



A.A. Promise: We Will Know Peace

A Personal Message from the WAIA chairperson:

Dear Fellowship,

When I first heard about the COVID-19 virus arriving in the United States a line I remembered reading somewhere in our literature came into my mind and I was afraid:

“We are people who normally would not mix.”

Could the rooms of AA become a vector for the disease? Would we cease to meet? How would we as autonomous groups act quickly enough to stay safe? I sought out this text and my fear melted when I found it is from “Chapter 2: There is a solution” and the very next line is:

“But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.”

During this crisis we have all seen and experienced that fellowship in amazing effect when groups acted quickly for the safety of their members and kept the focus on our primary purpose. You set up phone and online meetings and kept in touch with the service structure. With confidence in the traditions and faith in a loving god of your understanding - you allowed the WAIA office staff and volunteers to continue to answer the phones always able to say:

A.A. IS STILL HERE FOR YOU

And for that - I THANK YOU.

I also want to thank the amazing office staff, our committees and the dozens of phone, desk and nightwatch volunteers who answered hundreds upon hundreds of calls from newcomers, old-timers, the scared, the sick, the despairing and the hopeful - lending a loving ear, giving consistent information and helping everyone they could to reach the resources they needed to stay sober.

However, this is not over. This will most likely be the new normal for at least the month of April so let's keep it going strong by:

- joining a WAIA committee!
- setting up new online meetings and new online events with a digital 7th tradition!
- dusting off the old speaker tapes and subscribing to new grapevine literature!
- reaching out to old friends!
- sharing experience, strength and hope through new online meeting formats!
- seeking out newcomers and coming up with new ways to reach the still suffering.

I know you can and WAIA will be here to help you do all that and more.

In love and service,



Alex M. - chair@aa-dc.org
WAIA chairperson

P.S. Keep checking aa-dc.org for updates and new resources - send suggestions to tech@aa-dc.org

WAIA Online/Phone Meeting Resources:

From WAIA Tech Committee:

List of local online/phone meetings

aa-dc.org/online-meeting-list

Important info on Zoom meetings and Anonymity

aa-dc.org/zoom-anonymity

Suggested resources for setting up a temporary online/phone meeting

aa-dc.org/suggested-resources-for-setting-up-a-temporary-online-meeting

Want to JOIN an online or phone meeting? Click on the name of the meeting and look for this information:

Dial-in number: (312) 626-6799,
Access code: 360716391#
Press *6 to mute/share, *9 to raise
hand

A few minutes before meeting time, (4:30pm in this case) using any phone (flip, land line or smart!) Dial the phone number and when prompted dial the access code and press the pound sign. You will join the meeting by voice only.

Each meeting is run a little differently - but most ask that when you are not speaking you mute yourself - either with the mute button on your phone or by pressing *6.

When your turn to share, press *6 to un-mute yourself. Other customs or procedures will be explained by the moderator or chairperson.

<https://zoom.us/j/360716391>
(312) 626-6799,,360716391#

The “zoom” link here will launch the Zoom app if you have it on your smartphone or computer. It's simple and free to install, requires NO SIGN UP to join a meeting and you can choose NOT to share video.

The other link is a “one touch dial” link and will work from most smart phones - it does not join by the app or video link but is a shortcut to dial the phone number and access code above.

Please contact WAIA if you have questions, suggestions or stories to share - tech@aa-dc.org

How to Contribute to WAIA, GSO and WAGSA

Contributions to the **Washington Area Intergroup Association (WAIA)**, the **General Service Office (GSO)**, and the **Washington Area General Service Assembly (WAGSA)** cannot be made in person at this time, but you may contribute by mail and online using the information below. You must be a member of AA to contribute. Per our 7th tradition we are self supporting, declining outside contributions.

If you are an individual the maximum you may give is \$3000 per year. If you wish to make a large contribution please contact the WAIA office beforehand.

We thank you for your support.

Check payable to: *WAIA*

Mail to: WAIA
4530 Connecticut Ave, NW
Suite 111
Washington, DC 20008

Online: <https://aa-dc.org/contribute-online>

Check payable to: *General Service Board*

Mail to: General Service Office
Box 459
Grand Central Station
New York, N.Y. 10163

Online: aa.org

Make check payable to: *W.A.G.S.A.*

Mail to: WAGSA
Box 5673
Friendship Station
Washington, D.C. 20016

Mentions of Peace in Big Book/12 and 12

We will comprehend the word serenity and we will know peace. Pp. 83-84, B.B.

Whenever a human being becomes a battleground for the instincts, there can be no peace. 12x12, p 44

We can be alone at perfect peace and ease. B.B., p 75

If strong people were stalemated in the search for peace and harmony, what was to become of our erratic band of alcoholics? 12x12, p. 130

The sum of all this mighty effort is less peace and less brotherhood than before. 12x12, p. 37

There was a sense of victory, followed by such a peace and serenity as I had never known. B.B., p 14

We had to begin to make our peace, and so we listed the people we had harmed and became willing to set things right. 12x12, p. 108

I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes. B.B. p. 8

. . . peace, happiness, and a sense of direction flowed. . . B.B. p. 50

. . . peace is a priceless gift. 12x12, p. 74

Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. 12x12, p. 77

When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow' challenges can be met as they come.
12x12, p 89

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 consequence.

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 deny, but to accept.

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 regret the past, but to grow and live for the future.

To “Let go” is to fear less and love more.



Remembering those with disabilities

Another friend told the New Reporter that we should never forget those with disabilities. This friend who has a disability and who shares living arrangements with another impressed upon us that “people with disabilities are isolated to begin with.” She said that “the 12 Steps get us through.” Others who are panicked or otherwise over reacting, “don’t have our prayers or a Higher Power to rely upon.” She attended a seminar where the topic was mentorship, but the leader took to calling mentors “sponsors.” And it reminded her how important sponsorship is in our program. Finally, our friend related something she heard from a priest, who was addressing those who cannot or do not know how to pray. He said three things, “Please, thank you, and help” Each one of these is a prayer.

Finally, one thing that impresses me about this period is the reality that we never need to be alone. As people recovering from a seemingly hopeless state of mind and body who have found a way out, we have resources and fellowship anywhere, thanks to technology. For this, I am grateful.

In the category of “We are not a glum lot” - Share offered from a fellow in DC Area:

In the blink of an eye we went from face to face meetings to virtual meetings overnight. We now know or maybe have always known but were afraid to act that the technology is out there to help us carry our message. We are not trying to replace face-to-face meetings but instead how do we grow with the technology to help us continue to carry our message of not drinking one day at a time. Our fellowship has shown me just how resilient we are and my gratitude of being a sober member of Alcoholics Anonymous is unmeasurable. I love being sober!

Step 4 “Made a searching and fearless moral inventory of our selves

This step comes after we have done the other three steps, admitting our powerlessness over alcohol, coming to believe that a Higher Power can restore us to sanity and making a decision to turn our will and our lives over to the care of a Higher Power of our understanding. In the Fourth Step, fearless and searching describes that one must address the truth about themselves, not just minor infractions, but the secrets that make one break out into a cold sweat when thinking about putting them on paper. But these are the very things which will set us free in recovery and give us the courage and strength to complete the remaining Steps.

I’ve heard it said that one only needs to do one Fourth Step in recovery. In my experience, as we continue to live life on life’s terms, change and grow, as do our surroundings, circumstances and life stages, another moral inventory often becomes necessary. Some not in a 12 Step program may say, “you mean you keep reading the same book and talking about the same steps over and over?” My response is that I am different, each meeting is different and so when you add those components, they are not the same passages, and the steps take on new meanings depending on where each of us is at on a daily basis.

My fourth Steps were completed in the format of the Big Book and the columns 1) addressing person, place or thing, 2) what happened, 3) what it affected and, 4) my part. This step is completed so we can look at ourselves and see the role we have played and how we have shown up in the world. I like the phrase, “becoming right sized.” We are often folks of extremes, thinking we are either high above others or far below them, with the truth somewhere in between. Completing the

Fourth Step gives us insights and allows us to see the patterns of our behavior. Doing this step with a sponsor is imperative, in my experience. This will help you stay on track, getting guidance as you go into areas of your life that may have been contributing factors to your drinking, and facing that we were not only hurting ourselves with our drinking and behavior.

When faced with fear in completing the Fourth Step, we have to remember that what led to our coming into this program of recovery was a nightmare or mental, physical and spiritual sickness that left us defeated and broken as we walked in the doors. In considering those recollections, how could completing the Fourth Step be any worse of an experience? If you are in a fight with a porcupine (the disease of alcoholism) wouldn’t you want all of the quills pulled out, or would you want to leave some of them in because they were in a sensitive or embarrassing area. Personally, that would motivate me more to have them removed.

The freedom that comes from taking this inventory and the information that it gives us about ourselves is invaluable and well worth the discomfort. In learning that we are active players in our lives, we can see that we are no longer victims and our relationships with others and ourselves have an opportunity for restoration. In trying to find your way to a new destination, you need to know where you are starting from in order to figure out how to get there.

Caryn P., Plymouth, MN. For the MIRUS newsletter

Minneapolis, MN Intergroup

Life is an Adventure

Bryce M. died in his sleep in the early morning hours of March 1 in Honolulu, Hawaii. He was close to 62 years old, and had been sober since April 16, 1984.

Bryce was well known in my junior high school as the drug connection and the neighborhood bad-boy. As a neighbor kid a few years younger, I watched from the periphery as his life grew larger and wilder. There were raucous parties at his house. Police visits became a regular thing. Then it was ambulance visits.

I was confused because his family were wonderful people and very loving. He always seemed friendly, pleasant, generous, and warm. He was instantly likeable. Yet everyone seemed to know that Bryce was behind numerous break-ins and burglaries. People said he was part of, maybe even leader of an organized criminal gang.

As my own alcoholism took off, I saw myself as a victim of everything with nothing going for me, whereas I was convinced that Bryce was loved by everyone, had lots of opportunity, and was living the good life on a grand scale.

Then came my first A.A. meeting. I sneaked in at the end, hoping not to be seen. As the closing prayer ended, a young man came running over to greet me. He chattered away about how he had almost died numerous times because of the continuous internal pain, the overwhelming hopelessness, and the intense self-hatred. His very detailed description of what it felt like at the end and when he finally got sober hooked me.

The next day, I pieced together that it was Bryce that I talked to. For a couple of days afterward, he purposely played with his puppy on his front lawn where I could see him, so he'd be available when I was ready to ask for help. I did ask him, and my life immediately started down a very different path.

He told me that we were now family, and he earnestly wanted me to have what he had. The introduction he gave me to A.A. was exactly how he lived life – wide-ranging, enthusiastic, generous, and on a grand scale.

He took me to skid row and hospitals, homeless shelters and juvenile detention centers, Anacostia and Sessions-by-the-Sea – all with huge bear hugs that made me feel safe and cared for. He gave me an assortment of his very own one-liners and catch phrases, especially: “Life is an adventure.”

I met people, got a sponsor, learned about service, found a home group, started taking the steps, learned to share, and most of all, learned how to trust in that first 90 days – all with his guidance. Bryce made it his business to help me understand what he knew from personal experience. From this whirlwind adventure during the time I was most fragile, he instilled in me a very firm understanding of how he and I were the same, regardless of the fact that we experienced it differently. I never had the chance to try to compare my outsides to others’, because he kept me talking about our insides.

He also showed by example how to cherish and take advantage of the life I’ve been given as a result of the program. I don’t think I’ll ever live large like he did, but by starting me on this adventure, Bryce gave me something I know others often struggle with: a willingness to fully participate in life and a desire to share it with others.

For more than 35 years in A.A., Bryce took many newcomers under his wing. He touched many lives – in the DC-area for more than 20 years, and more recently in Honolulu. He became a valued member of society, and made a difference in people’s lives because of the program. And he passed on that ability to many others.

Most of all, I’m very deeply grateful that he was here in the program when I arrived, because I’m absolutely certain I wasn’t actually ready to get sober until he took me by the hand and explained it to me. My hope is that one day, someone will be able to say that I carried the same message to them.

Bryce’s adventure has come to a close, but his example reminds us to continue ours... with enthusiasm.

-- Katherine R., Rockville, MD

Absolute Love

The four absolutes, as we call them, were the only yardsticks we had in the early days, before the Steps, I think the absolutes still hold good and can be extremely helpful. I have found at times that a question arises, and I want to do the right thing, but the answer is not obvious. Almost always, if I measure my decision carefully by the yardsticks of the *absolute honesty*, *absolute unselfishness*, *absolute purity*, and *absolute love*, and it checks up pretty well with those four, then my answer can't be very far out of the way. If, however, I do that and I'm still not too satisfied with the answer, I usually consult with some friend whose judgement, in this particular case, would be very much better than mine. But usually the absolutes can help you to reach your own personal decision without bothering your friends.

As you well know, *absolute love* incorporates all else. It's very difficult to have *absolute love*. I don't think any of us will ever get it, but that doesn't mean we can't *try* to get it. It was extremely difficult for me to love my fellow man. I didn't dislike him, but I didn't love him, either. Unless there was some special reason for caring, I was just indifferent to him. I would be willing to give him a little bit if it didn't require much effort. I never would injure him at all. But love him? For a long time I just couldn't do it.

I think I overcame this problem to some extent when I was forced to do it. Because I had to either love this fellow or attempt to be helpful to him, or I would probably get *drunk* again. Debate it any way you want to, but the fact remains that the average individual can never acquire absolute love. But I am talking about the final aspects of absolute love, particularly as it applies to A.A. I don't think we can do anything very well in this world unless we practice it. And I don't think we do A.A. too well unless we practice it.

You know, as far as everybody's ultimate aim is concerned, it doesn't make much difference whether we're drinking or whether we're sober. Either way, we're all after the same thing, and that's happiness. We want peace of mind. But when we take time to find out some of the spiritual laws and familiarize ourselves with them, and put them into practice, then we do get happiness and peace of mind. *Anyone can get them who wishes to follow, but happiness and peace of mind are always here, open and free to anyone. And that is the message we can give our fellow alcoholics.*

Excerpts reprinted from the pamphlet the Co-Founders of Alcoholics Anonymous pages 171
18, 20

STEP 9: Promises of Happiness, Freedom, Peace and Serenity

Step Nine posed not a small order for me – *“The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”* 12x12, p. 83.

I had to continue to be fearless, thorough and honest about what I had done to other people and institutions if I wanted to reap the promises of A.A.

Why was the word “direct” place in Step Nine? Since it worried me I had to find out. The closest word I found that captured the intent of “direct” was “exact.” Exact translated out as “detailed.” I reviewed what I had heard and learned from other alcoholics in meetings and personal conversations regarding working Step Nine.

I also had to find out what the program meant my “amends.” I found that it could mean “to correct, to change, to fix or to restore.” As I stated in my Step Eight my years on the Navajo Nation had taught me the efficacy and beauty of the concept of *hozho* – the need to bring back harmony, return and restore the original character and beauty to something harmed or disturbed. Just admitting the harm I had done and that I was sorry was not enough.

I had to share in detail the exact nature of damage done from my point of view and request what consequences were suffered from those I had offended. I expressed to them that I wanted to make things right whatever it took.

I had committed to reaching the positive side of existence and not falter with easier softer steps. Deep down I knew if I were to realize any of the promises of Step Nine then I had to be completely honest and fearless about amends. I always deferred to my HP when considering an amends knowing that the courage needed would come.



Study suggests link between binge drinking, heart damage

By Kiersten Willis
Atlanta Journal-Constitution

A study published in the Journal of the American Heart Association indicates there may be a link between binge drinking and heavy alcohol consumption and heart damage.

Reuters reported that researchers analyzed data from nearly 3000 adults from northwest Russia. They found that heavy drinking was associated with increased levels of blood biomarkers that signify damage to heart tissue.

They included ones that showed a sign of heart-wall stretch associated with heart failure and a measure of inflammation linked to atherosclerosis, a buildup of fats and other substances in the arteries.

There are two mechanisms that may influence how alcohol consumption can negatively affect the heart.

“The first one is related to increases in blood pressure due to heavy alcohol use,” said study leader Olena Iakunchykova, a doctorate candidate at the University of Tromsø – The Arctic University of Norway. “In turn, (high) blood pressure damages the structure and function of the heart. Second, alcohol can directly affect heart muscle by causing changes in its cell metabolism.”



One of the benefits of working the drive-thru

An Oregon woman has been charged after she allegedly poured alcohol into the mouth of a Taco Bell employee while still in the drive-thru. According to the Washington County Sheriff's Office, 23-year-old Elianna Aguilar drove to a Taco Bell drive-thru and right in front of a deputy, she reached through the open drive-thru window and poured alcohol into an employee's mouth. Deputies said Aguilar was still in her car when she did this. [My kind of girl.] Aguilar was arrested and charged with driving under the influence of intoxicants. Deputies said she had a blood alcohol level of .12 at the time.

Man robs bank while wearing a name tag

A Colorado man made it very easy for law enforcement officials to earn their paychecks after allegedly robbing a bank while wearing a shirt with his name on it. According to police, John David Martinez went to a Wells Fargo branch in Denver wearing a personalized polo shirt bearing his name. The suspect approached a teller and said, "This is a robbery, give me the money." To make it even easier for police, the suspect also allegedly drove his own Honda to the bank so investigators were able to use the license plate to track down Martinez. Officers showed his DMV photo to a bank employee. "That's him. He's the one who robbed the bank this morning," the employee said, the Denver Channel reported. After an investigation that took all of five hours, Martinez was arrested.

Drunk woman calls 911 looking for lost dog

A South Florida woman's search for her lost pooch landed her behind bars. 38-year old Rebekah Altieri took her dog to a Jupiter, Fla., bar. The dog then took off when Altieri got drunk. So she did what any dog owner does; she called police to report the dog missing. Here's the catch: Jupiter Police were already at the bar. A bartender had called them to report an intoxicated patron. That intoxicated patron? Altieri. The arrest report said she was upset about her dog running away and started throwing chairs. That's when the bartender carried her out of the bar and tried to call her a cab, which she reportedly refused, Jupiter police said. When police got to the bar, they tried to get her to call a cab or a friend for a ride home. But instead Altieri called 911. Officers told her not to call 911 again, but the arrest report shows she did anyway. Police were not able to find the lost dog and the report shows she was too drunk to give a description of her precious pooch. She was charged with drunk and disorderly conduct and misuse of 911.



(A CEILING FAN ON IN THE BACKGROUND)	"CAN YOU EMAIL THAT TO EVERYONE?"	"SORRY, I DIDNT CATCH THAT. CAN YOU REPEAT?"	(SOMEONE EATING ON SCREEN)	"NO, IT'S STILL LOADING."
"SORRY I'M LATE (INSERT LAME EXCUSE.)"	"SORRY, I WAS HAVING CONNECTION ISSUES."	(SIDEBAR CONVO GOING ON IN CHAT)	"YES, MY VIDEO IS ON."	(SOMEONE ZOOMING FROM THE BEDROOM)
"HI, WHO JUST JOINED?"	(ZOOMING IN PAJAMAS)	"WERE IN THIS TOGETHER."	"SO (cuts out) I CAN (unintelligible) BY (cuts out) OK?"	"HI, CAN YOU HEAR ME?"
"CAN EVERYONE SEE ME?"	"I'M SORRY; I WAS ON MUTE."	(WAVES AT NEW PERSON ARRIVING)	(SOMEONE DRINKING COFFEE ON SCREEN)	(CHILD OR ANIMAL ON SCREEN)
"I'M SORRY, YOU CUT OUT THERE."	"UH _____ YOUR MIC IS STILL ON."	(LOUD PAINFUL FEEDBACK)	"CAN EVERYONE GO ON MUTE?"	"IS _____ ON HERE?"

**AMPED UP LEARNING'S
VIRTUAL MEETING BINGO**

(SIDEBAR CONVO GOING ON IN CHAT)	"CAN YOU EMAIL THAT TO EVERYONE?"	"SORRY, I DIDNT CATCH THAT. CAN YOU REPEAT?"	(SOMEONE EATING ON SCREEN)	"NO, IT'S STILL LOADING."
"SORRY I'M LATE (INSERT LAME EXCUSE.)"	"SORRY, I WAS HAVING CONNECTION ISSUES."	(A CEILING FAN ON IN THE BACKGROUND)	"YES, MY VIDEO IS ON."	(SOMEONE ZOOMING FROM THE BEDROOM)
"HI, WHO JUST JOINED?"	"I'LL HAVE TO GET BACK TO YOU."	"WERE IN THIS TOGETHER."	"I'M SORRY, YOU CUT OUT THERE."	"SO (cuts out) I CAN (unintelligible) BY (cuts out) OK?"
"CAN EVERYONE SEE ME?"	"I'M SORRY; I WAS ON MUTE."	(WAVES AT NEW PERSON ARRIVING)	(SOMEONE DRINKING COFFEE ON SCREEN)	(CHILD OR ANIMAL ON SCREEN)
"HI, CAN YOU HEAR ME?"	"UH _____ YOUR MIC IS STILL ON."	(LOUD PAINFUL FEEDBACK)	"CAN EVERYONE GO ON MUTE?"	"IS _____ ON HERE?"

**AMPED UP LEARNING'S
VIRTUAL MEETING BINGO**

(SOMEONE DRINKING COFFEE ON SCREEN)	"CAN YOU EMAIL THAT TO EVERYONE?"	"SORRY, I DIDNT CATCH THAT. CAN YOU REPEAT?"	(SOMEONE EATING ON SCREEN)	(WAVES AT NEW PERSON ARRIVING)
"SORRY I'M LATE (INSERT LAME EXCUSE.)"	"SORRY, I WAS HAVING CONNECTION ISSUES."	"CAN EVERYONE GO ON MUTE?"	"YES, MY VIDEO IS ON."	"HI, WHO JUST JOINED?"
(SOMEONE ZOOMING FROM THE BEDROOM)	"I'LL HAVE TO GET BACK TO YOU."	"WERE IN THIS TOGETHER."	"I'M SORRY, YOU CUT OUT THERE."	"SO (cuts out) I CAN (unintelligible) BY (cuts out) OK?"
(A CEILING FAN ON IN THE BACKGROUND)	(CHILD OR ANIMAL ON SCREEN)	"NO, IT'S STILL LOADING."	(SIDEBAR CONVO GOING ON IN CHAT)	"I'M SORRY; I WAS ON MUTE."
"HI, CAN YOU HEAR ME?"	"UH _____ YOUR MIC IS STILL ON."	(LOUD PAINFUL FEEDBACK)	"CAN EVERYONE SEE ME?"	"IS _____ ON HERE?"

**AMPED UP LEARNING'S
VIRTUAL MEETING BINGO**

"NO, IT'S STILL LOADING."	"CAN YOU EMAIL THAT TO EVERYONE?"	"SORRY, I DIDNT CATCH THAT. CAN YOU REPEAT?"	(SOMEONE EATING ON SCREEN)	(WAVES AT NEW PERSON ARRIVING)
(CHILD OR ANIMAL ON SCREEN)	"SORRY, I WAS HAVING CONNECTION ISSUES."	"UH _____ YOUR MIC IS STILL ON."	(SOMEONE ZOOMING FROM THE BEDROOM)	"HI, WHO JUST JOINED?"
"YES, MY VIDEO IS ON."	"I'LL HAVE TO GET BACK TO YOU."	"WERE IN THIS TOGETHER."	"I'M SORRY, YOU CUT OUT THERE."	"SO (cuts out) I CAN (unintelligible) BY (cuts out) OK?"
(A CEILING FAN ON IN THE BACKGROUND)	"SORRY I'M LATE (INSERT LAME EXCUSE.)"	(SOMEONE DRINKING COFFEE ON SCREEN)	(SIDEBAR CONVO GOING ON IN CHAT)	"I'M SORRY; I WAS ON MUTE."
"HI, CAN YOU HEAR ME?"	"CAN EVERYONE GO ON MUTE?"	(LOUD PAINFUL FEEDBACK)	"CAN EVERYONE SEE ME?"	"IS _____ ON HERE?"

**AMPED UP LEARNING'S
VIRTUAL MEETING BINGO**

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

2020 International Convention, July 2-5, Detroit, Michigan, is Canceled
Announcement by Michele Grinberg, Chair of the General Service Board
of A.A.

Frequently Asked Questions About the Cancellation Process for the 2020 International Convention

Q: Will my registration be refunded?

A: Yes, registration fees will be refunded in full within 6 weeks. The \$5 cancellation fee will not be charged. We ask for your patience and request that you not call the registration company directly until at least 6 weeks have passed to allow time for refunds to be processed. Credit Cards: If you paid with a credit card, that card will be credited directly. If you no longer have the credit card used during registration, you will be refunded by check. Checks/Money Orders: If you paid with a check or money order, a refund check will be processed and mailed to your address. If you canceled your registration and were charged the \$5 cancellation fee, the charge will be refunded to you.

Q: Will my hotel reservation be canceled and deposit refunded?

A: Yes, your reservation will be canceled by the Housing Bureau and you will receive a confirmation of the cancellation. If the hotel has charged their deposit, you should receive a refund of the full deposit by April 30, 2020. If you do not receive your refund by April 30, 2020, please contact the hotel directly. Their phone number is listed on your hotel confirmation email. If you need additional support, please email 2020ichousing@sxsw.com or call 1-512-872-2159.

Q: What about my airfare?

A: Please contact your airline carrier about canceling your ticket.

Q: I rented a scooter or wheelchair, will that reservation be canceled and refunded?

A: Yes, your reservation will be canceled and refunded within 8-10 weeks.

Q: I signed up to be a volunteer. Do I need to do anything about the shifts I signed up for?

A: No, all shifts will be canceled.

Q: Were all 2020 International Convention ancillary events slated to take place in Detroit canceled?

A: All events scheduled as part of the agenda of the International Convention have been canceled including the Al-Anon portion of the International Convention and the Thursday evening Party in the Plaza.

Q: What happens to the souvenir book I purchased?

A: If you purchased one or more souvenir books while registering, the credit will be added to your total refund.

Q: What happens to the subscription I purchased?

A: If you purchased a subscription while registering, the subscription has been processed and you should already be receiving *Grapevine* or *La Viña* magazine.



UPDATED FLYER

47th Annual Mini-Conference

HOSTED BY:

AREA 13 — WASHINGTON AREA GENERAL SERVICE ASSEMBLY (WAGSA)



DATE:

SATURDAY, APRIL 4, 2020

SCHEDULE:

8:00 am	Fellowship
8:15 am	Online platform tutorial and assistance
8:45 am	<i>Greetings and discussion: "The Importance of The Conference, Its Agenda Topics, and Mini Conference to the A.A. Member"</i>
9:00 am - 4:00 pm	Mini Conference panels and presentations

LOCATION:

[HTTP://BIT.LY/47THMINIPROGRAM](http://bit.ly/47thMiniProgram)

This event has been moved to an online platform.

See the program link for specific details on time and how to access the event.



If you are in need of American Sign Language (ASL) services, please email us by March 27th so accommodations can be made.

WHAT?

Our annual mini conference will be moving to an entirely online platform. Please register at the link provided below for more details.

The purpose of the Mini-Conference is to provide the opportunity for all Area 13 A.A. members to learn, discuss, and share their thoughts on the 2020 General Service Conference (G.S.C.) agenda topics. You may also contact altdelegate@area13aa.org if you have questions.

The annual Mini-Conference provides our Area Delegate with the views of an informed Area group conscience and also provides all AA members in Area 13 the opportunity to fulfill their responsibility to the future of AA by exercising their Right of Participation.

Participation in the online Mini-Conference is open to all Area 13 A.A. members. Please join us for an exciting day.

WHY?

You may learn more about the topics we will cover by reviewing our working program for the day by going to: <http://bit.ly/47thMiniProgram>.

Please register at: <http://bit.ly/47thMiniReg>.

For questions please email altdelegate@area13aa.org or visit www.area13aa.org.

WAGSA Area Committee meeting

2nd Monday
April 13, 2019

7:30 PM

Online Virtual Meeting

*For More Info go to:
Area13aa.org
chair@area13aa..org*

WAGSA 47th Annual Mini - Conference

Saturday, April 4, 2020

9:00 AM—4:00 PM

[http://
bit.ly/47thMiniProgram](http://bit.ly/47thMiniProgram)

See program link for specific details on time & how to access the event

Register at:
<http://bit.ly/47thMiniReg>

WAIA Monthly Board Meeting

April 14, 2020—8:00 PM

Join Zoom Meeting:
<https://zoom.us/j/2029669115>
929 205 6099
Meeting ID: 202 966 9115
One tap mobile
(929) 205-6099,,2029669115#

For more information
email: 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

	A Way of Life		Crossroads of Recovery		150 Growing Group
	AA at CUA	120	Daily Reflections, NW		Happy, Joyous & Free
	AA & Family Issues	36	Daily Reflections, SW		Help Wanted
10	Addison Road		Daily Reflections, UnityPI		High Noon
	Adams Morgan Meditation		Darn Good Big Book		High on the Hill
	All Are Welcome	201	Darnestown Men		High Sobriety
	Among Women	45	Day by Day		Hill Lunch
	Andrews Armed Forces	60	Deanwood Women Rap	20	Hope Fellowship
204	As Bill Sees It, NW		Double Dippers		Hope/Oxon Hill
	As We Understood Him		Dupont Circle Club	551	How It Works G'burg
	Aspen Hill 5th Chapter		DC Young People	50	Hyattsville Discussion
101	Aspen Hill Phoenix Mon.	283	DCC Noon	729	Hyattsville Hope
	Aspen Hill Phoenix Fri.		DCC Women Fri.	27	Informed Group
	Attitude & Action		Del Ray Acceptance	1800	Into Action, Germantown
	Attitude Adjusters	1345	Del Ray club		Investment
420	Back to Basics		District 2		Irreverent Women
	Barnesville	180	Divine Intervention		Jaywalkers
	Beginner Basics (DCC/Wed)		Dunn Drinking	600	Just Before Noon
	Beginners & Winners		Dunrobbin		Just For Today
	Big Book Study		8AM Men's Big Book	960	Kensington Big Book
	Big Book Thumpers		Early Times	1020	Kensington YP Step Study
	Brightwood		Epiphanies		Keys to Kingdom
	Brookland	320	Ex Libris		Kid Friendly Big Book
110	Broad Highway		Faith Fellowship	119	Kingman Park
898	BYOL		Faith Group		King Str. Recovery
	BYOL (NonSmoke)	120	52 Pick-Up	300	Language of the Heart
175	Burtonsville Big Book		Fireside Spirituality		Landover Discussion
108	Campus Noon	19	Foggy Bottom	85	Lanham-Seabrook
	Capitol Heights	313	Forestville Primary Purpose		Last Chance
	Capital Hill		14 Promises		Laurel Recovery
	Carmody Hill Group		Fourth Dimension	420	Leisure World Noon
	Cedar Lane Women		Free Spirits	420	Leisure World Big Book
60	Change of Life		Friday Night Fun Too		Let Go Let God
	Cheltenham		Friday Night Big Book		Let It Happen
	Chinatown Big Book		Friendly Bunch		Liberty
	Chinatown Men's		Friendship	90	Life Is Good
90	Clarksburg AA	420	Gaithersburg Beginners		Life Saver/Big Book
	Cleveland Park		Gateway	100	Little House
	Clinton 45 Plus		Gateway/Wednesday	20	Living Sober by the Book
	Clinton Day		Gay 18 New Castle		Living Sober Unity Place
	Clinton 6:30		Gay Group		May Day
	Clinton Sunday Night	900	Georgetown		Meance to Serenity
160	Coffee & Donuts	480	Get It Off Your Chest		Men of Dupont
	Colesville Sunday Nite		Glenarden	174	Men In Recovery
252	College Park	267	Glen Echo		Men's BS Session
	Cosmopolitan		Goldsboro	218	Messengers
60	Crapshooters	660	Good News Beginners	120	Midwest
	Creative Arts		Good Shepard		Midtown
			Greenbelt Step	122	Misery is Optional

	Monday Winners		Potomac Eye Openers		Starting Over Gaithersburg
144	Mo.Co. Women		Potomac High Noon		Steps To Sobriety
442	More Peace of Mind		Potomac Oaks		Step II Group
59	Montrose Gay		Potomac Village	2100	Sunday Men's Step
	Moving into the Solution		Potomac Women		Sunday Morning Breakfast
	Mt. Rainer		Potomac Speakers		Sunday Morning Joy
	Nativity		Primary Purpose Gay	1080	Sun. Morning Reflections-UP
137	Navy Yard Nooners	720	Progress Not Perfection		Sunrise Sobriety
	Neelsville Beginner	419	Promises Promises	50	Sunshine, G'burg
213	New Hope	90	Prospect	165	Sursum Corda
	N.E. New Hope		Queer Women		Survivor's
180	NE Sunrise		Quince Orchard		Takoma Park Necessity
	Never Too Late	1129	Radicals		Takoma Rush Hour
	Never Walk Alone		Read & Speak		Tenley Circle
	New Avenue	120	Riderwood Bills		The Away Group
60	New Beginnings NW		Room with a View	36	There is a Solution
84	New Beginnings/Pool'ville		Rosedale Sobriety		TGIF
	New Beginnings SE		Sat. Afternoon/2PM/UP		Thurs. Morn. Reset
	New Beginners	60	Sat Morn Fire Barrel		Trusted Servants
99	New Stomping Ground	300	Saturday Morning Steps		Tue. Nite Men's Big Book
120	New Unity Gay		Saturday Night Happy Hour		Twelve Point Bucks
	New Way Recovery	60	Saturday Night Special		Unity Noon
	No Hard Terms		Scaggsville		Unlovely Creatures
60	Norbeck Women Fri		Second Chance		Upper Marlboro Big Book
388	Norbeck Women Wed		Seed of Hope	42	Upper Marlboro Step
	Norbeck Step		Serenity	71	Uptown
277	Nuts & Bolts		Serenity House		User Friendly
	Oasis Women's BB		Serious Business		Victory Lights
	Old Fashion		Shepherders		Vision for You
138	Olney Farm	275	Silence is Golden	101	We Care
	Olney Stag Rap	67	Silver Spring Beginners BB		Wednesday Nite Winners
	Olney Women's group	2400	Silver Spring		Welcome Group
300	On the Circle		Silver Spring Women		Westmoreland Women
	On the Move		Simplicity		Westside Beginners
	One Day at a Time		Simply Sober	84	Westside Men
	One Day at a Time/R'ville		Singleness of Purpose		Westside Women
	One Day at a Time/	455	Six & Seventh Step		What's Happening Now
G'burg	One Day at a Time/		Soapstone	808	White Oak Steps & Traditions
			Sober & Alive		Yacht Club
Lanham			Sobriety Sisters		Yeas & Nays
	180 Group		Souls Arising		
180	Open Arms	564	Southern Sobriety	33	Birthday
54	Out Of the Woods		Spiritual Awakening		Faithful Fivers
	P Street	98	St. Barnabas Womens wrap	3650	Individuals
	Palisades Mon. Nite		St. Camillus		Memorial
100	Petworth		St. Mary's Gay		
	Phoenix Group/DC		St. Francis		
	Pool'ville Pot Luck		Starting Over (SS)		

If you would like to receive to the **hard copy** of New Reporter, make check payable to WAIA and

Mail to: WAIA
4530 Connecticut Ave, NW, Suite 111
Washington, DC 20008
\$15.00 Year
\$28.00 Two Years
\$12.00 Group Rate

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? Tell us your stories about how you're saying sober in these difficult times.

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



Day

Years

April 25

Odyssey G.

180 Group

17

THINGS WE CANNOT CHANGE

Percy Smith, over 37 years sober, Clinton Day, February 21/2020

Bryce MacNaughton, 25 years sober, Honolulu, HI, March 1, 2020

John Holbrook, 26 years sober, Hyattsville Hope, March 22, 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**

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

(Exceptions are: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS and TWELVE TRADITIONS and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc.) Art and other articles are reprinted with permission of the A.A. GRAPEVINE, Inc. and are subject to the GRAPEVINE copyright.

WE PRESUME ALL MEETINGS ARE TEMPORARILY CLOSED DUE TO COVID-19 UNTIL CONDITIONS LET US RETURN

New meetings are not listed in the Where & When or on the website until they have been in existence for 3 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, Washington, 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

APRIL 2020