL 35804  
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name

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Or register online at <http://www.huntsvillroundup.com>

## 2015 Treatment Center Visitation Schedule

| Location              | January          | February         | March            | April            | May              | June             |
|-----------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Bradford (Adult)      | Athens Serenity  | Three Legacies   | Huntsville Group | Fellowship       | Decatur Stairway | Athens Serenity  |
| Bradford (Adolescent) | Madison Hopeful  | Cove Group       | Youngtimers      | Three Legacies   | Fellowship       | Youngtimers      |
| Crestwood             | Fellowship       | Athens Serenity  | Cove Group       | Harvest          | Madison Hopeful  | Huntsville Group |
| Path Finders          | Huntsville Group | Madison Hopeful  | Fellowship       | Huntsville Group |                  | Three Legacies   |
| Sal Army Mon Nite     | Three Legacies   | Fellowship       | Madison Hopeful  | Cove Group       | Three Legacies   | Fellowship       |
| Sal Army Fri Nite     | Harvest          | Huntsville Group | 3Legacies        | Madison Hopeful  | Huntsville Group | Cove             |

| Location              | July             | August           | September        | October          | November         | December         |
|-----------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| Bradford (Adult)      | Decatur Stairway | Athens Serenity  | Decatur Stairway | Three Legacies   | Fellowship       | Madison Hopeful  |
| Bradford (Adolescent) | Madison Hopeful  | Youngtimers      | Fellowship       | Huntsville Group | Decatur Stairway | Youngtimers      |
| Crestwood             |                  | Harvest Group    | Cove             | Fellowship       | Huntsville Group | Harvest Group    |
| Path Finders          | Fellowship       | Huntsville Group | Madison Hopeful  | Cove Group       |                  | Three Legacies   |
| Sal Army Mon Nite     | Huntsville Group | Cove Group       | Huntsville Group | Madison Hopeful  | Three Legacies   | Huntsville Group |
| Sal Army Fri Nite     | Three Legacies   | Fellowship       |                  | Athens Serenity  | Cove Group       | Fellowship       |

| Treatment Center      | Meeting Time     | Contact          | Phone Number      |
|-----------------------|------------------|------------------|-------------------|
| Bradford (Adult)      | Thursday 7 PM    | Johnny Moore     | 256-461-7272      |
| Bradford (Adolescent) | Saturday 6:30 PM | Patty            | 256-542-5643      |
| Crestwood Hospital    | Sunday 8 PM      | Phoebe           | 256-429-5480      |
| Pathfinders           | Tuesday 8 PM     | Michael McLemore | 256-534-7644      |
| Salvation Army        | Monday 7 PM      | Vicky Thomas     | 256-536-8876/5576 |
| Salvation Army        | Friday 7 PM      | Vicky Thomas     | 256-536-8876/5576 |

| District 20 Treatment Rep. | Home Group     | Phone Number |
|----------------------------|----------------|--------------|
| Debbie Snow                | Three Legacies | 256-714-3096 |

Revised: 12/31/2014