

Digital NEW REPORTER

Alcoholics Anonymous, 4th Ed, p 77

WASHINGTON AREA INTERGROUP ASSOCIATION

VOLUME 57

NUMBER 3

MARCH 2020

We will comprehend the word Serenity





VOLUME 57

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I am convinced that we are all looking for the same thing: Peace. Calm. Serenity. The Buddha said that life is full of suffering and all of us are searching for a way to free ourselves from the wheel of that suffering, or samsara. For millennia, the vast majority of humans have only used material means to find that freedom. Addicts have gone to extra lengths to attempt to find freedom from that suffering — only to perpetuate it and let it bleed into the lives of others. The wheel of suffering is a very insidious thing.



I was seven years old standing in the basement telling my father I wished I was dead. What can be going on in a child's life that these words would come out of his mouth at such a young age? I knew nothing of serenity. While it took me many more years to name it, growing up in a violent, alcoholic home takes an immense toll on a child.

At that age you aren't aware of these things as much as you *feel* them. And so I found myself having lost touch with any sense of serenity and peace. I learned quickly how to hide the pain and despair with a smile. And at this point of my life, years after my father's death, I cannot help and imagine him at the age of seven and what his life was like. I know so very little other than the bits and pieces I have learned from my mom, sister, my cousins and other family. Just two people stuck on the wheel, lives overlapping in less than a cosmic blink of an eye.

It is clear that peace comes from the inside. When I have no internal peace it is too easy to project my inner chaos onto the world around me. A lot of us have likely spent much of our lives dealing with – or not dealing with – our pain. Some of it internal and some of it external. You can learn how, after years of being controlled by your pain, to make it work for you. When you do this, the outside world changes as if it has been magically repainted by an invisible artist's hand. Suddenly the world that seemed so hostile and scary is a place of wonder and awe. Peace is a real possibility.

When we accept ourselves, others, and the world around us as they are, we will comprehend the word serenity and we will know peace. When we see ourselves for who we are not for what we have done or what we do, we will know peace. When we stop fighting everything and everyone we will know peace. When we surrender to the mystery of life and live each moment to its fullest we will comprehend the word serenity and we will know peace. Dan Griffin, Renew Everyday.com



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Margo's story—tragedy and pain leavened with humor...

Who was I when I found myself lying in a hospital bed surrounded by IV poles dripping pain medication and much needed hydration into my veins? How did I get from there to here?

It all started at birth. My parents loved to drink alcohol. The bottle came first. We knew the children were a lower priority.

At 6 months, I was defiant. I have a picture of myself sitting in an armchair looking determined. My mother is looking on, holding a lit cigarette dressed in her jeans itching to take off and go fishing. I felt lonely. I was scared, worried and determined.

Early on, I made up my mind I was going to survive, if not thrive. In the process I became very strong. The more suffering the stronger I became. I became focused.

I was first born so protecting my sister and 2 brothers was my job. I have a sweet picture of three of us. I am the tallest, standing in the back with my hand on both my sister and brother's shoulders. Even though I fought with my sister, tormented her, I was protective of her. Our mother was mean to our brother. I was protective of him too. I saw myself as the referee and judge in the family.

I went to school, college and got married. I gave birth to my now adult son, got divorced from his father and then the fire happened. I had known for a long time that my husband wasn't right for me. I felt our marriage wasn't a priority for him. He seemed conflicted when it came to what mattered to me in life.

I majored in art history in college. I was passionate about contemporary art. Then came the fire. I was 27 years old. I was at a small dinner party, wearing a colorful long-sleeved jewel neckline dress.

I sat to the right of the host of the party. He used a chafing dish to prepare the meal.

The flame went out under the chafing dish, my dress absorbed the evaporated fumes and when he reignited the flame I caught on fire. My face, neck, hands and arms suffered first, second- and third-degree burns.

I was scared, it felt to me like the room was on fire. There seemed to be total confusion. I couldn't see anything. I struggled, tried to drop to my knees. The guests overcame my struggles, beat me out with a throw rug, and called an ambulance.

I passed out when I lay down in the ambulance. They took me to the nearest local small hospital. I don't remember very much of my stay there.

My mother and sister were notified. They came to the hospital. The nurses wrapped my face, hands and chest in bandages with tiny slits for my eyes.

I asked my sister if I was going to live. I was really bewildered, unable to see or feel anything. With a quivering chin and tears pouring down her cheeks she assured me I was going to live.

My mother had to override the advice of the doctors at the hospital and call an ambulance to go to a large better equipped hospital. I signed myself out by making a large "X" on the documents.

I remember my mother commenting on the ride in the ambulance, "Oh, you should see all the cars, Marg, they're just going 'zing zing zing' out of the way." I was bewildered. It was wonderful having our mother's loving sense of humor through it all.



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There is a Solution

"There is a solution. Almost none of us like the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed." *Alcoholics Anonymous*, p. 25.

"Rocketed into a fourth dimension. . .!" Well, for me, it was more of a slow uphill crawl. But, with God's help, I crawled nonetheless, and I, too, have found much of heaven.

When I first joined A.A., the others in the group seemed so happy, so at ease with themselves. They must not have any problems, I figured. And if I stay in A.A., I won't have any problems either. Obviously, my pain and anguish in life were everyone else's fault: if only I had the perfect husband, children, job, house, body – you name it, the perfect whatever will make me happy. Even in sobriety, I was determined to mold the rest of the world to my specifications, to make me happy.

Then, at a meeting one day, I heard an angel speak directly to me. (Actually, another A.A.er, delivering the message of God, just like angels do.) "If everyone else is the problem, then I am a dead man. If I am the problem, then that is a message of great hope." Well! That is a message of great hope – because if I am willing, I can change. If I open myself to God, to the truth about me, and admit it to another person, I can be willing to let go and let God. I was able to surrender my old idea (controlling the rest of the world), and be open to God's idea (how to accept and live life through the principles of A.A.)

Utopia is not an option – but sobriety, peace, contentment, joy – these are possible. If I accept the spiritual tool kit (A.A. Steps/principles, prayer, fellowship, etc.) laid at my feet, these qualities *will* manifest in my life. My happiness no longer depends on a problem – free life, but on the Grace of God to meet any such problems as may come my way, with trust the God loves me and helps me.

And God helps me through all his willing angels, my friends in A.A. I love you all and thank you so much for showing me "much of heaven" these past 13 years.

Jane T. Commercial Group (Springfield, MO)



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Letting Go

To "Let go" does not mean to stop caring, it means I can't do it for someone else.

To "Let go" is not to enable, but to allow learning from natural consequences.

To "Let go" is to admit powerlessness, which means the outcome is not in my hands.

To "Let go" is not to try to change or blame another, it's to make the most of myself.

To "Let go" is not to care for, but to care about.

To "Let go" is not to fix, but to be supportive.

To "Let go" is not to judge, but to allow another to be a human being.

To "Let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.

To "Let go" is not to be protective, it's to permit another to face reality.

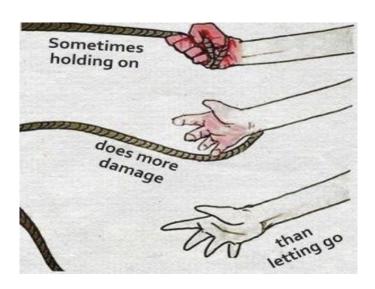
To "Let go" is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To "Let go" is not to adjust everything to my desires, but to take each day as it comes. And cherish myself in it.

To "Let go" is not to criticize and regulate anybody, but to try to become what I dream I can be.

To "Let go" is not to regret the past, but to grow and live for the future.

To "Let go" is to fear less and love more.



Bill Wilson on the Serenity Prayer

"We treasure our "Serenity Prayer" because it brings a new light to us that can dissipate our old time and nearly fatal habit of fooling ourselves.

In the radiance of this prayer we see that defeat, rightly accepted, need be no disaster. We now know that we do not have to run away, nor ought we again try to overcome adversity by still another bulldozing power drive that can only push up obstacles before us faster than they can be taken down." As Bill Sees It, 20

Live Serenely

"When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of emotion – anger, fear, jealousy, and the like,

If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires the admission and correction of errors – now.



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We were now at Step Three . . .

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal, we are his agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of his presence, we began to lose out fear of today, tomorrow or the hereafter. We were reborn.

We were now at Step Three. Many of us said to our Maker, *as we understood him*: "God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!" Alcoholics Anonymous, 3rd edition, pp. 62-63.



MAKES ME LAUGH

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From Jimmy Fallon's "My Drunk Story"

I once spilled beer on my socks at a party and I decided the quickest way to dry them off was a minute or two in the microwave. I left the kitchen with someone yelling out "Who's cooking a sock?!"

I got so drunk that I went up to my roof, switched my phone to airplane mode and flung it at the sky, hoping it would take off... It didn't.

Got so drunk my friend let me stay over for the night. Woke up on the floor of their living room with my friend's 8-year-old son lining up action figures around my body, saying "don't wake the giant! Tie him down!"

I woke up the next morning and realized that I had texted everyone in my contacts list and invited them to join me in forming a Nickelback cover band called "Nacklebick."

In college, my roommates were asleep while I was drunk & watching TV. I felt like a loser being alone so I called this vacuum infomercial number and told a guy, I don't want a vacuum, just a friend." \$200 and no new friends later, I became a broke college vacuum owner.





DONATION FORMS

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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 charg Signature:	e my credit card in the ar		

WAIA

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

Hospitals & Institutions (H&I) Opportunities for Service

Email: <u>hni@aa-dc.org</u>
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 for Sundays and Irene B. at 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.



ANSWERING THE PHONE AT THE WAIA OFFICE THE FUN SERVICE OPPORTUNITY

- WHERE
 4530 Connecticut Avenue NW about half a mile up from Van Ness Metro station
- WHEN
 Three hour shifts, between 10 a.m. and 10 p.m. weekdays or weekends
- HOW
 You will be trained by the WAIA staff doesn't take long
- WHO
 Meet other fun alcoholics who are there to pick up literature, answer phones,
 hang out while helping out

FREE PARKING!
NEARBY TAKEOUT RESTAURANTS THAT DELIVER
GREAT AMBIENCE FULL OF A.A. HISTORY

Call Luella or Clo'via at (202) 966-9115 today! or Email: aa-dc@aa-dc.org

BACK TO BASICS

The Alcoholics Anonymous Beginners' Meetings

Here are the steps we took . . . "
In Four One-hour sessions

10AM Saturday March 7th
10AM Saturday March 14th
10AM Saturday March 21st
10AM Saturday March 28th

Laurel Recovery, 368 Main Street, Laurel MD 20707 laurelrecovery.org

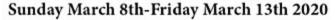
1 of 1



29th Sessions in the Snow

Presents

Killington Vermont



The Chalet 2685 Killington rd Killington ,VT

5 Nights loding w/ breakfast and 5 1/2 days boarding or skiing

Single Person Double beds (2-3 per room) = \$550 total

1 person King = \$800 total 2 people 1 King = \$1,000 total (For 2 not per person) prices include 5 nights lodging, deluxe breakfast, and 5 1/2 day lift ticket.

Rentals for Boards or Skis = \$145 per week

Deposits of 50% due by January 1st and can be paid by check, cash or Venmo.

Contact:

Chris H. 240-461-7113 Mike L. 240-543-8225 Jack C. 301-908-8396 Conrad M. 202-290-0393 **10th Annual Southern Maryland Round-Up** March 20th - 22nd

Holiday Inn Solomons

Conference Center & Marina



BOBBY C PHILADELPHIA, PA ALI P LEVITTOWN, PA JOHN K DALLAS, TX CLIF G ... OKLAHOMA CITY, OK

The most satisfactory years of our existence lie ahead!

A VISION FOR YOU

SANDRA S CLEVELAND, OH TOM U SANTA FE, NM JENNIFER D ... WILMINGTON, NC LORI G OKLAHOMA CITY, OK AA Big Book pg 152

Join Us!

Visit the

Northern Virginia Intergroup Open House

Saturday March 21, 2020 11:00am – 2:00pm

Volunteer: Join our phone training between 10am - 11am. Help other alcoholics in the area!

See: Check out the NVI office & bookroom. Get the literature and chips your meetings need.

Learn: Find out how the NVI committees help the area and learn how to assist in the message.

Discover: See the history of northern Virginia AA via the NVI Archives display.

We will have coffee and light snacks!

NVI is located at 10400 Eaton PI #140, Fairfax, VA



1901 Iverson street
United Methodist Church
Of the Redeemer
Temples Hill's Maryland







CALENDAR DIGITAL REPORTER

WASHINGTON AREA INTERGROUP ASSOCIATION

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WAGSA Area Committee

2nd Monday

March 9, 2019

7:30 PM

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

Laurel Recovery Beginners Meetings Back to Basics

Four One Hour Sessions

10 AM Saturday March 710 AM Saturday March 14

10 AM Saturday March 21

10 AM Saturday March 28

Laurel Recovery 368 Main St Laurel, MD 20707

laurelrecovery.org

Last Chance 7th Group Anniversary

Tuesday, Mar. 24, 2020

United Methodist Church 1901 Iverson St Temple Hills, MD

Light Refreshments 6:30 P

Meeting at 7:00 PM

WAIA

Monthly Board Meeting

March 10, 2020

PIZZA PARTY 7:30 pm

Board Meeting: 8:00 PM

The Church in Bethesda 5033 Wilson Ln Bethesda, MD 20814

For more information email: aa-dc@aa-dc.org

10th Annual Southern Maryland Round-UP

March 20th-22nd, 2020

"A Vision for You"

Holiday Inn Solomons Conference Center & Marina 155 Holiday Dr Solomons, MD 20688

www. southernmarylandroundup.org

CHECK OUT OUR EVENTS CALENDAR

Events are updated regularly!

If you would like to submit an event, send an email to events@aadc.org. A pdf flyer may be attached



CONTRIBUTIONS

JANUARY 01— FEBRUARY 19, 2020

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AA & Family Issu	Jes
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Adams Morgan	Meditation
All Are Welcom	е

Among Women
Andrews Armed Forces
204 As Bill Sees It, NW

As We Understood Him Aspen Hill 5th Chapter 101 Aspen Hill Phoenix Mon.

A Way of Life

10

101 Aspen Hill Phoenix Mon. Aspen Hill Phoenix Fri. Attitude & Action Attitude Adjusters

420 Back to Basics
Barnesville
Beginner Basics (DCC/Wed)
Beginners & Winners
Big Book Study
Big Book Thumpers
Brightwood
Brookland

110 Broad Highway

898 BYOL
BYOL (NonSmoke)
Burtonsville Big Book

108 Campus Noon
Capitol Heights
Capital Hill
Carmody Hill Group
Cedar Lane Women
Change of Life
Cheltenham
Chinatown Big Book
Chinatown Men's

90 Clarksburg AA Cleveland Park Clinton 45 Plus Clinton Day Clinton 6:30

Clinton Sunday Night 160 Coffee & Donuts

Colesville Sunday Nite

252 College Park
Cosmopolitan
Crapshooters
Creative Arts

Crossroads of Recovery

Daily Reflections, NW
 Daily Reflections, SW
 Daily Reflections, UnityPl
 Darn Good Big Book

201 Darnestown Men

45 Day by Day
Deanwood Women Rap
Double Dippers
Dupont Circle Club
DC Young People

283 DCC Noon
DCC Women Fri.
Del Ray Acceptance

1345 Del Ray club District 2

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8AM Men's Big Book
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Free Spirits
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Friday Night Big Book
Friendly Bunch
Friendship
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Gateway
Gateway/Wednesday
Gay 18 New Castle
Gay Group

Georgetown
480 Get It Off Your Chest
Glenarden

267 Glen Echo Goldsboro

660 Good News Beginners Good Shepard Greenbelt Step 150 Growing Group
Happy, Joyous & Free
Help Wanted
High Noon
High on the Hill
High Sobriety
Hill Lunch

20 Hope Fellowship Hope/Oxon Hill

551 How It Works G'burg

50 Hyattsville Discussion Hyattsville Hope

27 Informed Group
Into Action, Germantown
Investment
Irreverent Women
Jaywalkers

600 Just Before Noon Just For Today

960 Kensington Big Book

1020 Kensington YP Step Study
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Kid Friendly Big Book
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420 Leisure World Big Book Let Go Let God Let It Happen Liberty

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20 Living Sober by the Book Living Sober Unity Place May Day Meance to Serenity Men of Dupont

174 Men In Recovery Men's BS Session

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120 Mideast Midtown

122 Misery is Optional



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On the Move
One Day at a Time
One Day at a Time/R'ville
One Day at a Time/

G'burg

One Day at a Time/

Lanham

180 Group Open Arms Out Of the Woods P Street Palisades Mon. Nite Petworth Phoenix Group/DC

Pool'ville Pot Luck

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Potomac High Noon
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- 98 St, Barnabas Womens wrap
 - St. Camillus St. Mary's Gay
 - St. Francis
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Starting Over Gaithersburg
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 - 33 Birthday
 Faithful Fivers
- 2269 Individuals Memorial



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Mail to: WAIA

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A free digital copy of the New Reporter is posted every month to our website at: www.aa-dc.org/NewReporter

To receive an email with the link each month, send a request to newreporter@aa-dc.org



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





CELEBRATING

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March 22	Glorianne S.	Just Before Noon	22	

THINGS WE CANNOT CHANGE

Dwayne Barns, over 15 years sober, Metropolis Club, February 7, 2020

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

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NEW MEETINGS

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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 or call us at 202-966-9115 to let us know!

HALLMARK—Wednesday, 7:00 PM, 200 Savannah Terr SE, Wasshington, DC

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

MEETING TIME CHANGE

SERENITY—Friday, 8:00 PM, Westmoreland Congressional Church, 1 Westmoreland Circle, Bethesda, MD 20816



MARCH 2020