



Happy Valentine's Day!

## PROMISES

### **Our Whole Attitude and Outlook Upon Life Will Change.**

Self-pity was a bottomless sinkhole for me, not only when I was darkly depressed while drinking, but even when I was not. Upon awakening hung-over and remorseful for what I said and did the night before, I couldn't seem to climb out of that steep pit of despair. Answering the phone or the door after 5 o'clock in the evening never happened because I was too drunk to have a coherent thought. I was never available to my daughter when she called with concerns or problems or even pleasant conversation. This began when she was about 15 and continued into her college years and later into her young adult life. My only interest was getting that buzz as soon as cocktail hour commenced.

I had extracted myself from any meaningful conversation with my husband while obsessing over how much liquor I had in the house and planning for the night of drinking ahead of me so I wouldn't have to drive. There was nowhere I wanted to be or any conversation I wanted to have. My default answer to everything was NO. I either had no opinion on anything or I tried to bend everyone and every situation to my will. There was no in between. Having just turned sixty, I was turning into an aged, stumbling, depressed, disheveled person with no reason to live. Everyone was in my way, like gnats to be swatted.

I made the desperate decision to live rather than commit slow suicide and began attending regular A.A. meetings. Three months into sobriety, I got a dog - a sweet 2-year-old mutt. It would not be right to say that I rescued her, because really she rescued me. I started walking her every day and began looking at the world differently. Whereas before, I could do only basic tasks in the morning, now I had to get out every morning to take long walks. Colors were brilliant and I could sense subtle changes in the weather with warming temperatures and new growth. It was April in Annapolis and I was struck by the sound of the morning birds, a sound that used to signal another night spent with little sleep in a hung-over stupor hiding behind dark glasses. I had renewed energy after finally surrendering to the fact that I could never drink again. Each day became a gift as I walked through the town and neighborhoods. I took an interest in the people I met on the street. One couple needed help with their parking meter and I was happy to stop and call the parking enforcement and help them out. Another man was wandering lost on the streets looking for his parking garage. I was pleased to take the time to walk with him to find his car. God was placing new opportunities to reengage with life on an almost daily basis. The world looked brand new, as if I was seeing it for the first time. I became involved in society again; I started to join groups that I thought might enhance my life; classes like Latin dance and French and groups of writers and artists. I was picking up service work at A.A. meetings and contributing more to the conversation of good friends that had not yet abandoned me. I was particularly struck by what a good listener I was becoming, I didn't need to think ahead to the next clever reply. Now my daughter could call me anytime day or night and know that I would have an ear to listen. I didn't have to give her my opinion; I no longer had to control her life. I stopped trying to get her off the phone so I could continue my association with whatever liquor was waiting to be consumed. I didn't climb out of that pit of despair, I was elevated. However, this was not of my own accord, but because I got on my knees and prayed to my Higher Power. I had surrendered to be free.

Today, I start everyday with 5 sentences of gratitude and I still walk my dog every day. What I have is enough for me. I have a new way of looking at the world. It's a world where the colors are magnified, people are not a bother, to do for others is my honor, and what I have is a peace that surpasses all understanding. Gratitude has turned what I have into *Enough*.

Maggie O  
Annapolis Red House  
December 2019

## I'm Grateful for the tragedy

When I was 27 years old, I was in a fire. I was severely burned and spent 6 weeks in the hospital.

I had 5 years of plastic surgery, 7 years of litigation. I went into shock. It took 20 years to gain any semblance of emotional stability.

I also had to cope with substance abuse. I used booze, pills and marijuana to numb out during emotionally and physically painful times or just out of habit.

Today I'm grateful for the fire. It brought me to my knees and forced me to ask for help.

I got a lot of help from many people, especially a plastic surgeon, litigator, psychiatrist and spiritual advisor.

I am 79 years old. I've survived several things since the fire—the loss of both my parents, my brother's death, divorce, a stroke, a heart attack.

I stand before you today to say that I have a life beyond my wildest dreams.

So why am I telling you this story? What happened? How did I get here?

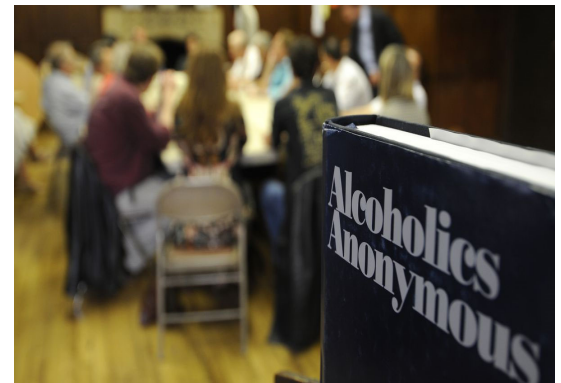
What got me through all of this to be standing here in front of you, healthy, happy and above all grateful?

What can I share with you to help you to handle whatever struggles you have now?

**Two things were key:**

**A realistic acceptance of the hand that life had dealt me day-by-day is one way I met these challenges.**

**The wisdom to ask for help and choose the next right thing were vital.**



## *The Promises . . . of Alcohol Addiction*

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.
2. We are going to know a new imprisonment and a new misery.
3. We all relive the past and won't be able to shut the door on it.
4. We will comprehend the word *conflict* and we will know *pain*
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self-esteem will slip away.
9. Our whole attitude and outlook upon life will *suck*.
10. Fear of people and of economic insecurity will multiply.
11. We will intuitively know how to run from situations, that never used to bother us
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not!

They are being fulfilled among those of us who are still drinking – sometimes quickly, sometimes slowly. They will *always* materialize, *if we drink for them*.

**“We will not regret the past nor wish to shut the door on it...”**

These words from the 9<sup>th</sup> Step Promises on page 83 of the Big Book of Alcoholics Anonymous may seem like a daunting proposition to the newcomer. For those experienced and practiced in AA’s 12 Step Recovery Program, the past is viewed quite differently. Indeed, after a thorough completion of all 12 steps, the alcoholic will have changed life and thought, as a result of the spiritual transformation which makes this possible. Particularly in Steps 4, 5, 8, and 9 is the past something that must be confronted.

*The healing that takes place as a result of these particular steps is nothing short of extraordinary.*

“How is this possible?”, the newcomer may ask. Many of our past experiences as alcoholics would seem to the non-alcoholic person as something to be avoided and regretful. And yet, often can one see firsthand an alcoholic sharing his past, no matter how sordid, with a roomful of understanding nods and joyous laughter in reply. Yes, the experience of each alcoholic is frequently a similar one to that of others, despite all the people “who normally would not mix” that make up AA membership.

*The commonality of experience among alcoholics is just one reason the past is not something to regret or shut the door on.*

More importantly is the issue of the past to each individual alcoholic’s recovery. The program of action that is the 12 Steps must be “thoroughly followed “if one wants to achieve what successfully happy, joyous, and free alcoholics have. The 12<sup>th</sup> Step includes “carry(ing) this message to (other) alcoholics...” To keep what one has received in

AA, one must give it away.

The past of an alcoholic is in fact the primary tool in his arsenal for carrying the message to and assisting others who suffer. Consider, if one wants to learn an instrument, wouldn’t he want instruction from someone understanding not only of its mastery, but also patience and understanding in light of the difficulty required?

So it goes with alcoholics. The Big Book accurately speaks to an alcoholic’s willingness to open up to another who has similarly suffered, rather than wives, family, friends, doctors, priests, & clergy. A fellow alcoholic is more than just a friend. He is a sympathetic and understanding fellow sufferer, who offers only what it was like, what happened and what it is like now. The past is as much a part of his story now as it ever was, shaping the person now recovered.

So it is primarily for this reason, working with others, that the alcoholic who has recovered can begin to experience the Promise: “We will not regret the past nor wish to shut the door on it...” The Big Book goes on to intimate, “No matter how far down the scale we have gone, we will see how our experience can benefit others.” (page 84)

*by sharing with others our individual past experience, we give them hope for a better future, one day at a time.*

## Bill W. on the Second Tradition

*“For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group conscience.”*

Sooner or later, every A.A. comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, He is also a source of *positive direction*. Realizing that some fraction of the infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he had never known before. As each day passes, our A.A. reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every A.A. group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though A.A. groups are basically the same, each group does have its own special atmosphere its own peculiar state of development. We believe that every A.A. group has a conscience. It is the collective conscious of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produce group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into A.A. Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing A.A. Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the 1<sup>st</sup> Tradition, it was emphasized that we have, in A.A., of necessity, no coercive human authority. Because each A.A., of necessity, has a sensitive and conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for man-made rules or regulations.

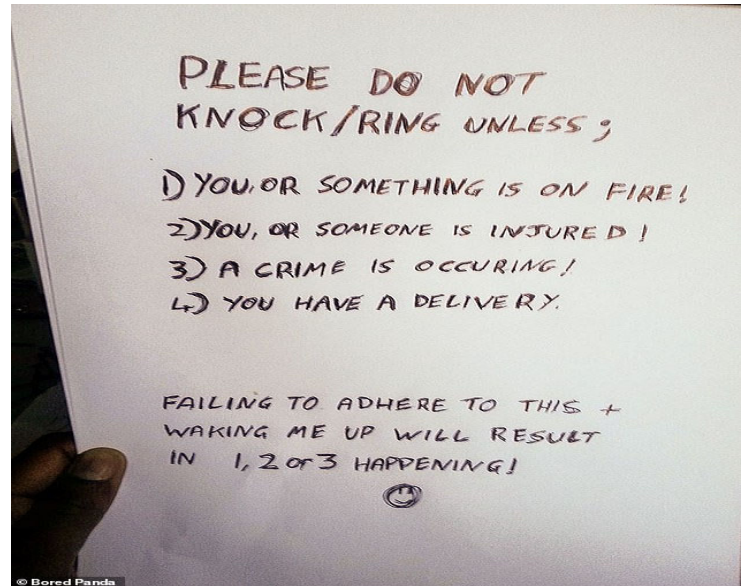
Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the A.A. group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense, with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique.

Therefore we of Alcoholics Anonymous are certain that there is but one ultimate authority, “a loving God as he may express himself in our group conscience.”

Bill W., 1948

Me: It's medicinal...

Cop: First of all, that's wine...



### 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



# 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.

# 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**

## **2020 WINTER ASSEMBLY**

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**Where:** Holy Cross Hospital

1500 Forest Glen Rd

Silver Spring, MD 20910

**When:** Saturday, February 8th

- 8 AM Doors Open
- 9 AM - 12 PM Workshops / Sharing Sessions / Committee Work Sessions
- 10 AM Budget & Finance Committee Meeting
- **12 PM Lunch**
- 12:30 PM Assembly Convenes
- 3:35 Close

[www.area13aa.org](http://www.area13aa.org)

Light refreshments will be provided throughout

Free neighborhood parking available or \$8 to park (reimbursable via Area Treasurer)

1/2 mile walk from Forest Glen Metro

Email [chair@area13aa.org](mailto:chair@area13aa.org) for more information

love



**YOUNG OR YOUNG AT HEART?  
JOIN DC'S YOUNG PEOPLE MEETING  
& MAKE OUR ANNUAL CELEBRATION  
SWEET!**



# **DCYP TURNS 8, Let's Celebrate!**

**Saturday, February 8th, 2020  
2100 New Hampshire Ave, NW**

**Food (POTLUCK) at 6pm  
Meeting at 7pm**

**Child care & ASL  
interpretation  
will be provided.**

**P.S. We're raising \$  
to pay our ASL  
interpreters in  
2020.  
Bring cash or  
venmo @DC-YP.**

**FOR MORE INFO & SERVICE  
OPPORTUNITIES, EMAIL  
SECRETARY.DCYP@GMAIL.COM**



# The Joy of Living

A **FREE** AA workshop on steps 6-12  
Presented by the All Are Welcome Group

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9 am ~ Coffee & Fellowship

9:45 am ~ Welcome

10 am ~ **Defects: What They Are & How to Remove Them  
(Steps 6&7)**

Rebecca P from Bethesda, MD and Bob Z from Rockville, MD

11:15am ~ **Rubbing out the Record (Steps 8&9)**

Turpy from Silver Spring, MD and Nelson R from Chevy Chase, MD

12:15-1:00pm ~ **FREE Lunch (provided)**

1 pm ~ **It Works. It Really Does (Steps 10&11)**

Sammie G from Richmond, VA and Harold G from Annapolis, MD

2:15pm ~ **The Joy of Living (Step 12)**

April D from Bowie, MD and Mike M from Frederick, MD

3:30pm ~ Close

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## Saturday February 15, 2020

**All Are Welcome!**

For More Information:  
Deshu G (240) 277-9183  
Jenny R (240) 888-0435

North Chevy Chase Christian Church  
8814 Kensington Parkway  
Chevy Chase, MD 20815

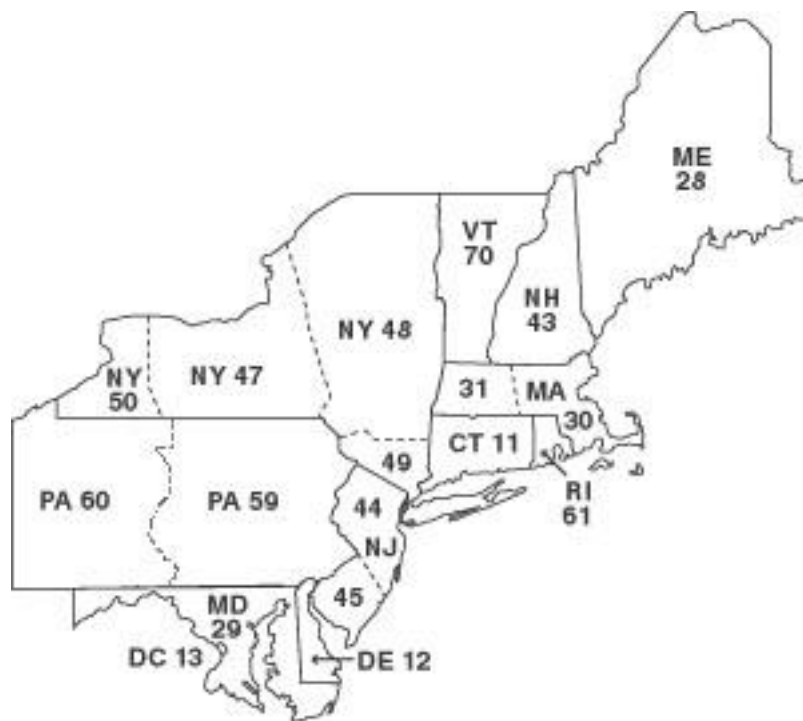
# Save the Date!

## 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)**

# - Pricing -

Early registration fee of \$30 per person includes all Workshops, Speakers, and Fellowship for the three day program.

Tickets for Buffet Dinner sold separately. Menu on website.

Buffet Signup Deadline: March 1st, 2019.

Starting February 1st, the registration fee is \$35.

Register online by March 1st:

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

Register by mail by March 1st. Make check or money order payable to:

Southern Maryland Round-Up

Mail to: P.O. Box 427, Dunkirk, MD 20754

After March 1st, check the website for registration availability.

All registrations FINAL. No refunds - pass it on to a friend of Bill's if unable to attend.

Sponsorships available. Information on website.

Outstanding Speakers!  
Fellowship!

AA & Al-Anon Workshops & Meetings!

Sobriety Countdown!

Hospitality Suite!

On-site Recovery Store! T-Shirts!

AND MORE!

Holiday Inn Solomons  
Conference Center & Marina

155 Holiday Drive, Solomons, MD 20688

Located 1hr South of Washington, D.C.

Room Rate - \$104/night

Be sure to use reservation # RU2

Rates good for 3 days prior & 3 days after  
event 1-800-HOLIDAY or 410-326-6311

[www.holidayinn.com](http://www.holidayinn.com)

For conference information, please visit:

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

or email: [Info@somroundup.com](mailto:Info@somroundup.com)

For information about the area: [www.solomonsmaryland.com](http://www.solomonsmaryland.com)

# 2020

A VISION FOR YOU  
A VISION FOR YOU

# The 10th Annual Southern Maryland ROUND-UP

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

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

Special Needs: Yes No

Describe: \_\_\_\_\_

Registration \$ \_\_\_\_\_

Buffet Dinner: \$ \_\_\_\_\_

(Additional \$25 for Buffet Dinner)

Hospitality Suite Donation \$ \_\_\_\_\_

Lend a hand to those who are unable

to pay the Registration Fee: \$ \_\_\_\_\_

Sponsorship Contribution \$ \_\_\_\_\_

Total \$ \_\_\_\_\_



### WAGSA Area Committee

2<sup>nd</sup> Monday

**No Committee Meeting  
in February.  
(Winter General Assembly  
February 8 at Holy Cross  
Hospital)**

Silver Spring Presb.  
Church  
580 University Blvd East

### WAGSA 2020 WINTER ASSEMBLY

**Sat, February 8, 2020**

8:00 AM—3:30 PM

Holy Cross Hospital  
1500 Forest Glen Rd  
Silver Spring MD

Free neighborhood parking or  
\$8.00 to park (reimbursable via  
Area 13 Treasurer)

[www.area13aa.org](http://www.area13aa.org)

Email [chair@area13aa.org](mailto:chair@area13aa.org)  
for more information

### DC Young People's 8th Group Anniversary

**Saturday, Feb 8, 2020**

6:00PM– 8:00 PM

Augustana Lutheran Church  
2100 New Hampshire Ave, NW  
Washington, DC

Potluck at 6:00 PM

Meeting at 7:00 PM

Child Care & ASL interpretation  
will be provided

We're raising \$ to pay ASL for  
2020. Bring cash or  
[venom@DC-YP](mailto:venom@DC-YP)

### WAIA Monthly Board Meeting

**February 11, 2020**

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)

### The Joy of Living Workshop

**Saturday, February 15, 2020**

A Free AA Workshop on steps  
6-12 hosted by the All are  
Welcome Group

9:00 AM—3:30 PM

No Chevy Chase Christian  
8814 Kensington Parkway  
Chevy Chase MD

All are Welcome!

### 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	241	Crapshooters	315	Growing Group
600	AA at CUA	148	Creative Arts		Happy, Joyous & Free
125	AA & Family Issues		Crossroads of Recovery	5	Help Wanted
40	Addison Road	231	Daily Reflections, SW	101	High Noon
	Adams Morgan Meditation	55	Daily Reflections, UnityPI		High on the Hill
365	All Are Welcome	281	Darn Good Big Book	77	High Sobriety
150	Among Women	648	Darnestown Men	1348	Hill Lunch
185	Anacastia	120	Deanwood Women Rap	202	Hope/Oxon Hill
920	Andrews Armed Forces	110	Double Dippers	472	How It Works G'burg
428	As Bill Sees It, NW	139	Dupont Circle Club	132	Hyattsville Discussion
457	As We Understood Him	188	DC Young People	586	Hyattsville Hope
1267	Aspen Hill 5th Chapter		DCC Noon	114	Informed Group
60	Aspen Hill Phoenix Mon.	78	DCC Women Fri.	2025	Into Action, Germantown
137	Aspen Hill Phoenix Fri.		Del Ray Acceptance	648	Investment
2095	Attitude & Action	336	District 2	360	Irreverent Women
	Attitude Adjusters	286	Divine Intervention	550	Jaywalkers
1388	Back to Basics	687	Dunn Drinking	3516	Just Before Noon
120	Barnesville	305	Dunrobbin	230	Just For Today
210	Beginners Basic (DCC/Tue.)		8AM Men's Big Book	1200	Kensington Big Book
69	Beginner Basics (DCC/Wed)	255	Early Times	48	Kensington YP Step Study
444	Beginners & Winners	782	Epiphanies	254	Keys to Kingdom
9	Bethesda Youth	59	Ex Libris	304	Kid Friendly Big Book
107	Big Book Study	87	Faith Fellowship	100	Kingman Park
90	Big Book Thumpers	267	Faith Group	226	King Str. Recovery
300	Brightwood	619	52 Pick-Up	850	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)	361	14 Promises	3108	Laurel Recovery
1122	Burtonsville Big Book	15	Fourth Dimension	90	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	255	Friday Night Big Book		Let It Happen
200	Carmody Hill Group		Friendly Bunch	48	Liberty
575	Cedar Lane Women	25	Friendship	90	Life Is Good
561	Change of Life		Gaithersburg Beginners	60	Life Saver/Big Book
174	Cheltenham	500	Gateway		Little House
519	Chinatown Big Book	771	Gateway/Wednesday	20	Living Sober by the Book
254	Chinatown Men's	91	Gay 18 New Castle	48	Living Sober Unity Place
78	Cleveland Park	615	Gay Group	86	May Day
43	Clinton 45 Plus		Georgetown	184	Meance to Serenity
121	Clinton Day		Get It Off Your Chest	1664	Men of Dupont
459	Clinton 6:30	600	Glenarden		Men In Recovery
278	Clinton Sunday Night	133	Glen Echo	570	Men's BS Session
599	Coffee & Donuts	19	Goldsboro	1059	Messengers
300	Colesville Sunday Nite	119	Good News Beginners	295	Midwest
485	College Park	13	Good Shepard	455	Midtown
1111	Cosmopolitan		Grace	247	Misery is Optional
		1520	Greenbelt Step	38	Mitchellville

1000 Monday Winners	50 Possum Pike	88 Steps To Sobriety
418 Mo.Co. Women	430 Potomac Eye Openers	887 Step II Group
310 More Peace of Mind	1170 Potomac High Noon	127 Sunday Men's Step
Montrose Gay	956 Potomac Oaks	623 Sunday Morning Breakfast
149 Moving into the Solution	60 Potomac Village	830 Sunday Morning Joy
176 Mt. Rainer	74 Potomac Women	108 Sun. Morning Reflections-UP
442 Nativity	1167 Potomac Speakers	3822 Sunrise Sobriety
215 Neelsville Beginner	1337 Primary Purpose Gay	1777 Sunshine, G'burg
434 N.E. New Hope	750 Progress Not Perfection	200 Sursum Corda
595 NE Sunrise	92 Promises Promises	818 Takoma Park Necessity
507 Never Too Late	240 Prospect	100 Takoma Rush Hour
213 Never Walk Alone	700 Queer Women	1411 Tenley Circle
1297 New Avenue	308 Quince Orchard	22 The Away Group
New Beginnings NW	2110 Radicals	1185 There is a Solution
70 New Beginnings/Pool'ville	50 Read & Speak	194 TGIF
466 New Beginnings SE	155 Riderwood Bills	60 Thurs. Morn. Reset
120 New Beginners	650 Room with a View	Triangle Club-Sat. 7:15PM
292 New Hope	100 Rosedale Sobriety	Triangle club-Tues. 7:15PM
175 New Stomping Ground	212 Sat.Afternoon/2PM/UP	Trusted Servants
300 New Way Recovery	105 Sat Morn Fire Barrel	160 Tue. Nite Men's Big Book
23 No Hard Terms	830 Saturday Morning Steps	77 Twelve Point Bucks
Norbeck Women Fri	192 Saturday Night Happy Hour	38 Unity Noon
Norbeck Women Wed	28 Saturday Night Special	323 Unlovely Creatures
390 Norbeck Step	332 Scaggsville	15 Upper Marlboro Big Book
56 Nuts & Bolts	Second Chance	50 Upper Marlboro Step
60 NW Metro	500 Seed of Hope	237 Uptown
217 Oasis Women's BB	Serenity	86 Victory Lights
20 Old Fashion	163 Serious Business	Vision for You
Old Town Bowie BB	190 Shepherders	1320 We Care
1062 Olney Farm	522 Silence is Golden	366 Wednesday Nite Winners
608 Olney Stag Rap	3028 Silver Spring	56 Welcome Group
688 Olney Women's group	8 Silver Spring Women	762 Westmoreland Women
678 On the Circle	120 Simplicity	552 Westside Beginners
73 On the Move	200 Simply Sober	219 Westside Men
116 One Day at a Time/SE	82 Singleness of Purpose	261 Westside Women
200 One Day at a Time/R'ville	2282 Six & Seventh Step	300 What's Happening Now
One Day at a Time/	148 Soapstone	240 White Oak Steps &Traditions
G'burg	Sober & Alive	782 Yacht Club
355 One Day at a Time/	187 Sobriety Sisters	Yeas & Nays
Lanham	50 Souls Arising	
918 180 Group	Southern Sobriety	
900 Open Arms	3783 Spiritual Awakening	
215 Out Of the Woods	30 St, Barnabas Womens wrap	665 Birthday
2341 P Street	562 St. Camillus	60 Faithful Fivers
475 Palisades Mon. Nite	45 St. Francis	7745 Individuals
357 Petworth	150 St. Mary's Gay	1500 Memorial
Phoenix Group/DC	164 Starting Over (SS)	
100 Pool'ville Pot Luck	43 Starting Over Gaithersburg	
	Step Sisters	

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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

February 20

Kevin H.

Silver Spring

33

### 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.***

The **NEW REPORTER** is a monthly publication of the W.A.I.A., Inc., 4530 Connecticut Avenue, N.W. Washington, D.C. 20008. Printed Subscriptions are \$15.00 per year and Digital Subscriptions are **FREE**. Articles and event information are encouraged from members of the Fellowship and its friends.

### 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**—Monday—Friday, 7:00 AM, St. Michaels'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 Quackensbo 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

## FEBRUARY 2020