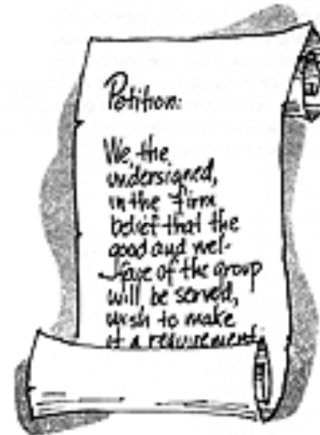
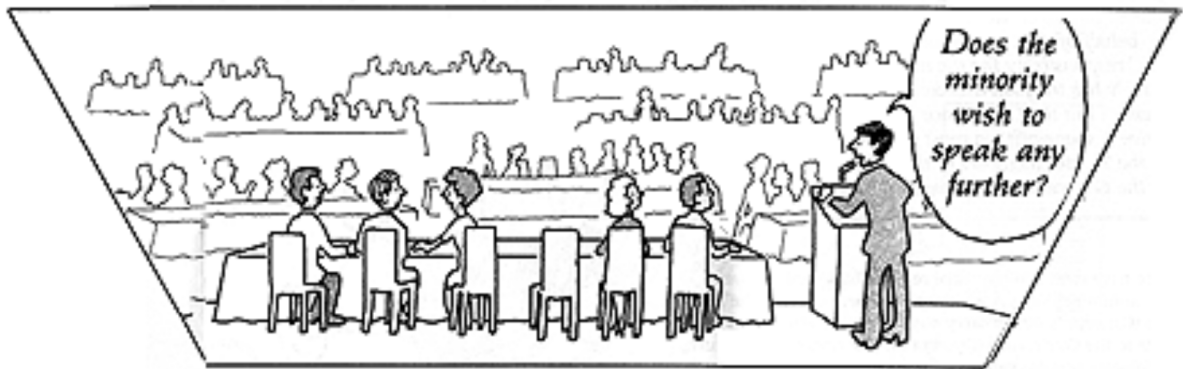


### The Fifth Concept



## **ACCESSIBILITIES COMMITTEE SEEKS ASL INTERPRETERS**

Accessibilities Committees and local service offices often maintain lists of qualified interpreters available for hire who are willing and able to sign for A.A. meetings and events.

We would like to create such a list for use in the WAIA office for referrals. If you are a qualified interpreter who would like to be included on this list, please respond with your contact information, details about your availability and the locations which you are willing to serve to:

[accessibility@aa-dc.org](mailto:accessibility@aa-dc.org)

Thank you.

## Concept V

*Throughout our 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.*

Newcomers to A.A.’s General Service Conference are often surprised at the pains taken by the presiding office to make sure the minority has a second opportunity to present its views. Event after extensive debate on an issue, followed by a vote in which a “substantial unanimity” is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.’s “Right of Appeal” in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual *duty* of presenting its views.

This “Right of Appeal” recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

“Trusted servants,” according to Bill, “do for the groups what the groups cannot or should not do for themselves.” And in exercising their “Right of Decision” (see Concept III), trusted servants are almost always “a small but truly qualified minority” – whether in the form of area committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, in their own meetings, to pay special deference to the minority voice.

This Concept also warns us of “the tyranny of the majority” and points out that in A.A., a simple majority is seldom sufficient basis for a decision. That’s why we usually require at least a two-thirds majority. Lacking this, it is preferable to delay the decision; or in the case of an election following the “Third Legacy Procedure,” to “go to the hat.” (See *Service Manual*, Chapter I.)

The “Right of Appeal” also permits any person in the service structure, whether paid or volunteer, to petition for redress of a personal grievance. He or she can complain directly to the General Service Board, without prejudice of fear of reprisal.

## This is what happens to your body when you stop drinking alcohol

*Alcohol can be fun and refreshing, but the toll it takes on our body isn't*

*Editor's note: This article, written by Devon Andre, appeared in the Epoch Times*

Alcohol can be used to celebrate, take the edge off, or accompany a meal. For some, alcohol consumes their lives and can be difficult to quit. Others only consume it in social settings. Regardless of your relationship with alcohol, you should still be aware that it must be consumed in moderation.

Some studies suggest a small amount is beneficial for health, while others suggest there is no safe amount to consume. But one thing is for certain – if you consume too much alcohol, it can lead to serious consequences, especially for your liver.

You may have heard of 'Dry January' or 'Dry February,' which are efforts to get people to give up booze. You may think it is a gimmick, but it can be wise to give your body a break from alcohol. Here are some reasons why.

### 9 Things that happen when you give up alcohol

#### Brain Tissue

Consuming large amounts of alcohol can lead to deficiencies in thiamine (vitamin B1). B1 is essential for tissue growth, especially in the brain, which can contribute to memory. The good news is that alcohol-induced memory problems are reversible, as long as you quit drinking, or at least cut back significantly.

#### Improve Liver Health

We all know that alcohol can hurt the liver and long-term alcohol consumption can lead to irreversible damage. If you give up alcohol you will dramatically reduce your risk of liver disease.

#### Balance Gut Bacteria

Alcohol can disrupt the bacteria balance in the gut, and these imbalances can lead to other illnesses. Once you stop drinking, these essential bacteria can start to rebalance.

#### Improve Digestion

Adding to the previous point, by quitting drinking, you will also notice that your digestion will improve as you will have less inflammation. Cutting out alcohol also lowers your risk of acid reflux and gastritis.

#### Sleep Improvements

Although alcohol makes you tired, it actually disrupts your sleep, meaning you won't get a good night's rest. In fact, you probably wake up feeling more tired and less energized.

#### Clear Skin

Alcohol dehydrates you and triggers inflammation, which can show up on your skin. You may notice more wrinkles and fine lines, puffiness, and redness. Furthermore, if your alcohol consumption has led to liver problems, your skin may appear yellowish as a result of jaundice.

#### Healthier Eating

When you're drinking, you often become hungry. While inebriated, you don't tend to make the best food choices. So, you opt for chips, fast food, and other processed foods that are unhealthy. Even the next day when you're hungover, you may continue eating unhealthily.

#### Weight Loss

Alcohol contains a slew of calories. The more you drink, the more calories you're taking in. Pair that with poor food choices, and you set yourself up for added pounds.

#### You'll Drink Less Over Time

By eliminating alcohol for a while, you will find you drink less because you will enjoy feeling so good. It makes you more aware of how poorly alcohol makes you feel. Studies have shown that people who take a break tend to drink less in the future, which is even better for your health.

*Devon Andre holds a bachelor's of forensic science from the University of Windsor in Canada and a Juris Doctor from the University of Pittsburgh*

**75 Years Ago This Month**— The Alcoholic Foundation [A.A.'s Predecessor Legal Headquarters], announces "As of May 1, 1944, our new address will be P.O. Box 459, Grand Central Station" in the bulletin "About Your Central Office," which is distributed to A.A. groups. *Box 459* becomes both the post office address and symbolic address of Alcoholics Anonymous. In its early days A.A. relies heavily on communication by mail.

The May issue of Cleveland's *Central Bulletin* reports:

THE GRAPE VINE--A new monthly publication has made its maiden appearance this month, being published by the New York A.A.'s. Its title is the Grape Vine, and it has on its staff some highly talented writers. We wish it every success, and know it will fill a definite need. The cost is \$1.50 per year, and it is starting out with an 8-page issue. Our hats are off to you, New York! Send us some subscription blanks--and can we clip some of your material?

1. Admitted hopeless  
 2. Got drunk with self  
 3. Got drunk with partner  
 4. Made Amends  
 5. Helped other with demand  
 6. Prayed to God as for understanding.

Ever  
 Bill W.  
 Apr 1933  
 Original AA  
 Steps

**51 Years Ago This Month**— Oops!! For May 1968, we missed mentioning Jimmy B's 30<sup>th</sup> year anniversary article in the *Grapevine*. Known for his caustic assault against even the slightest hint of some religious angle in the AA program, the article states:

I feel my spiritual growth over these past thirty years has been very gradual and steady. I have no desire to "graduate" from A.A. I try to keep my memories green by staying active in A.A.--a couple of meetings weekly.

For the new agnostic or atheist just coming in, I will try to give very briefly my milestones in recovery:

1. The first power I found greater than myself was John Barleycorn.
2. The AA Fellowship became my higher power for the first two years.
3. Gradually, I came to believe that God and Good were synonymous and were to be found in all of us
4. And I found that by meditating and trying to tune in on my better self for guidance and answers, I became more comfortable and steady.

[Cf. The *Grapevine* story-clusters in book-form: *Voices of Long-Term Sobriety* and *One Big Tent*]

**50 Years Ago This Month**— Three Hispanic alcoholics form the **Uno Latino Grupo** in a corner of the Metropolis Club's meeting space on 12<sup>th</sup> Street, NW. [Cf. *New Reporter* (April 2006), "History of Hispanics in Washington AA," p 5. and *La Viña*, (Septiembre/Octubre 2001)] Earlier, Antonio E. attains sobriety in 1965 through English-speaking meetings where Bill A. serves as his sponsor. Following suggestions, Antonio begins serving at the WAIA desk, where in time the opportunity comes to answer a non-English-speaking caller, Gonzalo E. These two begin going to English-speaking meetings with Antonio translating for Gonzalo; but after only a few months, the third member Amado Z. arrives and the three decide to form this Hispanic group. Since that time, the Spanish-speaking influence on our area's AA community is profound. Presently the Washington Area's Delegate, Alternate Delegate, and Area Chair all reflect the active participation of our Spanish-speaking community. Congrats Uno Latino Grupo on your golden anniversary!

**25 Years Ago This Month**— The Washington Delegate to the General Service Conference, Mark L. reports to the WAIA Board of Directors that the Forty-Fourth Conference tables his quest to incorporate the intergroup into the service structure.

WAIA's Outreach Committee reports to the Board of Directors: Many AA groups do not send the names and addresses of new officers to WAIA resulting in WAIA communications being sent to the wrong persons. In 1993 many of the 195 group officers contacted were no longer the officers; and quite a few asked, "What is WAIA?"

WAIA's Outreach Committee invites every member of the Board of Directors to take the responsibility for visiting all of the groups in a prescribed geographic division of his or her choice, using a packet of materials and some suggestions for the visits made available for those visits. The prescribed geographic divisions broadly are delineated with the three political divisions---the District, Montgomery County and Prince George's County. Within each of these, smaller neighborhoods are listed.

**Thanks to our Archives Committee for providing a look back . . .**

## ... The exact nature of our wrongs

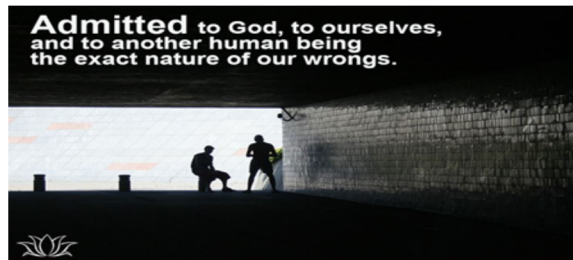
It was Step five when I actually felt that I became a real member of this fellowship. For the first time in a long time I had a true sense of belonging, I had earned my right to be here. Until this Step I had taken a lot of unhealthy risks in my life and now it was time to take the biggest risk of all: acknowledging that I too had a lot of shortcomings and character defects, and then telling and confiding them with someone I could trust. I already felt horrible about myself and did not want to learn more or share it with anyone else.

Growing up in an alcoholic home, I was often too embarrassed to belong to anything. I would always project into the future *that day* my parents would show up, if they chose to show up at all, and embarrass me by being drunk; and of course this happened often.

Because I accepted I could not depend on my parents, I learned to be fiercely independent to care of all my needs, emotionally, physically, spiritually. I did not need people, authority figures or parents, and friends, I could take them or leave them. It is not that I really did not want those things because they are the things I wanted most. It was just that I could not depend on them so I would never allow myself to trust them completely, to be there when I needed them to be, and this included God.

At first, drinking alcohol was magical. I immediately lost the coldness and cynicism of my personality and warmed up to people. People liked me, my parents liked me, and I then in turn could like myself. I felt cool for the first time and not an uptight goody-two-shoes nerd. I did not know I would eventually hate myself even more for my alcoholism. In the end, I had already started to do all those things I hated in the alcoholics I had grown up with.

I spent my early 20s trying to control and enjoy my drinking and most of all fitting in. I was in college now, confused and crazy, trying to control my drinking by joining or not joining fraternities or other campus groups. I was now trying to control my alcoholism by



living a neurotic life around not drinking and getting other people around me to not drink so I would not have to either. I did not see this as a desperate self-centered act and in fact often thought I was virtuous.

And though I knew I should not drink I was not completely convinced I was an alcoholic because I never crashed a car, got arrested, had a DUI, etc., or committed other heinous acts that some members have used to qualify for this program.

Well, at the age of 23, I walked into A.A. and have been here ever since; I will be 40 this August. In those years I have learned to suit up and show up, and not worry too much about results. I learned to get through college, including earning a Master's Degree, without drinking and being part of the "in crowd." I have fun belonging to this fellowship and all my closest friends are members of the program (I have non-program friends too!) It was with this group that I learned to share the exact nature of my wrongs, as well as with a few good sponsors. It was here that I began to learn the value of humility, growing up, and accepting that I could not be an island; that there were people on this earth I could depend on, have to depend on, and do. I continue to learn that I am not the Director and God is always in charge.

Today my life is not perfect though I am blessed far beyond my dreams. Today I have a loving God, a beautiful wife who is a great friend, many other sober friends, and a Labrador named Louie. I still have a lot of anxiety about "fitting in" especially at work where I still seem to make a mess for even trying. I still struggle between being too independent and being too desperate to "fit-in" with the crowd of the day; whoever and wherever they are. But I have not had a drink in over 16 years. Today, I have a fellowship of friends I can share my experience, strength and hope and love with, as well as my shortcomings and fears.

Steve P., from the Harbor Light, May 2003

Bleary-eyed, giggling and struggling to sit up - Britain's drinking culture was as rife in 1909 as it is today.

These 100-year-old Edwardian portraits captured the 'habitual drunkards' who regularly caused mayhem in pubs across London. From the Daily Mail UK.



Costancen Bodger, 39, was committed for inebriate reformatory for three years, on the 19<sup>th</sup> December, 1908. She frequented the bars of Shepherds Bush.



Found drunk outside a bar near Pimlico and Westminster, Isabella Evans, 45, was ordered not to enter a public house for six months, 21<sup>st</sup> June, 1909



Arthur Olivant was committed to an inebriate reformatory for three years on the 26<sup>th</sup> of January, 1909.



Thomas Cambell, 28, who was committed to enebriate reformatory for three years, on Jan. 6, 1909. He frequented the bars in Woolwich.



### THE BIRTHDAY PLAN

Many AA members across the country are currently sharing their Anniversary Celebration with others, by giving a dollar or two for each year of their sobriety to WAIA. This ensures that the same help that they received will be available to others that are new to the Fellowship.

Start this year and make it an annual event. It is not how much you give that's important. It's thinking of others on your special day, that makes it so special. If you are truly grateful for your sobriety, this is really a wonderful way to express your gratitude by helping others receive the blessings of sobriety. Thanks.

### FAITHFUL FIVERS

Faithful Fivers are AA members who in gratitude pledge to contribute at least five dollars each month toward the support of WAIA in its quest to carry the AA message of hope and recovery to those alcoholics who still suffer in the Washington, D.C. area.

The Faithful Fiver idea came about when we remembered that many of us wasted many times that amount each month during our drinking days. Your contribution (which is tax deductible) will help WAIA get through the money problems we are always facing.

If you are able to join this worthwhile cause, please fill in the form and send it along with your first contribution.

**Cardholder Name** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Phone #** \_\_\_\_\_ **MasterCard** \_\_\_\_\_ **Visa** \_\_\_\_\_

**Credit Card #** \_\_\_\_\_

**Expiration Date** \_\_\_\_\_

**Cvv number** \_\_\_\_\_

**Billing Address (if different than subscription address)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I authorize WAIA to charge my credit card in the amount of \$**  
**Signature:** \_\_\_\_\_

**WAIA**

4530 Connecticut Ave, NW, Suite 111  
Washington, DC 20008

# WOMEN'S MEDITATION RETREAT MAY 3-4 AND OCTOBER 4-6, 2019

WHAT  
HEART'S DESIRE?

IS YOUR DEEPEST



What will you do with your one wild and precious life?  
-Mary Oliver

What fills your heart with joy?  
What makes your heart sing?  
What is your life's purpose at this time?

Join us in exploring your heart's pure desires, nourishing joy and peace in body, mind and spirit with a group of beautiful sober women on a 350 acre farm - Claymont Court ([www.claymont.org](http://www.claymont.org)) near Harper's Ferry. Learn a variety of ways to meditate, breathe and live more mindfully in the present moment. Remember - "you can't meditate wrong.",

Ruth F and Joann M will lead you in guided meditations and thought/heart provoking questions for journaling, Qi Gong, deep relaxation, mindful walking and eating. Small and larger group sharing will waken your heart's needs and desires.

Register today with a \$75 (non-refundable) deposit by giving a check to Joann at meetings or using paypal at [quitpatrick@gmail.com](mailto:quitpatrick@gmail.com). Please also let me know the type of room you wish - dorms still at the low price of \$295 (for the whole retreat, meals, sheets, towels, everything) or doubles, triples, private and privates with private bath (only a couple and they sell immediately). Contact Joann at [joann.malone@gmail.com](mailto:joann.malone@gmail.com) with questions or to obtain mailing address.

Ruth: [www.ruthfishel.com](http://www.ruthfishel.com)  
Joann: [www.qicircles.com](http://www.qicircles.com)

# Back To Basics

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## The Alcoholics Anonymous Beginners' Meetings

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*"Here are the steps we took . . ."*  
in **Four One-Hour  
Sessions**

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**10AM Saturday May 4th**

**10AM Saturday May 11th**

**10AM Saturday May 18th**

**10AM Saturday May 25th**

*Laurel Recovery 368 Main Street Laurel MD 20707*

*laurelrecovery.org*

# 46th Annual Mini Conference

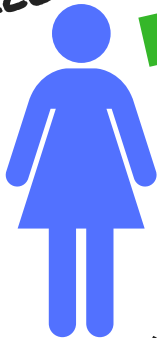
Hosted by the Area 13 – Washington Area  
General Service Assembly (WAGSA)

Saturday, May 4, 2019  
Doors open at 9am for check-in  
9:30am to 3:30pm

Silver Spring United Methodist Church  
8900 Georgia Ave, Silver Spring, MD 20910  
In the gymnasium, look for signs directing you.



DELEGATE



**WHAT?**

The purpose of the Mini-Conference is to provide the opportunity for **all Area 13 AA members** to learn, discuss, and share their thoughts on the 2019 General Service Conference (GSC) agenda topics.

**WHY?**

This provides our Area Delegate with the views of an informed Area group conscience, and also provides **every AA member in Area 13** the opportunity to fulfill its responsibility to the future of AA by exercising its Right of Participation.

**HOW?**

You may learn more about the topics we will cover by showing up or going here to see our working program for the day by going here:  
<http://bit.ly/46thminiprogram>

Registration isn't required, but would help us plan materials and food accordingly. Please register here: <http://bit.ly/46thminireg>

**FOR QUESTIONS PLEASE EMAIL  
ALTDELEGATE@AREA13AA.ORG  
OR VISIT AREA13AA.ORG**



# **SAFETY AND AA WORKSHOP**

Special guest speakers share how to handle...

Confrontational and Aggressive Behavior,  
Sexual Harassment, Racial Intolerance,  
Stalking and Bullying, Guns, Drug Sales,  
Theft, and more at AA meetings.

**MAY 4, 2019**

**ST. JAMES EPISCOPAL CHURCH  
14 CORNWALL ST. NW, LEESBURG, VA**

1:00 pm - Refreshments

1:30pm - 4:00 pm - Speakers & Sharing

**A 7th  
Tradition  
Event**

Questions? Email [safetyworkshop@yahoo.com](mailto:safetyworkshop@yahoo.com)



# Happy Destiny 12-Step Retreat

5 pm Friday - 11 am Sunday  
May 10-12, 2019

Camp Round Meadow  
14840 Manahan Road, Sabillasville, MD

<https://www.nps.gov/cato/planyourvisit/round-meadow-directions.htm>

## \$98 Registration Fee Includes:

- All Meals and Snacks (Great Food!)
- Rustic Cabin Lodging
- Sober Fellowship
- Open AA Meetings
- Al-Anon Participation
- Activities and Workshops



If not registering online, fill out and mail in this form:

Name (One Per Form) \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

T-Shirt Size:  S  M  L  XL  XXL  XXXL

T-Shirt Style:  Men's  Women's

Ride Sharing Connection:

Offer a Ride:  Yes  No Need a Ride:  Yes  No

Anonymous scholarship contribution so others may attend:

\$10  \$20  \$30  \$40  \$50  \$ \_\_\_\_\_

If registering by U.S. Mail, send to:

Happy Destiny Retreat  
PO Box 523  
Rockville, MD 20848

For more information:

Web:

<https://tinyurl.com/happydestinyretreat>

Email:

[happydestinyretreat@gmail.com](mailto:happydestinyretreat@gmail.com)

Phone Contacts:

Karuna K. 404-353-5005

Kurt S: 240-372-7267

Full and Partial Scholarships Available!

I need a scholarship.

No Pets Allowed at the Camp

Only Registered Participants May Attend

**NEW THIS YEAR, OPTION TO REGISTER ONLINE (\$3.00 SERVICE FEE)**

<https://tinyurl.com/happydestinyretreat>

*Go to [aa.org](http://aa.org) & click on **Regional Forums Information***  
**Regional and Local Forums**

Regional Forums originated in 1975 at the suggestion of Dr. Jack Norris, then Chair of the General Service Board of Alcoholics Anonymous. They were to be weekend sharing and informational sessions designed to help the General Service Board, A.A. World Services, Inc., the Grapevine Corporate Board, the Grapevine Staff, and the General Service Office Staff stay in touch with A.A. members, trusted servants and newcomers to service throughout the A.A. service structure.



**Forum Invitation Letter from the General Service Board Chairperson**

### Regional Forum Schedule

<b>2021</b>	May 31 - June 2	Northeast Hotel Details and More Information Flyer	Westchester Marriott Hotel Tarrytown, NY <b>Online Registration</b> Hotel Reservation
<b>2020</b>			
<b>2019</b>			
<b>2018</b>	July 12-14	East Central Hotel Details and More	Sheraton Detroit Metro Airport Hotel Detroit, MI Hotel Reservation
<b>2017</b>			
<b>2016</b>			
<b>2015</b>	August 16-18	West Central	Alerus Center Grand Forks, ND
<b>2014</b>	October 11-13	Southwest	Sheraton North Houston at George Bush Intercontinental Houston, TX

### WAGSA Area Committee

2<sup>nd</sup> Monday  
**May 13, 2019**

(New DCM & GSR Orientation, 6:30-7:30 PM)  
Silver Spring Presb.  
Church  
580 University Blvd East  
Silver Spring MD

Info:  
[chair@area13aa.org](mailto:chair@area13aa.org)

### 46th Annual Mini Conference

**Saturday May 4, 2019**  
9:30 AM—3:30 PM

Silver Spring United Methodist Church  
8900 Georgia Ave  
Silver Spring MD 20910

For questions, please  
email: [altdelegate@area13aa.org](mailto:altdelegate@area13aa.org)  
Or  
visit [area13aa.org](http://area13aa.org)

### Back to Basics AA Beginners Meetings

In Four One-Hour Sessions

Laurel Recovery  
368 Main Street  
Laurel MD 20707

10AM Saturday **May 4th**  
10AM Saturday **May 11th**  
10AM Saturday **May 18th**  
10AM Saturday **May 25th**

[Laurelrecovery.org](http://Laurelrecovery.org)

### WAIA Monthly Meeting of the Board of Directors

**May 14, 2019**

2<sup>nd</sup> Tuesday, 8:00 PM

The Church in Bethesda  
5033 Wilson Ln  
Bethesda, MD 20814

For more information go  
to [aa-dc.org](http://aa-dc.org)

### Happy Destiny 12-Step Retreat

**May 10—12, 2019**

5:00 PM Fri—11:00 AM Sun.

Camp Round Meadow  
14840 Manahan RD,  
Sabillasville, MD

Register online:  
<https://tinyurl.com/happydestinyretreat>  
(\$3.00 service fee)

### CHECK OUT OUR EVENTS CALENDAR

Events are updated  
regularly!

If you would like to  
submit an event, send an  
email to [events@aa-dc.org](mailto:events@aa-dc.org). A pdf flyer may  
be attached



- |                               |                                 |                              |
|-------------------------------|---------------------------------|------------------------------|
| AA at CUA                     | 71 Daily Reflections, NW        | Hyattsville Hope             |
| AA & Family Issues            | 60 Darn Good Big Book           | 12 Informed Group            |
| 20 Addison Road               | 220 Darnestown Men              | 730 Into Action, Germantown  |
| Adams Morgan Meditation       | 60 Deanwood Women Rap           | 180 Investment               |
| 153 All Are Welcome           | DC Young People                 | Irreverent Women             |
| Among Women                   | DCC Noon                        | 250 Jaywalkers               |
| Anacostia Group               | 17 DCC Women Fri.               | 600 Just Before Noon         |
| 420 Andrews Armed Forces      | Del Ray Acceptance              | Just For Today               |
| 145 As Bill Sees It, NW       | Divine Intervention             | Kensington Big Book          |
| 200 As We Understood Him      | Dunn Drinking                   | 48 Kensington YP Step Study  |
| 360 Aspen Hill 5th Chapter    | Dunrobbin                       | 254 Keys to Kingdom          |
| 60 Aspen Hill Phoenix Mon.    | 8AM Men's Big Book              | Kid Friendly Big Book        |
| 67 Aspen Hill Phoenix Fri.    | Early Times                     | Kingman Park                 |
| 500 Attitude & Action         | 237 Epiphanies                  | 226 King Str. Recovery       |
| Attitude Adjusters            | 59 Ex Libris                    | 414 Language of the Heart    |
| 300 Back to Basics            | 40 Faith Fellowship             | Landover Discussion          |
| Barnesville                   | 90 Faith Group                  | 104 Lanham-Seabrook          |
| 110 Beginner Basics (DCC/Wed) | Fireside Spirituality           | 111 Last Chance              |
| 96 Beginners & Winners        | Foggy Bottom                    | 1545 Laurel Recovery         |
| Brandywine                    | 265 Forestville Primary Purpose | Leisure World Big Book       |
| 107 Big Book Study            | 180 14 Promises                 | 360 Leisure World Noon       |
| 36 Big Book Thumpers          | Free Spirits                    | Let Go Let God               |
| 60 Brightwood                 | 413 Friday Night Fun Too        | Let It Happen                |
| Brookland                     | Friday Night Big Book           | 90 Life Is Good              |
| Broad Highway                 | Friendly Bunch                  | Little House                 |
| 1363 BYOL                     | Friendship                      | Living Sober by the Book     |
| 264 Burtonsville Big Book     | Gaithersburg Beginners          | Living Sober Unity Place     |
| Campus Noon                   | Gateway                         | May Day                      |
| Capitol Heights               | 319 Gateway/Wednesday           | Men of Dupont                |
| Capital Hill                  | Gay 18 New Castle               | Men In Recovery              |
| Carmody Hill Group            | Gay Group                       | Men's BS Session             |
| Cedar Lane Women              | Georgetown                      | 245 Messengers               |
| 60 Change of Life             | Get It Off Your Chest           | Midwest                      |
| Cheltenham                    | 300 Glenarden                   | Midtown                      |
| 275 Chinatown Big Book        | Glen Echo                       | Mitchellville                |
| 254 Chinatown Men's           | 19 Goldsboro                    | 258 Mo.Co. Women             |
| Cleveland Park                | Good News Beginners             | 200 More Peace of Mind       |
| Clinton 45 Plus               | Good Sheperd                    | Montrose Gay                 |
| Clinton Day                   | Grace                           | 120 Moving into the Solution |
| Clinton 6:30                  | 1520 Greenbelt Step             | Mt. Rainer                   |
| 100 Clinton Sunday Night      | Growing Group                   | Nativity                     |
| Coffee & Donuts               | Happy, Joyous & Free            | Neelsville Beginners         |
| Colesville Sunday Nite        | Help Wanted                     | 240 Never Too Late           |
| College Park                  | High Noon                       | 90 Never Walk Alone          |
| 300 Cosmopolitan              | High on the Hill                | New Avenue                   |
| 60 Crapshooters               | High Sobriety                   | New Beginnings NW            |
| Creative Arts                 | 650 Hill Lunch                  | 375 New Beginnings SE        |
| Crossroads of Recovery        | 472 How It Works G'burg         | New Beginners                |
|                               | 132 Hyattsville Discussion      |                              |

- 113 New Hope
- New Way Recovery
- No Hard Terms
- Norbeck Women Fri
- Norbeck Women Wed
- 300 Norbeck Step
- N.E. New Hope
- NE Sunrise
- Nuts & Bolts
- NW Metro
- 184 Oasis Women's BB
- Old Fashion
- Old Town Bowie BB
- Olney Farm
- 160 Olney Stag Rap
- 410 Olney Women's group
- On the Circle
- On the Move
- One Day at a Time
- One Day at a Time R'ville
- One Day at a Time
- (G'burg)
- 125 One Day at a Time
- (Lanham)
- 96 180 Group
- 270 Open Arms
- Out Of the Woods
- P Street
- 420 Palisades Mon. Nite
- Petworth
- Phoenix Group/DC
- Potomac Eye Openers
- 360 Potomac High Noon
- Potomac Oaks
- Potomac Women
- Potomac Speakers
- 715 Primary Purpose Gay
- 750 Progress Not Perfection
- Promises Promises
- 90 Prospect
- 116 Queer Women
- 200 Quince Orchard
- 1206 Radicals
- Read & Speak
- Riderwood Bills
- 300 Room with a View
- 100 Rosedale Sobriety
- 212 Sat.Afternoon/2PM/UP
- Sat Morn Fire Barrel
- 165 Saturday Morning Steps
- Saturday Night Happy Hour
- Saturday Night Special
- 120 Scaggsville
- Second Chance
- Serendipity
- Serenity
- Serenity House
- 124 Serious Business
- Shepherders
- 522 Silence is Golden
- Silver Spring Beginners BB
- 2400 Silver Spring
- Silver Spring Women
- Simplicity
- Simply Sober
- Singleness of Purpose
- 986 Six & Seventh Step
- Sober & Alive
- 86 Sobriety Sisters
- Southern Sobriety
- 1500 Spiritual Awakening
- 30 St, Barnabas Womens wrap
- St. Camillus
- St. Mary's Gay
- 34 Starting Over (SS)
- 43 Starting Over Gaithersburg
- Step Sisters
- Steps To Sobriety
- Sunday Men's Step
- 331 Sunday Morning Breakfast
- 300 Sunday Morning Joy
- 1080 Sunrise Sobriety
- Sunshine, G'burg
- Sursum Corda
- Survivor Group
- 180 Takoma Park Necessity
- Tenley Circle Men
- The Away Group
- 423 There is a Solution
- TGIF
- 60 Thurs. Morn. Reset
- Triangle Club-Sat. 7:15PM
- Triangle club-Tues. 7:15PM
- Trusted Servants
- 100 Tue. Nite Men's Big Book
- 21 Unity Noon
- Upper Marlboro Big Book
- Upper Marlboro Step
- Uptown
- Victory Lights
- Village Idiots
- Vision for You
- Wash. Serenity Retreat
- We Care
- 259 Wednesday Nite Winners
- Welcome Group
- Westmoreland Women
- 193 Westside Beginners
- 86 Westside Women
- 300 What's Happening Now
- 120 White Oak Steps & Traditions
- Yacht Club
- Yeas & Nays
- 81 Birthday
- 60 Faithful Fivers
- 1660 Individuals
- 1500 Memorial
- 500 Memorial

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Day

Years

May 5	Helen L.	Open Arms	1
May 10	Simon	Prospect	40
May 15	Silas T.	One Day at a Time (Lanham)	38
May 20	Donna S.	One Day at a Time (Lanham)	10
May 23	Tom G.	Silver Spring	38

### THINGS WE CANNOT CHANGE

***Anniversaries should be called into WAIA (202) 966-9783 as early as possible, by the 1st of the preceding month at the latest.***

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### VOLUNTEER

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***Opinions expressed herein are not necessarily those of the Washington Area Intergroup Association or A.A. as a whole.***

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**New meetings are not listed in the Where & When or on the website until they have been in existence for 6 months. If you'd like to let the A.A. community know about a new meeting, we will gladly list it here.**

If you have a new meeting starting up, or changes to an existing meeting, please email us at [aa-dc@aa-dc.org](mailto:aa-dc@aa-dc.org) or call us at 202-966-9115 to let us know!

**NEW STOMPING GROUNDS**— Sunday, 6:00 PM, Greater Tried Stone Baptist Church, 1363 Otis PL, NW, Washington, DC 20010

**CONSCIOUS CONTACT**—Monday, 6:30 PM, Foundry United Methodist Church, 1500 16th St, NW, Washington, DC 20036

**THE 12th STEP GROUP**—Wednesday, 6:15 PM, St Stephen Martyr Church Rectory, 2436 Pennsylvania, NW, 20037 (Ring bell at Rectory gate)

**FAITH FELLOWSHIP**—Saturday, Noon, St. Thomas Moore Church, 4265 4th St, SE, Washington, DC 20032

**UNLOVELY CREATURES**—Monday, 7:00 PM, Hope Lutheran Church, 4201 Guilford Dr, College Park, MD 20740

## **CANCELLED MEETINGS**

**WANDERING SOULS**—Monday, 8:00PM, All Souls Episcopal Church, 2300 Cathedral Ave, NW, Washington, DC

## MAY 2019