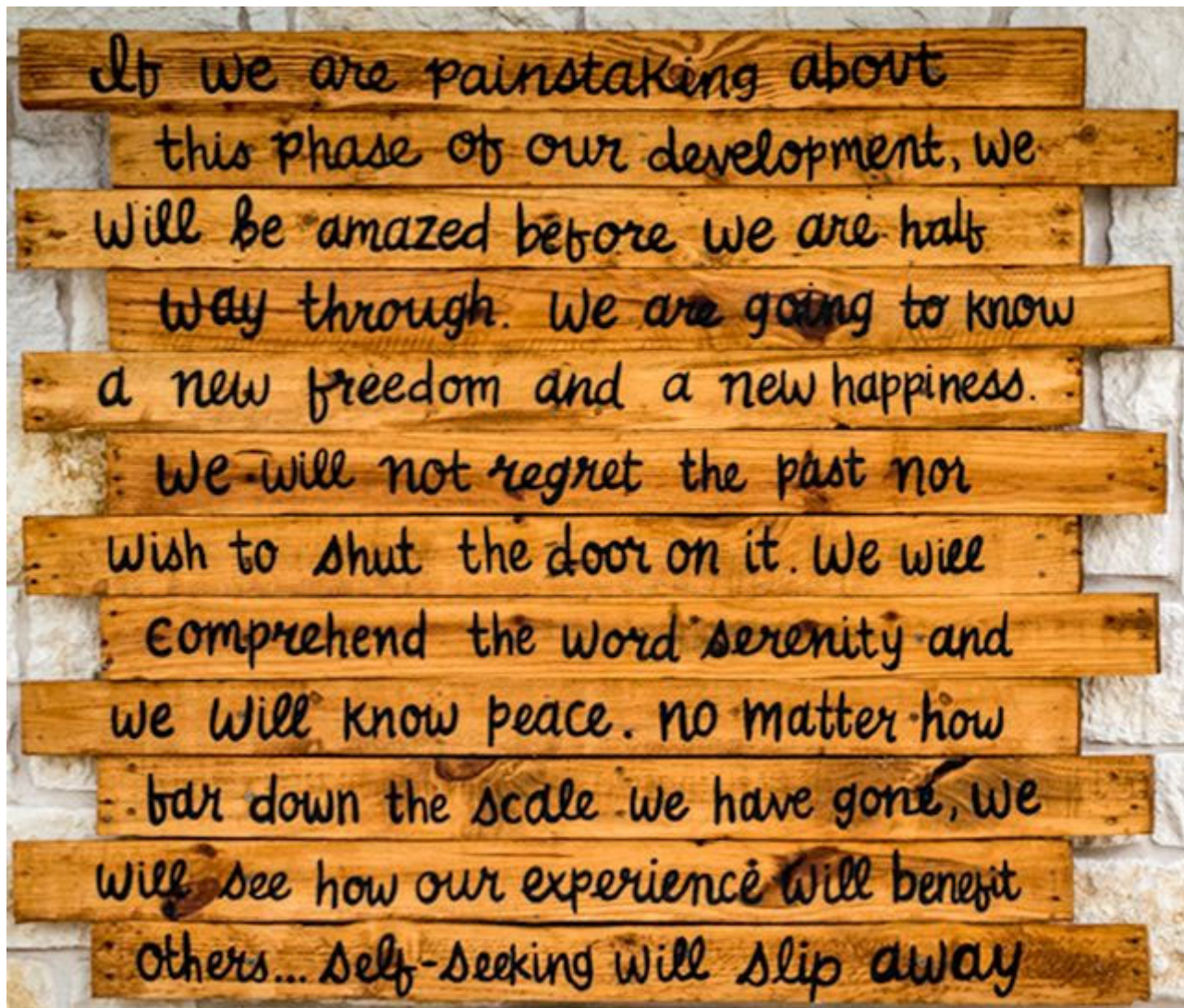


## January – The Promises

Happy New Year!

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## Finding the Promises in A.A.

Last year was the best year of my life. I admitted I was an alcoholic and that my life was unmanageable. I couldn't sleep away the incriminating deadly voices in my head. I couldn't perform my way out of pain. I couldn't achieve enough to feel good enough. Everything I tried resulted in the fetal position in a pickle jar of pain and anguish, literally.

I was drinking at, on, over, beside, below, and over the pain of my past. I was drinking at, on, over, beside, below, and over the fear of my future. I drank before driving. I drank while driving. I drank at work. I drank at home. I drank with friends. I drank with strangers. I drank with my own worst enemy . . . me.

So in my 47<sup>th</sup> year of life, I lost everything, my self-respect—what little I had, my hope, my positive cheer, my belief in the goodness of anything or anyone. I judged, I hated, I ran, I laughed with such a hollow echo. I didn't need a white room or a crooked jacket . . . I had already been 5150'd for years.

Came to believe in a Power greater than myself that is working miracles in my life.

I experimented with a different God. I found one of my understanding who, in a "burning chair vision", was there the whole time behind me, with His Arms outstretched, just waiting for me to turn around and dance with him.

Made a decision to live this way for the rest of my life, one day at a time.

I surrendered to His All Good. I surrendered to God as my employer, director, principal, father, soul mate, dance partner, universal power, UPS man (universal power source) who delivers to, and through me . . . if I get out of the way. There is a solution to every situation in the Big Book and program of Alcoholics Anonymous.

As a result of working the steps with a sponsor who has a sponsor and using my character defect of perfectionism to take direction . . . ALL direction.

"Go to meetings. Sit down and shut up. Share. Don't drink, no matter what. Go to a meeting. Share. Don't drink, no matter what. Go to a meeting, go to another meeting and don't drink in between. And because you are thinking alcoholic, breathe in, breathe out, and don't drink in between. Easy does it. I promise you things are going to be all right. Let us love you until you can love yourself. Thank the speaker. What do you want your God to be? Work the steps. Drop the rock. Just be willing. Willingness without action is fantasy. Don't say something you will have to make amends for. Do it if you can afford it and live through the consequences. If you don't like your life, change yourself. You have what's on the plate of your life because you ordered it. Feelings just are. What's the motive behind the motive? You don't have to drink if you want to and you don't have to drink if you don't want to. This too shall pass. Work the steps with your sponsor. Go to the "Pow Wow."

I did all of it . . . and I am amazed before I am half-way through (FYI, I am on Step 10 . . . yes, recovering overachiever too).

I know a new freedom and a new happiness. I have not had a drink for 1 day, 1 week and 1 year. I do not regret the past nor wish to shut the door on it. I am comprehending the word serenity and I know peace and that promises do come true.

And at my first Pow Wow, an incredible mass of happy well-dressed and very bronzed alcoholics, I ran into the first woman who welcomed me at my first meeting on my first day sober, January 25, 2009, who told me her favorite line in the Big Book "How dark it is before the dawn" Bill W., page 8. That line became the title of my next written song. As a direct result of working and living in the middle of this amazing program and having all the promises fulfilled more quickly than slowly, I am recording this and 7 other UP (Universe Power)-lifting original inspirations from my Soul Mate aka the God of my Understanding. Thank you for letting me share.

Dr. Joi, Seal Beach, very grateful and sober hot pink cloud alcoholic. (Taken from *Lifeline*, Orange County, CA Intergroup Newsletter)

## **To Get Sober** *By Anonymous Author*

A.A. is a fellowship designed and administered by a bunch of ex-drunks whose only qualifications for membership are that they can't hold their liquor and don't want to learn how. It has no rules, dues or fees, nor anything else that any sensible organization seems to require. At meetings the speaker starts on one subject and winds up talking about something entirely different and concludes by saying he doesn't know anything about the program, except that it works. The groups are always broke, yet always seem to grow. They claim A.A. is a selfish program, but always seem to be doing something for others. Every group passes laws, rules, edicts, and pronouncements, which everyone blithely ignores; members who disagree with anything are privileged to walk out in a huff, quitting forever, only to return as though nothing happened and be greeted accordingly. Nothing is ever planned 24 hours in advance, yet great projects are born and survive magnificently. Nothing is according to Hoyle. How can it survive?

Perhaps it is because we have learned to live and laugh at ourselves. God made man. He made laughter too. Perhaps he is pleased with our disorganized efforts and makes things right no matter who pushes the wrong button. Maybe he is pleased with our trying to be nobody but ourselves. We don't know how it works, but it does, and members keep receiving their dividend checks from the A.A. investments. It is smart to be sober, and it is much easier, my friends, to stay sober than to get sober.



## Success from the Inside Out

When I was an active alcoholic, I could not handle success at anything. When I started becoming accomplished at the piano, I quit. When a relationship began to feel settled, I wanted out. When doors opened and opportunities came along, I ran the other way. How could a person like me deserve to be accomplished, or respected in any way?

Now, two and a half years sober in A.A., doors are opening in my life. I was accepted in graduate school for theater study; people are seeking me out in my profession; I started my own business and was successful.

Yet those are the externals. It all began within me. My God-given talents are being opened up and utilized. A gift of A.A., the Twelve Steps, and a Higher Power – and I have accepted it.

And I know this is only the beginning. Today, I can feel my potential for love, for laughter, for living. It all takes a lot of patience and hard work, but today I know the benefits of this program.

L.M., Northhampton, Mass.

Originally appeared in the Grapevine, July 1985

## Having Had a Spiritual Awakening as a Result of These Steps

For me, as an alcoholic, getting up sober is a spiritual awakening because that goes against the nature of my disease. That large blue book that is so heavy to lift tells me I suffer from an affliction, which consumes my mind, my body and my soul. The same book presents me with a program to live free of this affliction, a spiritual program. Appendix II of the *Big Book* gives the definition of a spiritual experience: “personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.”

Spiritual is defined by *Webster’s* as “of, relating to, consisting of, or affecting the spirit.”

That first meeting where I admitted I’m an alcoholic effected a change in my spirit. My spirit is lifted by listening to other alcoholics share their experience, strength and hope.

Whatever darkness clouds my alcoholic mind will disappear when I talk with another alcoholic. It takes something much more powerful than my ego and my intellect to escape the black hole of my disease. Those of us who have tried and failed on our own understand the meaning of powerlessness.

Surrender was a word I did not use when I first came to Alcoholics Anonymous, so I continued to battle for control of things I could not. I prayed a lot but the answers I got were not what I wanted to hear. Slowly I grew weary of my own anger and the chaos that my self will created. What kept hearing was “work the Steps” and every day my Higher Power nudged me in that direction.

Every word I heard in meetings reminded me that the solution lies not in myself but in the Steps. While

taking my wife to a Nicotine Anonymous meeting, I met a man who would become my sponsor. My life had become a series of coincidences that I could not avoid; at lease that’s what I thought.

My first surrender had come July 3, 1985 and my life took on a real meaning and purpose with the addition of a sponsor and working the Steps. The promises as spelled out on pages 83 and 84 describe what we can expect of this spiritual program. Don’t be put off by the words or your own conceptions of what the words mean. Instead, look at the promises and ask yourself whether you would like a new freedom and a new happiness? Would you like to know serenity and peace? No matter where we are in life we will see where our experience can help others. Our feelings of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will realize that God is doing for us what we couldn’t do for ourselves.

I know these are not extravagant promises for I have seen how they come true if I am willing to work for them. Sometimes slowly, sometimes quickly but the *always* come true if we are willing to work for them. The essence of our program is one alcoholic talking to another so we can stay sober and pass on this gift which we have been so freely given. I don’t know of anything more spiritual than that.

Mike M., San Pedro

Taken from the Harbor Light

Long Beach, CA

## Tradition One

“Our common welfare should come first; personal recovery depends upon A.A. Unity”

Our whole A.A. program is securely founded on the principle of humility – that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are – “a small part of a great whole.” Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, “Our common welfare comes first.”

“Does this mean,” some will ask, “that in A.A. the individual doesn’t count too much? Is he to be swallowed up, dominated by the group?”

No, it doesn’t seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no “musts.” Few A.A. groups impose penalties on anyone for nonconformity. We do suggest, but we don’t discipline. Instead compliance or noncompliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, “judge not,” we observe most literally.

“But,” some will argue, “if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?”

The answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol give him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, “our common welfare comes first.” Rebellion ceases and cooperation begins because it must: we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but “a small part of a great whole.”

Bill W.  
1947



A professional surfer was bitten by a shark off a Florida beach – then headed for the pub.

Frank O'Rourke, 23, got knocked off his board and bitten by a four-foot-long shark off Jacksonville Beach, witnesses said.

Then after being treated by a lifeguard, O'Rourke refused to go to the hospital, opting for a bar where, "Everyone's like 'you got bit by a shark, I'll buy you all the drinks you want,'" said O'Rourke's pal.

Man bites snake:

Raj Kumar, an Indian man, was attacked by a snake while boozing it up in his Uttar Pradesh home, so Kumar bit back – chewing the reptile to pieces.

The snake died. Kumar is in critical condition, said the doctor who called the case unprecedented.



### 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



# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

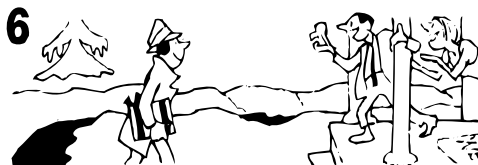


**4** Find out about the special holiday parties, meetings, or other celebra-

tions given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

Reprinted from *Box 459* with permission.

# Happy Holidays

# Hospitals & Institutions (H&I) Opportunities for Service

*Email: [hni@aa-dc.org](mailto:hni@aa-dc.org)*

*Call/Text : (240)370-6165*

## **Avery Road Treatment Center**

14703 Avery Road, Rockville, MD 20853 is seeking coverage for meeting Sundays at 8pm

## **Washington Hospital Center**

Washington Hospital Center at 110 Irving St NW, Washington, DC 20010 seeks volunteers to facilitate the start of 2 AA meetings open to the General Public and their IOP Program. The Hospital has requested a weekday and weekend (Sunday preferred) with start time TBD.

## **Shady Grove Adventist Hospital**

Shady Grove Adventist Hospital at 9901 Medical Center Dr, Rockville, MD 20850 has tentatively approved 2 AA meetings that are open to the General Public and their IOP Program! Day and time tentatively time slotted for Sundays at 11:30am and Wednesday evenings at 7pm. Please contact Michael W. at [Wesch1969@gmail.com](mailto:Wesch1969@gmail.com) for Sundays and Irene B. at [gridirongrades@gmail.com](mailto:gridirongrades@gmail.com) for Wednesdays if you are interested in a service commitment for these meetings. Start date TBD. To be located in Chapel next to the Cafeteria or the Conference Room where the NA Fellowship currently meets on Saturday nights at 7:30 pm.

## **Washington Adventist Hospital**

Effective 8/25/19, all patients in the detox and psychiatric units have been relocated to Shady Grove Hospital at 9901 Medical Center Dr, Rockville, MD 20850 until further notice. Washington Adventist Hospital has relocated to 11890 Healing Way, Silver Spring, MD 20904 effective 8/25/19.

# DEL RAY CLUB'S SOBER NEW YEAR'S EVE PARTY & SPEAKER MEETING



**Patty Reese & Her Band**

**When:** **TUESDAY, DEC. 31ST, 2019**  
Doors open at 6:00 PM  
Dinner at 7:00 PM  
Speaker Meeting at 8:00 PM  
Followed by Live Music & Dancing

**Where:** **Bethesda Presbyterian Church  
Fellowship Hall**  
Directly Below the Del Ray Club  
7611 Clarendon Rd, Bethesda

**Tickets:** **Just \$30 per person**  
Get yours from **James R.**  
at **202-594-4213** or visit  
[www.bit.ly/DRCNYES2019](http://www.bit.ly/DRCNYES2019)

Or from any other member of the Planning  
Committee: Lisa B., Dionne C., Lisa G., Donna H.,  
Mike H., Maria O., Nancy O., Jonathan P., Billy R.,  
Terry R., Estelle, Sarah T., Roy V. or Kris V.

**Financial Aid Tickets Are Available**  
Voluntary donations in any amount accepted in  
lieu of full admission price after 9:00 PM

**Directions:** For directions and more information:  
[www.delrayclub.org](http://www.delrayclub.org)

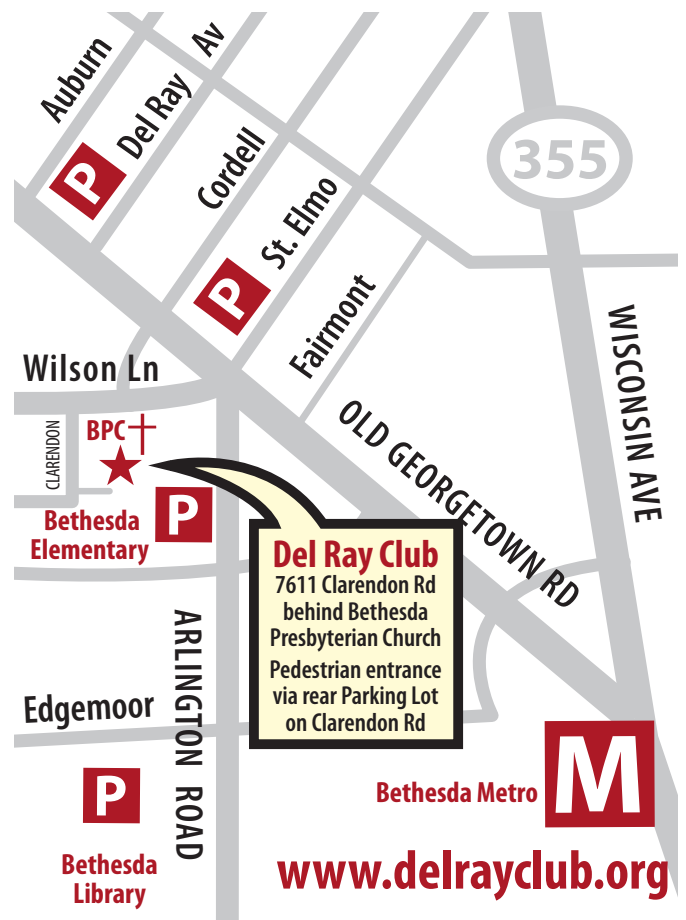
## DINNER, DANCE & SILENT AUCTION

**DEL RAY CLUB FELLOWSHIP HALL**

**ALL ARE WELCOME!**

*Proceeds benefit the Del Ray Club*

- ★ APPETIZERS ★
- ★ FULL BUFFET ★
- ★ DESSERTS ★
- ★ SILENT AUCTION ★
- ★ 50/50 RAFFLE ★
- ★ DOOR PRIZES ★



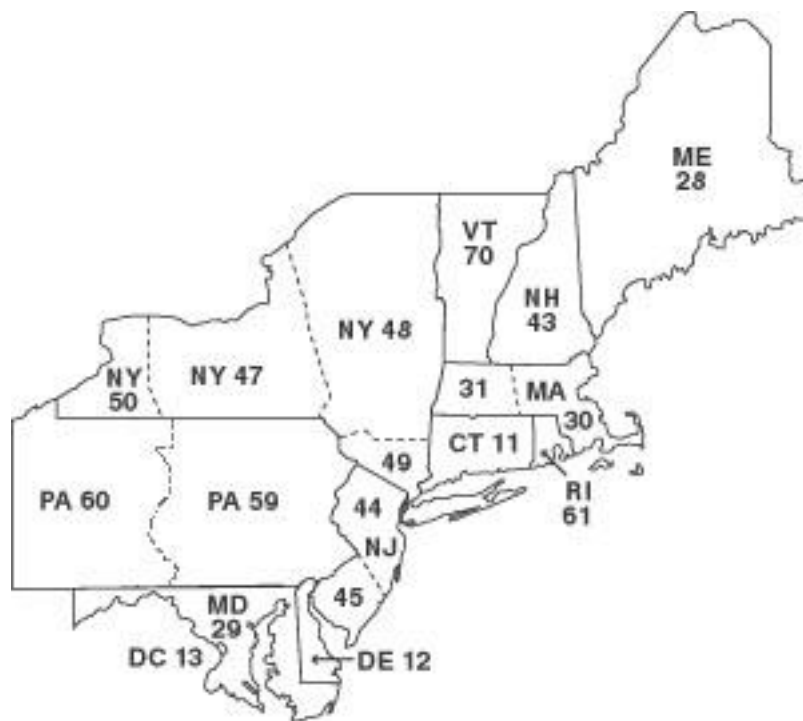
# Save the Date!

## NERAASA 2020

29<sup>th</sup> Annual

Northeast Regional Alcoholics Anonymous Service Assembly

February 21<sup>st</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup> 2020



**Hosted by Area 43 New Hampshire**

**Radisson Hotel Nashua**

**11 Tara Blvd, Nashua, NH**

**For More info: [www.neraasa.org](http://www.neraasa.org)**

# VOLUNTEER to ANSWER PHONES

"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."

One of WAIA's goals is to have a live person answer the telephones seven days a week, 24 hours a day to reach out to the still suffering alcoholic.

This is accomplished in two ways. The phones are answered in the office itself from 10:00 AM - 10:00 PM daily by Desk Volunteers. From 10:00 PM-10:00 AM the phones are forwarded to the personal phones of Night Watch volunteers.

The four daytime shifts are coordinated by the Office Assistant:

- 10:00 AM-1:00 PM
- 1:00 PM-4:00 PM
- 4:00 PM-7:00 PM
- 7:00 PM-10:00 PM

If you are interested in answering the phones at the WAIA Office, contact [volunteers@aa-dc.org](mailto:volunteers@aa-dc.org) or call [\(202\) 966-9115!](tel:(202)966-9115)

If you are interested in answering the phones at home either from 10:00 PM – 6:00 AM or 6:00 AM – 10:00 AM, contact [nightwatch@aa-dc.org](mailto:nightwatch@aa-dc.org) or call [\(202\) 966-9115!](tel:(202)966-9115)

## SIGN up to be a 12<sup>th</sup> STEP VOLUNTEER

12<sup>th</sup> Step Volunteers respond to calls for help by visiting suffering alcoholics in their homes (always with another AA member), by picking up a newcomer for a meeting or by meeting a newcomer at a meeting. Young people and people living in Prince George's County are especially needed.

The 12th step service online signup form is on the WAIA website at:

<https://aa-dc.org/12th-step-volunteer-signup>

### WAGSA Area Committee

2<sup>nd</sup> Monday

**January 13, 2019**

**7:30 PM**

Silver Spring Presb.  
Church  
580 University Blvd East  
Silver Spring MD

### Del Ray Sober New Year's Eve Party and Speaker Meeting

Tuesday, December 31, 2019

Doors open at 6:00 PM  
Dinner at 7:00 PM  
Speaker Meeting at 8:00 PM  
Followed by Live Music &  
Dancing

7611 Clarendon Rd  
Bethesda, MD

\$30.00 per person

[www.bit.ly/DRCNYE2019](http://www.bit.ly/DRCNYE2019)

### NERAASA 2020

February 21-23, 2020

Hosted by Area 43, New  
Hampshire

Radisson Hotel Nashua  
11 Tara Blvd  
Nashua, NH

[www.neraasa.org](http://www.neraasa.org)

### WAIA Monthly Board Meeting

**January 14, 2019**

8:00 PM

The Church in Bethesda  
5033 Wilson Ln  
Bethesda, MD 20814

For more information  
email: [aa-dc@aa-dc.org](mailto:aa-dc@aa-dc.org)

### 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

228	A Way of Life	148	Creative Arts		Happy, Joyous & Free
600	AA at CUA		Crossroads of Recovery	5	Help Wanted
100	AA & Family Issues	231	Daily Reflections, SW	101	High Noon
40	Addison Road	55	Daily Reflections, UnityPI		High on the Hill
	Adams Morgan Meditation	281	Darn Good Big Book		High Sobriety
285	All Are Welcome	648	Darnestown Men	1348	Hill Lunch
	Among Women	120	Deanwood Women Rap	172	Hope/Oxon Hill
185	Anacostia Group	110	Double Dippers	472	How It Works G'burg
420	Andrews Armed Forces	139	Dupont Circle Club	132	Hyattsville Discussion
428	As Bill Sees It, NW	188	DC Young People	586	Hyattsville Hope
457	As We Understood Him		DCC Noon	114	Informed Group
1267	Aspen Hill 5th Chapter	78	DCC Women Fri.	2025	Into Action, Germantown
60	Aspen Hill Phoenix Mon.		Del Ray Acceptance	600	Investment
137	Aspen Hill Phoenix Fri.	336	District 2		Irreverent Women
1200	Attitude & Action	286	Divine Intervention	550	Jaywalkers
	Attitude Adjusters	687	Dunn Drinking	3516	Just Before Noon
1388	Back to Basics	305	Dunrobbin		Just For Today
120	Barnesville		8AM Men's Big Book	1200	Kensington Big Book
210	Beginner Basics (DCC/Wed)	255	Early Times	48	Kensington YP Step Study
	Beginners & Winners	477	Epiphanies	254	Keys to Kingdom
	Brandywine	59	Ex Libris	154	Kid Friendly Big Book
107	Big Book Study	87	Faith Fellowship	100	Kingman Park
54	Big Book Thumpers	267	Faith Group	226	King Str. Recovery
240	Brightwood	619	52 Pick-Up	714	Language of the Heart
201	Brookland	40	Fireside Spirituality	100	Landover Discussion
301	Broad Highway		Foggy Bottom	104	Lanham-Seabrook
4963	BYOL	265	Forestville Primary Purpose	151	Last Chance
248	BYOL (NonSmoke)	300	14 Promises	3108	Laurel Recovery
660	Burtonsville Big Book	15	Fourth Dimension		Leisure World Big Book
	Campus Noon		Free Spirits	427	Leisure World Noon
100	Capitol Heights	806	Friday Night Fun Too	50	Let Go Let God
1854	Capital Hill	210	Friday Night Big Book		Let It Happen
200	Carmody Hill Group		Friendly Bunch	90	Life Is Good
215	Cedar Lane Women	14	Friendship	60	Life Saver/Big Book
406	Change of Life		Gaithersburg Beginners		Little House
	Cheltenham	500	Gateway		Living Sober by the Book
315	Chinatown Big Book	771	Gateway/Wednesday	48	Living Sober Unity Place
254	Chinatown Men's	91	Gay 18 New Castle	86	May Day
78	Cleveland Park	615	Gay Group	184	Meance to Serenity
	Clinton 45 Plus		Georgetown		Men of Dupont
96	Clinton Day		Get It Off Your Chest		Men In Recovery
459	Clinton 6:30	600	Glenarden	570	Men's BS Session
100	Clinton Sunday Night	133	Glen Echo	1059	Messengers
439	Coffee & Donuts	19	Goldsboro	295	Midwest
300	Colesville Sunday Nite	119	Good News Beginners	455	Midtown
365	College Park	13	Good Shepard	247	Misery is Optional
1111	Cosmopolitan		Grace	38	Mitchellville
241	Crapshooters	1520	Greenbelt Step	1000	Monday Winners
		315	Growing Group	418	Mo.Co. Women

442	Nativity	750	Progress Not Perfection		Sursum Corda
171	Neelsville Beginners	52	Promises Promises		Survivor Group
480	Never Too Late	180	Prospect	540	Takoma Park Necessity
180	Never Walk Alone	616	Queer Women	1200	Tenley Circle
	New Avenue	308	Quince Orchard	12	The Away Group
	New Beginnings NW	1926	Radicals	423	There is a Solution
70	New Beginnings/Pool'ville		Read & Speak	60	TGIF
466	New Beginnings SE	120	Riderwood Bills	60	Thurs. Morn. Reset
120	New Beginners	300	Room with a View		Triangle Club-Sat. 7:15PM
237	New Hope	100	Rosedale Sobriety		Triangle club-Tues. 7:15PM
113	New Stomping Ground	212	Sat.Afternoon/2PM/UP		Trusted Servants
300	New Way Recovery		Sat Morn Fire Barrel	100	Tue. Nite Men's Big Book
23	No Hard Terms	750	Saturday Morning Steps	21	Unity Noon
	Norbeck Women Fri	192	Saturday Night Happy Hour	216	Unlovely Creatures
	Norbeck Women Wed		Saturday Night Special	50	Upper Marlboro Big Book
300	Norbeck Step	300	Scaggsville		Upper Marlboro Step
450	N.E. New Hope		Second Chance	237	Uptown
94	NE Sunrise	500	Seed of Hope		Victory Lights
	Nuts & Bolts		Serendipity		Village Idiots
60	NW Metro		Serenity		Vision for You
184	Oasis Women's BB		Serenity House		Wash. Serenity Retreat
20	Old Fashion	123	Serious Business	1320	We Care
	Old Town Bowie BB		Shepherders	366	Wednesday Nite Winners
1062	Olney Farm	522	Silence is Golden		Welcome Group
351	Olney Stag Rap		Silver Spring Beginners BB	158	Westmoreland Women
410	Olney Women's group	2400	Silver Spring	279	Westside Beginners
300	On the Circle		Silver Spring Women	219	Westside Men
73	On the Move	120	Simplicity	186	Westside Women
60	One Day at a Time	200	Simply Sober	300	What's Happening Now
200	One Day at a Time/R'ville		Singleness of Purpose	240	White Oak Steps &Traditions
	One Day at a Time/	1827	Six & Seventh Step	782	Yacht Club
G'burg		60	Soapstone		Yeas & Nays
125	One Day at a Time/		Sober & Alive		
Lanham		152	Sobriety Sisters		
288	180 Group	50	Souls Arising		
710	Open Arms		Southern Sobriety		
60	Out Of the Woods	2800	Spiritual Awakening		
2100	P Street	30	St, Barnabas Womens wrap		
420	Palisades Mon. Nite		St. Camillus		
270	Petworth		St. Mary's Gay		
	Phoenix Group/DC	34	Starting Over (SS)		
100	Pool'ville Pot Luck	43	Starting Over Gaithersburg		
	Potomac Eye Openers		Step Sisters		
1110	Potomac High Noon		Steps To Sobriety		
956	Potomac Oaks		Sunday Men's Step	532	Birthday
	Potomac Women	331	Sunday Morning Breakfast	60	Faithful Fivers
596	Potomac Speakers	750	Sunday Morning Joy	3673	Individuals
1370	Primary Purpose Gay	1080	Sunrise Sobriety	1500	Memorial
		1027	Sunshine, G'burg		



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## Have a story about your recovery in AA?

Why not share it with all of us? If you'd like to contribute to the *New Reporter*, please send in your material to:

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



Day

Years

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## 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

**Guess who it really  
Helps?  
Call 202-966-9783**

***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!

**ONE HOUR BACK**—Mon-Fri, 7:00 AM, St. Michael's School, 824 Wayne Ave, Silver Spring, MD

**RESTAURANT LIFE** – Monday, 2:00 PM, Triangle Club, 2030 P Street, NW, Washington, DC 20036

**HOPE IN SOBRIETY**—Saturday, 2:00 PM, Beacon Center, 2nd Fl, 6120 Quackenbos St, NW, Washington, DC

**GREENWAY**—Tuesday, 6:00 PM, 324 A St SE, Washington, DC 20019

**SOLO POR HOY** —(Spanish) Saturday 11:00 AM, Kolmac Outpatient Recover Clinic, 8561 Fenton St, Silver Spring, MD

**STEPS 1,2,3 "By the Book"** —Wednesday 7:30 PM, Capitol Memorial SDA Church, 3150 Chesapeake St, NW, Washington, DC 20008

**NIH NOON** —Friday, Noon, NIH Campus, 9000 Rockville Pike, Bldg 31, Suite 4A52, Bethesda, MD (Visitor Center Entrance, ID required)

**SERENITY RIDGE**—Wednesday, 7:00PM, Difference Makers Church, 11210 Bethesda Church RD, Damascus, MD

## JANUARY 2020