

The Sixth Promise The Feeling of Uselessness will Disappear



Dear Fellowship,

The next phase is nearly upon us, a chance to begin to meet in person once more!

However, my personal plea here is to not rush.

- If your group is currently meeting online you can continue listing your meeting that way on AA-DC.ORG for the foreseeable future.
- If your group has not yet gone online but would like to, aa-dc.org/tech-connect is here to help - volunteers from around the area are standing by to help take your meeting online!
- You can even ask for help setting up a single group conscious meeting online - or Hybrid style meetings where higher risk individuals can still join from home.

Deciding to reopen may require a great deal of forethought and discussion. The hardest decisions may come around topics such as local laws for mask and physical distance requirements and around how to respond to contact tracing requests.

These may seem like outside issues - or even violations of some member's opinions on the traditions but here the second part of Tradition 4 is just as important as the first: "except in matters affecting other groups or A.A. as a whole." These traditions remind us that we must ensure that our group decisions do not negatively impact our fellow members or A.A. as a whole, and that we as individuals act in ways that ensure our common welfare.

When your group does decide to return to an in-person or hybrid format WAIA will remove the "temporarily closed" indicator only when that group informs WAIA that the group conscious has decided to meet in person again. [Please use this online form](#) to let us know what's going on and keep your group's information updated.

Please keep in touch - share your best practices with WAIA so we may share them with all groups in the DC region - and as always let us know what more we can do to support you.

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

Can uselessness disappear?

The Sixth AA Promise says, "That feeling of uselessness and self-pity will disappear."

Every month when I start thinking about what I want to say, I go back in time to my very early days in the program and said to myself that this is BS. I felt that there was no way in hell that I would ever feel anything more than useless. And as I write about it now, I know it sings out loud that it was said with self-pity.

But at the time it wasn't self-pity. I was useless. I did some very rotten things during the end of my insanity and no matter how hard I tried, I couldn't justify any of it. And to say that I was drunk seemed like a cop out.

But like all the other promises over time that feeling of uselessness and self-pity did disappear. It disappeared because of the 12 Steps and A.A. It disappeared because I became willing to share. Not just the bad in me, but also the good in me.

The longer that I was around the program uselessness was replaced with usefulness. My experience's showed others that "if he can stay sober, so can I." I don't say that in an arrogant way but rather as a way that this promise will come true .

And when that feeling of uselessness disappears how could I have any self-pity? Think about that. If you are useful, how can you have pity? This is one promise whose seed is planted with the first three steps.

If we have a strong connection with our Higher Power how can we be useless? If we know we have a spiritual connection built on love and hope how can we have self-pity? We can't. Sitting around the tables of AA and by sharing we learn that we are not useless. We are told by new friends that we are not bad people. It's contagious. We begin to believe what we've been told for a long time and didn't want to hear it.

We are useful and should be grateful for the gift that has been given to us. That gift is being given a second chance.

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<http://daveharm.blogspot.com/>

Working Step Six

When you are ready to work the Sixth Step of Alcoholics Anonymous, a helpful metaphor that help you remember the goal of this step is to *drop the rock*. This metaphor is based on the *book* of the same name which is published by Hazelden Publishing. Our shortcomings can be seen as a rock of considerable weight that is hanging around our neck. If we use the analogy of recovery being akin to trying to swim to shore, that rock can cause us to sink in the water no matter how strong we swim.

The first step in dropping the rock is to figure out exactly what your specific shortcomings are. Fortunately, you can go back to the inventory you had completed in the *Fourth Step* and re-view what you had wrote. When you re-read your step four inventory, you want to look for recurring patterns of attitudes, behaviors and emotions that kept you stuck in addiction and are preventing you from moving forward in recovery.

When you identify these shortcomings, you want to write down each individual character defect into list form. Once you have finished compiling this list, you will want to write next to each shortcoming or defect a corresponding positive trait that will replace the negative ones on the list. Keep in mind there is no set number of shortcomings that need to be included; the list can be as long as needed.

Once this is completed, the next question you want to ask yourself is *am I completely ready and willing to let God remove these shortcomings?* In reality, your answer is probably no. While these shortcomings are going to keep you stuck in your recovery efforts, they have been such a part of who you are that in some ways you don't want to let them go. Your goal is to try and best as ready as you can and make an honest effort every day in trying to improve yourself.

Step Six of A.A. is not about removing every defect, and they all won't magically disappear when you work this step. While a few may go away, you will have to realize that the rest of them are considered a "work in progress" and you want to work towards steady improvement of those defects. That mindset drives home the point that recovery is a lifelong process and you must continually look within yourself, be honest about where you fall short and do what you can to be better. First appeared in SoberNation.com



6th Step Prayers

Sixth Step Prayer:

Dear God, I am ready for Your help In removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & Guide me toward spiritual & mental health.

6th STEP: God help me become willing to let go of all the things to which I still cling. Help me to be ready to let you remove all of these defects, that your will and purpose may take their place.
AMEN (p. 76 BB)

A 6th Step prayer:

God, thank you for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from you. Please grant me you're Grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed. (76:1)

A Reflection on This Month's Promise from the Amethyst Recovery Center:

Those of us who struggled with alcoholism and addiction for long periods of time are already quite familiar with these feelings. Uselessness and self-pity often defined our periods of active addiction, to the point that we could scarcely imagine feeling anything else. Once we have entered recovery, we can put these feelings aside and begin living life to its fullest.

With enough work, we can begin leaving these feelings of uselessness and self-pity behind as we focus on emotions that are far more beneficial to us while in recovery. We can focus on confidence—not **pride**, mind you—in a way that allows us to work on our recovery while ceasing to fear that others' approaches to us may somehow prohibit us from expressing ourselves in public. In other words, we must learn that **we cannot recover in isolation**, that we must have [a strong and sober support network](#) if we wish to recover to the best of our abilities.

Both uselessness and self-pity will be covered below. Remember that, while these two components may be equally responsible for some of our struggles—both in active addiction and in recovery—we must still let go of them if we wish to live to the fullest. Nobody can live a full life while hampered by negative emotions. This is a major problem that many of us face, and it is part of the reason that the **Second Promise** exists. The Sixth Promise is in many ways an extension of that, yet it still maintains its own rules and its own sense of importance.

It is not uncommon for us to feel useless when we first enter recovery. We look back on the many crimes we have committed, and we in turn develop very negative opinions of ourselves. The result is that we begin to think we could never do anything useful for anyone, no matter how much evidence we may possess to the contrary. The Sixth Promise indicates the moment at which we begin to feel differently. It is the moment at which we begin to realize that we can fulfill a purpose, no matter how much we may have failed to see it before.

To overcome our feelings of uselessness, we may take many precautions. The most simple (depending upon the manner in which we choose to undertake it) is to take on a commitment of **service work**. When we choose to work in the service of others, we give our lives a sense of purpose that we may have previously been lacking. Not only do we embrace the **Fifth Tradition** by ensuring that our time is put toward helping others who are still suffering, but we make life intrinsically better for those who might have previously felt as if nobody cared about their condition.

In this way, we can fulfill the Sixth Promise and allow ourselves to feel more useful. Of course, following the Ninth Step will help in this endeavor as well. This is the point at which we make amends, and we come to realize that our previous struggles with uselessness were largely due to the feeling that we could not benefit the lives of anyone we knew. Upon completing our amends, we realize that such damage is never irreversible. If we truly wish to do so, we can always learn to benefit the lives of those whom we have previously harmed. (Used with permission.)

Drinking alcohol can make the coronavirus worse, the WHO says in recommending restricting access

WED, APR 15 2020 6:38 PM EDT; *(Editor received this notice via e-mail)*

KEY POINTS

- Drinking alcohol can increase the risk of catching Covid-19 and governments around the world should limit access during coronavirus lockdowns, the World Health Organization said late Tuesday.
- The WHO said alcohol consumption is associated with a number of communicable and noncommunicable diseases that can make a person more vulnerable to catching Covid-19.
- “Therefore, people should minimize their alcohol consumption at any time, and particularly during the COVID-19 pandemic,” the office said.
 - Drinking alcohol can increase the risk of catching Covid-19 and make it worse if you do get it, the World Health Organization said, recommending that government leaders around the world limit access to alcohol during coronavirus lockdowns.
 - “Alcohol compromises the body’s immune system and increases the risk of adverse health outcomes,” the WHO’s regional office for Europe said on its site late Tuesday, citing heavy alcohol use throughout the continent.
 - Alcohol consumption is associated with a number of communicable and noncommunicable diseases that can make a person more vulnerable to contracting Covid-19. It can also exacerbate mental health issues and risk-taking behavior and stoke violence, especially in countries that have implemented social distancing measures that largely keep the population quarantined in their homes.
 - **The WHO also published a fact sheet dispelling the “dangerous myth that consuming high-strength alcohol can kill” the coronavirus.**
 - “It does not,” the WHO said, adding that it could result in serious health issues, including death, especially if it’s adulterated with methanol. About 3 million deaths a year are attributable to alcohol without a pandemic driving up consumption.

STUDY: People Are Drinking Way More Alcohol During Work Hours While Isolating from Coronavirus

The following first appeared in the Daily Caller and is being used with permission:

People are consuming a lot more alcohol during work hours while stuck at home because of coronavirus.

Alcohol.org released a [study](#) of 3,000 American workers showing the increased [drinking](#) in every single state, and the numbers are pretty staggering.

[According to the New York Post](#), Virginia has seen the biggest increase of drinking during work hours at 50%. Nebraska, Kansas, Oklahoma, Iowa, Idaho, Nevada and Montana are all north of a 40% increase.

Honestly, I'm not even sure how these numbers are possible. I understand [drinking](#) more during the day because there aren't many other options, but these numbers are gigantic.

A 50% increase in Virginia? That is simply a mind-boggling number. Are people just sitting around getting drunk every day?

Given the situation we're in, I'm never going to harp on somebody enjoying a few brews to lift their spirits, but we might want to dial it back just a shade.

Judging from the numbers, people aren't enjoying a cocktail or two here and there. It seems like people are tossing back [beers](#) left and right.

I guess people just have to do whatever they have to do. At the same time, we will eventually go back to normal, folks.

Let's not get used to tossing back drinks nonstop. That's a recipe for disaster.

David Hookstead, Daily Caller (used with permission)

<https://amp.dailycaller.com/2020/04/13/>

Guaranteed to Roll Your Eyes

A young man applied for a job at a new factory being built in a nearby town. He entered the main office, where the receptionist directed him down the hall to an office where he was to be interviewed by the Personnel Officer.

After several minutes of describing and explaining all about the new factory, the Personnel Officer told the young man, "We need individuals who are totally responsible."

The young man grinned and responded: "Well, I sure qualify. Everywhere I've worked, when something went wrong, I was always responsible!"



From *Weird but true*:

It was a senior moment to remember.

A 90-year-old woman and her 83-year-old husband plunged 70 feet off a cliff into a California lake in their car – and lived to tell the tale.

The fortunate fogies were cruising by the Lake Camanche Reservoir near Campo Seco Wednesday when they swerved off the road and flew over a rocky embankment into four feet of water, according to the Amador County Sheriff's Office.

Martha Stewart & drinking make the news:

The New York Post reports that "Booze and social media apparently don't mix well for Martha Stewart.

The 78-year-old delighted fans recently when she left a gibberish comment on an [Instagram post](#) after downing too many cocktails.

Stewart's comment on the chicken farm account The Best Little Hen House in Texas accidentally came out: "M as me sure you feed and wAter them daily And keep the heat lss as no MK in s as Nd when you can finally come back to nyc who is going to take care for them???"

She then followed up with a laughing crying emoji face alongside, "What a mess I have been drinking."

Fans went wild for the exchange, with one writing: "I didn't think I could love @marthastewart48 even more than I already do. Apparently I was wrong."

Here's one way to get free beer

A 93-year-old Pennsylvania woman whose plea to neighbors for more beer went viral on social media is getting her request fulfilled by Coors. Olive Veronesi, 93, of Seminole, went viral after a local news station shared a photo on Facebook showing her standing with a can of Coors Light and holding a sign in her window reading, "I need more beer." Veronesi said several people have since reached out offering her beer. "It's nice, something for a young lady," Veronesi said. Coors Light said in a Twitter post that Veronesi would soon be receiving some beer directly from the company. "Olive asked, and beer is on its way!" the tweet said.

Sharing the Host Role in Zoom Meetings

(without the original host in attendance)

Setting The Host Key by the original host for all meetings:

- Log into your Zoom account at <https://zoom.us/>
- Click on *My Account* at upper right of screen
- Then make sure *Profile* is selected on the left of the screen
- Scroll down, click *Show Host Key* and then change to an easy to remember number.

This is the number that you will provide to other members who have volunteered to host a Zoom meeting when the original host is not there. This Host Key applies to all meetings you have scheduled using your Zoom account.

The screenshot shows the Zoom My Account page with the following elements and annotations:

- 1**: Arrow pointing to the **MY ACCOUNT** link in the top navigation bar.
- 2**: Arrow pointing to the **Profile** link in the left sidebar under the **PERSONAL** section.
- 3**: Arrow pointing down from the **Profile** link to the **Host Key** field at the bottom of the page, with the text **(scroll to bottom)**.
- 4**: Arrow pointing from the **Settings** link in the sidebar to the **Host Key** field, with the text **(next step)**.

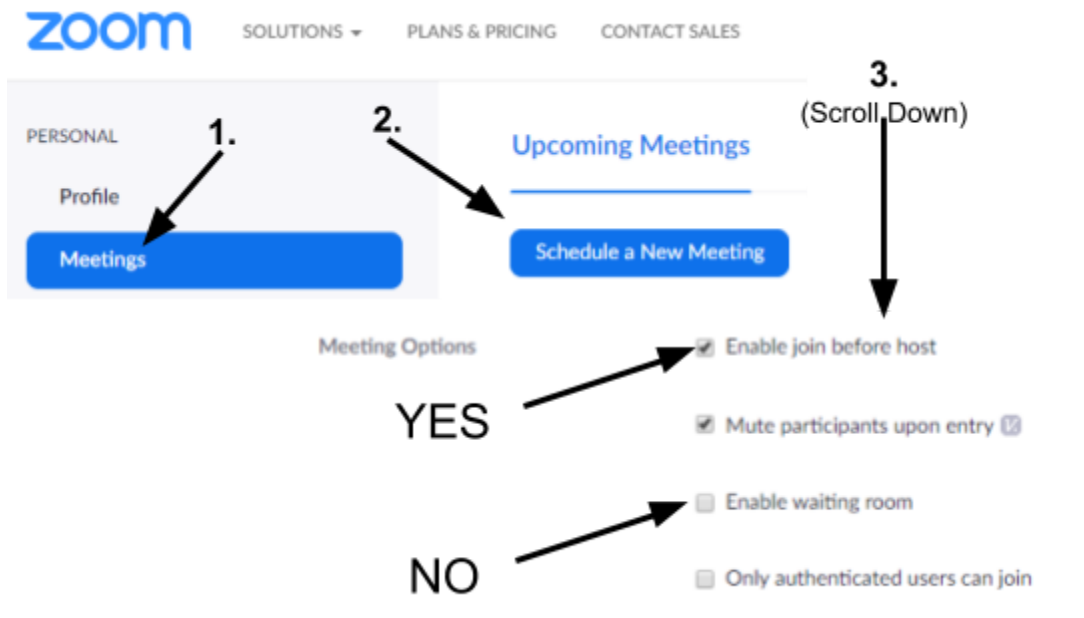
The **Host Key** field is currently set to **193912** and has an **Edit** link next to it.

Settings to change on each scheduled meeting:

If these settings are incorrect the alternate host will be stuck waiting for the original host to join to start the meeting or in the waiting room waiting for the host to admit them.

- On the left of the screen select *Meetings* to view meetings you have scheduled using this account.
- Select the applicable meeting and under *Meeting Options*.
- **Check** the box for *Enable join before host*. This allows a new host to enter the meeting without the original host having to start the meeting.
- **Uncheck** the *Enable waiting room* option. If the waiting room is enabled, the alternative host will be stuck in the waiting room.

Make sure your alternate host knows to arrive early! These settings will allow anyone to enter your meeting - the alternate host is responsible for re-securing the meeting! (see below)

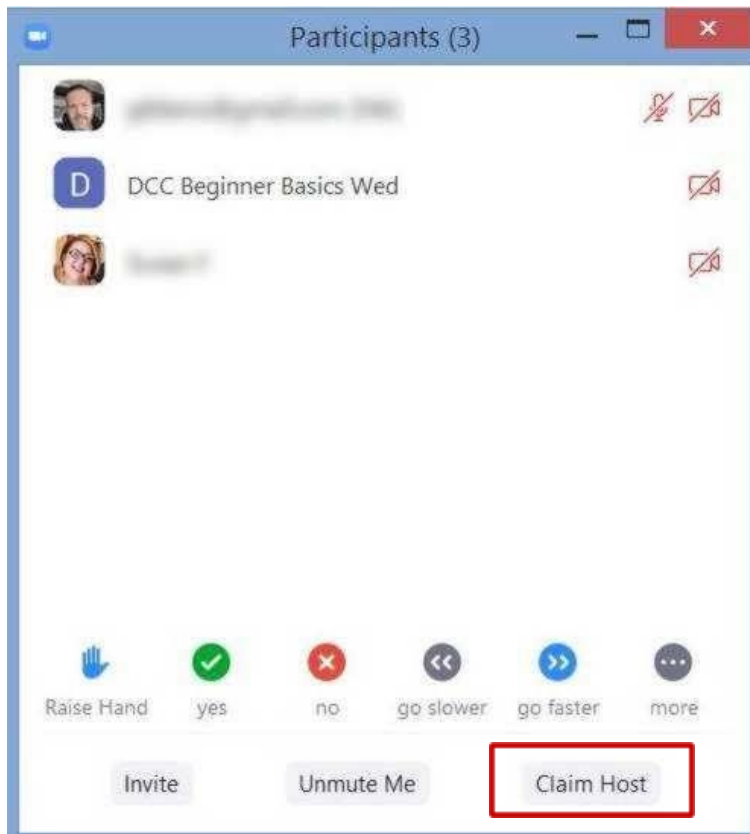


It is not recommended to use this method for meetings with your "Personal Meeting ID" as the meeting will always be open and available to anyone to join without a host.

Claiming the Host Role

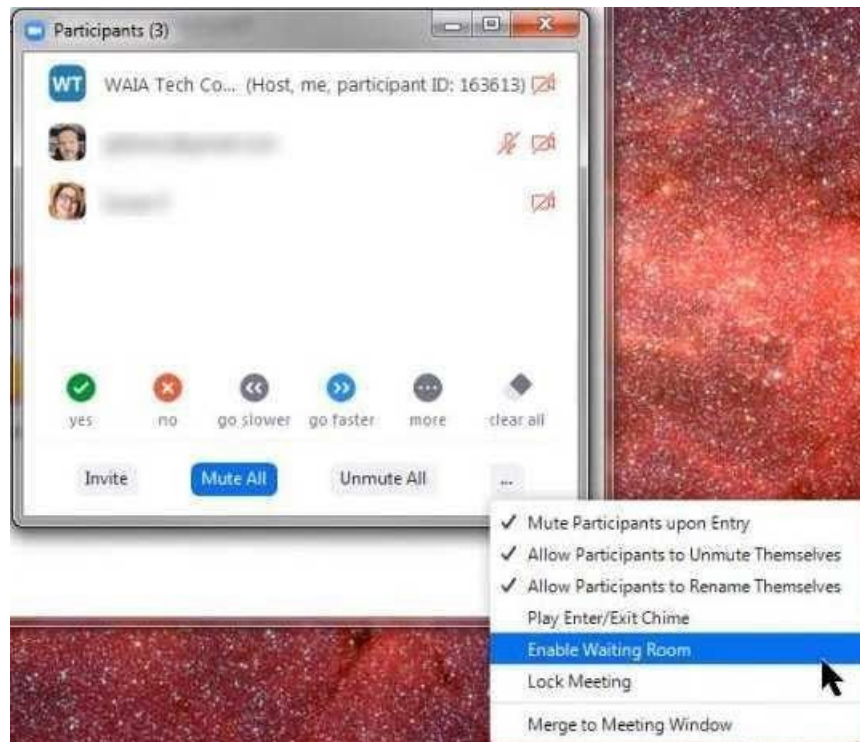
Meeting Role: Alternate Host

- Once you enter the meeting, open the *Participant* list.
- At the bottom of the Participant list panel, click *Claim Host*.
(Could also be in the “3 dots” menu)
- Enter the *Host Key* as provided by the meeting scheduler or original host.



Host Settings

- The host settings to run the meeting can be found by selecting the three dots icon in the lower right corner of the *Participants* list panel.
- The meeting should be re-secured by enabling the waiting room (to slow the flood of participants if you get zoom bombed)
- The alternate host can also promote participants to co host (right click their name, or choose “more” and click “make co-host”)



If necessary - the original host can re-claim being the host of a meeting by logging in as normal, clicking the three dots and click “Reclaim Host”

Questions? tech@aa-dc.org - or get help:
<https://aa-dc.org/tech-connect>



DISTRICT 2 NEWSLETTER CARRY THE MESSAGE

District 2 of Area 13
Alcoholics Anonymous
www.aa-district2.org

May 2020

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LETTER FROM DISTRICT 2 D.C.M.

One of the greatest testaments to the strength of our Fellowship is how we adapted quickly to continue to carry our message. Most of our Groups have continued to meet virtually and we still have newcomers seeking help. Sponsors and sponsees continue to connect over video calls, phone calls, or at a social distance. Members call other Members for help or just to improve each others' spiritual condition for the day. This is sure to continue and we will thrive. Although the technical terms are dated, the forward to the Fourth Edition (2001) of the Big Book was prophetic: *"While our literature has preserved the integrity of the A.A. message, sweeping changes in society as a whole are reflected in new customs and practices within the fellowship. Taking advantage of technological advances, for example, A.A. members with computers can participate in meetings online, sharing with fellow alcoholics across the country and across the world. In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.'s speak the language of the heart in all its power and simplicity."*

As city orders for shelter-in-place and for group gatherings slowly ease, each Group and its members will face their own choices on how to move forward. There is no one-size-fits-all answer—*"each group is*

Link to the full May 2020 newsletter: district-2-newsletter-may-2020_5.pdf

Subscribe: <https://www.aa-district2.org/newsletter>

63rd Annual A. A.
SESSIONS BY - THE - SEA
P.O. Box 23
Denton, Maryland 21629

May 15, 2020

Dear Friend,

It is with gratitude and pleasure we inform you that all preparations have been completed for our 63rd Annual Sessions by-the-Sea to be held in Ocean City, Maryland on September 8th - September 13th, 2020 at the Roland E. Powell Convention Center.

We have A.A. speaker meetings every night. Alanon meetings are held at 10am on Friday and Saturday. All meetings are held in the 2nd floor ballroom. Name badges and seats will be provided to those who are pre-registered only. Please wear the name badges on the frontal lapel area only.

Our seating capacity is 2,200 seats and when this number is reached we cannot issue any more registrations or seats and your request and check will be mailed back to you. If your request is accepted it will serve as your receipt of registration and we will have it on file at "Sessions". **There will be NO walk-up registrations available.**

Seats will be provided for everyone on a first come - first serve basis except for the reserved seats deemed necessary for those who are in need of them. These seats will be determined and identified by "Sessions" ushers one hour prior to meeting start time. Please show respect to these reserved seats and also to the people in need of them.

We will continue to ask for courtesy from everyone to prevent any distractions during our meetings. Please try to be seated and ready for the meeting prior to its start time.

Registrations and name badges must be picked up in our registration room at the convention center by the person listed on the registration request form only. Registration will open at 10:00 am Tuesday. We want to be sure you get what you asked for.

We hope to see you at Sessions in September!

In the event Sessions is cancelled due to Coronavirus, your registration money will be refunded. We should know by September 1st if the convention is a go.

----- Please cut or tear along this line ----- Print legibly -----

REGISTRATION REQUEST FORM - SESSIONS - 2020

Name registered to (Full last name) : _____

Address: _____

City & State _____ Zip _____

Registrations _____ x \$20.00 each = _____ Telephone _____

If your request is accepted it will serve as your receipt and we will have it on file at Sessions:

Check number _____

Please initial here _____ and date _____ when picked up.

On the reverse side of this form, please inform us of the need of a reserved seat (disability).

Make check payable to Sessions Registrations - PO Box 23, Denton, Maryland 21629

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

WAGSA Area Committee meeting

Info:
chair@area13aa..org

Virtual Fun Day!

Saturday June 13, 2020

2:00 PM—3:30PM

Join Zoom Meeting:

Meeting ID: 834 3948 7816

Password: FunDay2020

Dial in: (301) 715 8592

Phone Password: 708560#

Virtual Founder's Day!

**Saturday, June 13—
Sunday, June 14, 2020**

Special Two-Day
Virtual Founders' Day
Event

Go to:
<https://foundersday.org>
to register

WAIA Monthly Board Meeting

June 9, 2020—8:00 PM

Join Zoom Meeting:

<https://us02web.zoom.us/j/87085074785>

Meeting ID: 870 8507 4785,

Password: 11261885

One tap mobile: (301) 715-8592,, 87085074785#

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. A pdf flyer may be
attached

	A Way of Life		Creative Arts		Good Shepard
	AA at CUA		Crossroads of Recovery		Greenbelt Step
	AA & Family Issues	120	Daily Reflections, NW	150	Growing Group
10	Addison Road	36	Daily Reflections, SW		Happy, Joyous & Free
	Adams Morgan Meditation		Daily Reflections, UnityPI		Help Wanted
	All Are Welcome		Darn Good Big Book		High Noon
	Among Women	330	Darnestown Men		High on the Hill
	Andrews Armed Forces	45	Day by Day		High Sobriety
204	As Bill Sees It, NW	60	Deanwood Women Rap	300	Hill Lunch
	As We Understood Him		Double Dippers	20	Hope Fellowship
101	Aspen Hill 5th Chapter		Dupont Circle Club		Hope/Oxon Hill
	Aspen Hill Phoenix Mon.	283	DC Young People	551	How It Works G'burg
	Aspen Hill Phoenix Fri.		DCC Noon	50	Hyattsville Discussion
	Attitude & Action	377	DCC Women Fri.	1092	Hyattsville Hope
	Attitude Adjusters		DCC—930 Club	70	Informed Group
420	Back to Basics		Del Ray Acceptance	1800	Into Action, Germantown
	Barnesville	1345	Del Ray club		Investment
	Beginner Basics (DCC/Wed)		District 2		Irreverent Women
	Beginners & Winners	180	Divine Intervention		Jaywalkers
	Big Book Study		Dunn Drinking	952	Just Before Noon
	Big Book Thumpers		Dunrobbin		Just For Today
	Brightwood		8AM Men's Big Book	960	Kensington Big Book
	Brookland		Early Times	1020	Kensington YP Step Study
110	Broad Highway	320	Epiphanies		Keys to Kingdom
1438	BYOL	320	Ex Libris		Kid Friendly Big Book
	BYOL (NonSmoke)		Faith Fellowship	119	Kingman Park
290	Burtonsville Big Book		Faith Group		King Str. Recovery
108	Campus Noon	120	52 Pick-Up	360	Language of the Heart
	Capitol Heights		Fireside Spirituality		Landover Discussion
389	Capital Hill	19	Foggy Bottom	110	Lanham-Seabrook
	Carmody Hill Group	313	Forestville Primary Purpose		Last Chance
	Cedar Lane Women		14 Promises		Laurel Recovery
60	Change of Life		Fourth Dimension	420	Leisure World Noon
	Cheltenham		Free Spirits	420	Leisure World Big Book
100	Chestnut Lodge Outreach	221	Friday Night Fun Too		Let Go Let God
	Chinatown Big Book		Friday Night Big Book		Let It Happen
	Chinatown Men's		Friendly Bunch		Liberty
90	Clarksburg AA		Friendship	90	Life Is Good
	Cleveland Park	420	Gaithersburg Beginners		Life Saver/Big Book
	Clinton 45 Plus		Gateway	100	Little House
	Clinton Day		Gateway/Wednesday	20	Living Sober by the Book
	Clinton 6:30		Gay 18 New Castle		Living Sober Unity Place
	Clinton Sunday Night		Gay Group	60	May Day
160	Coffee & Donuts	900	Georgetown		Meance to Serenity
	Colesville Sunday Nite	480	Get It Off Your Chest		Men of Dupont
252	College Park		Glenarden	174	Men In Recovery
225	Cosmopolitan	267	Glen Echo		Men's BS Session
60	Crapshooters	660	Goldsboro	20	Merry Miracles
			Good News Beginners	402	Messengers

- | | | | | | |
|-----|--|------|---|--------|---|
| 120 | Mideast
Midtown | 164 | P Street
Palisades Mon. Nite | | St. Mary's Gay
St. Francis |
| 122 | Misery is Optional
Monday Winners | 100 | Petworth
Phoenix Group/DC
Pool'ville Pot Luck
Possum Pike
Potomac Eye Openers
Potomac High Noon
Potomac Oaks
Potomac Village
Potomac Women
Potomac Speakers
Primary Purpose Gay | | Starting Over (SS)
Starting Over Gaithersburg
Steps To Sobriety
Step II Group |
| 144 | Mo.Co. Women | | | 180 | Sunday Men's Step |
| 442 | More Peace of Mind | 720 | Progress Not Perfection | 2100 | Sunday Morning Breakfast |
| 59 | Montrose Gay
Moving into the Solution
Mt. Rainer
Nativity | 419 | Promises Promises | 150 | Sunday Morning Joy |
| 137 | Navy Yard Nooners
Neelsville Beginner | 90 | Prospect
Queer Women
Quince Orchard | 30 | Sun. Morning Reflections-UP |
| 213 | New Hope
N.E. New Hope | 1402 | Radicals
Read & Speak | 1080 | Sunrise Sobriety |
| 180 | NE Sunrise | 120 | Riderwood Bills
Room with a View
Rosedale Sobriety
Sat.Afternoon/2PM/UP | 411 | Sunshine, G'burg |
| 131 | Never Too Late
Never Walk Alone | 60 | Sat Morn Fire Barrel | 50 | Sursum Corda |
| 929 | New Avenue | 150 | Saturday Morning Steps | 165 | Survivor's
Takoma Park Necessity
Takoma Rush Hour
Tenley Circle
The Away Group
There is a Solution |
| 60 | New Beginnings NW | 300 | Saturday Night Happy Hour
Saturday Night Special | 36 | TGIF |
| 84 | New Beginnings/Pool'ville
New Beginnings SE
New Beginners | 60 | Scaggsville
Second Chance
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One Day at a Time/R'ville
One Day at a Time/
G'burg | | | | |
| | One Day at a Time/
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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



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THINGS WE CANNOT CHANGE

Anniversaries should be called into WAIA (202) 966-9115 as early as possible, by the 15th 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

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

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WE PRESUME 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

JUNE 2020