



The Cement that Binds Us—Tradition 5

It seems to me, after attending meetings for the past thirty-four years, that Tradition Five has been gradually chipped away by individuals having problems other than alcoholism. Many of the meetings I have attended have discussions about other drugs; occasionally, there is not even a mention of alcohol or recovery from its grasp. At a recent convention in California, the main speaker at the big Saturday night meeting spent forty-five minutes talking about his cocaine use and never mentioned alcohol or the Twelve Steps of recovery. I find this to be more common than not nowadays.

Why is our primary purpose becoming diluted? Well, having discussed this with many young A.A.'s, I'm told that most A.A. members now are 'dually addicted.' There seems to be a common statement issuing from most of those individuals: 'I know this is an A.A. meeting, but drugs are a part of my story so I'm going to mention them too.' And they do! Now, it can be rationalizing that if 'each group has but one primary purpose – to carry its message concerns drugs other than alcohol. But what, then, is 'the message' the group carries to the *alcoholic* who still suffers?

Few A.A. members, old-timers and newcomers, have ever read the third paragraph of the dust cover of the Big Book, wherein it tells that the A.A. message is to be found in the text of that book. I've noticed many A.A.'s read the Big Book but few study it, and few still follow its suggestions.

It is not uncommon to hear a member state, 'I work my own program.' In my home group, on Tuesday nights, we discuss the written program as it is in the Big Book and how it has helped each of us to a better way of life. We have a caveat in our opening message before the Preamble asking that only alcoholics share at our meeting. But we say that all are welcome. This seems to work pretty well and as a result we have good A.A. discussion certainly helpful to our newcomers.

My home group's primary purpose is to carry the A.A. message to the alcoholic who still suffers. Some of those have much sobriety, because the alcoholic who still suffers. Some of those have much sobriety, because the alcoholic who still suffers is not necessarily a newcomer. However, when newcomers do show up at our home group we try to focus our discussion on what's in the Big Book and how it can help them if they are willing to follow some simple suggestions.

I think that without Tradition Five there could not be an A.A. program. I believe that the Twelve Traditions are the cement that binds us together into a cohesive society. For my part, I hold an informal study group at my home for newer members of my home group. We study the program so that all of us can better fulfill our 'real purpose' as it states on page 77 of the Big Book.

Tom H., Paso Robles, CA
Appeared in the Grapevine, May 1998

INCREDIBLE BENEFITS OF A.A.'S 5TH STEP

For many newcomers to sobriety, the steps look like a tall order. I remember, at a very young age, reading the steps where I went to church. Too young to understand their purpose, I remember thinking whoever practiced those steps must be pretty extreme. Even as an upcoming alcoholic and drug addict in grade school, I knew the steps sounded a little...well... cultish.

Even the Big Book addresses the neurotic newcomer exclaiming, **"What an order! I can't go through with it."** Truth be told, the steps are extreme. Unfortunately addiction is, by its very nature, exceptionally extreme. And alcohol addiction is no exception. To arrest an extreme illness, a treatment that employs drastic measures must be taken.

A lot of sober newcomers bounce out of the program after the 3rd step. The ones that do make it through the 4th step hit snags on the 5th step because it demands rigorous honesty. That's rigorous, not partial honesty or mostly honest... rigorous honesty!

In his book *The 12 Steps and 12 Traditions*, Bill Wilson explains the benefits of thoroughly completing a 5th step. The fifth step of the 12 step recovery program states that we, "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." This vital exercise begins to provide emotional, mental and spiritual relief. By sharing wrongs with a trusted confidant, guilt and shame start to melt away. Newcomers begin to realize their troubled past isn't as unique as once thought.

Both painful and rewarding, the 5th step is essential to the fundamental change of personality required to overcome alcohol and drug addiction. In its simplest form, the fifth step is simply a confession of personal wrong-doings. Confession is a long standing practice in the Judeo/Christian tradition, and alcoholics usually store a vast collection of closet skeletons. By sharing the depths of their conscience with another person, alcoholics allow fresh air to enter their soul's closely-guarded closet of shameful skeletons.

The original architects of the 12 Steps wove the powerful, spiritual tradition of confession for a reason. It is effective. It is healing. It is one of the most valuable tools to alleviate past burdens. As Bill Wilson notes:

"If we have swept the search light of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them." (12x12, pg.55).

This is precisely what the 5th Step of the 12 step process requires of those who genuinely desire sobriety - a candid discussion in light of a 4th step inventory. Although the word "required" repels many an alcoholics or drug addicts, Bill Wilson further warns that "without a fearless admission of our defects to another human being we could not stay sober." (12x12, pgs. 56&57). Obviously, staying sober is a prerequisite for meaningful, fulfilling recovery.

The Fifth Step is More Than Just Relief

But personal admission of one's checkered past offers more than mere relief. The Big Book states that the fifth step, if conducted fearlessly and thoroughly, produces unhealthy patterns of behavior. Destructive behaviors reflect underlying character defects, the engine that drives off-the-wall actions. Before freshly sober members can begin to address these core issues, they must undertake an identification process to understand their precise nature.

Of course, personal admission of a rag-tag past is sobering in and of itself. As Wilson points out, however, meaningful insights offer the potential to initiate a purging of core issues that drive alcoholics to drink. Incredible emotional and mental relief, coupled with profound personal insight, makes the fifth step a valuable exercise for anyone. Successful completion marks a return to sanity, or a clear recognition of who and what we are.

For most with a truly self-addicted mind, the 12 step recovery process provides an invaluable method to rid oneself of self-pity, emotional entanglements, delusions of grandeur and 'playing the victim.' Step five initiates the change. But remember, there are seven to go!

HOW A FLOCK OF PIGEONS HELPED START AA

Ebby T. is the person who carried his alcoholic solution to Bill W. Clarence S., Cleveland A.A. founder, is quoted: "***Bill might have scored the touchdown, but it was Ebby who handed him the ball.***" Ebby grew up under ideal circumstances; his brother was mayor of Albany, NY, as was his uncle and grandfather in previous years. There is even a park named after his family name in his home town of Albany NY—***John Boyd Thacher State Park***. In 1932, his older brother, Mayor Jack Thacher, was a candidate NY State Governor when FDR became US President. But Ebby found himself repeatedly caught up in drinking scrapes which is not good news for such a political family; thus came the suggestion that he leave Albany and take residence in their family summer home in the prestigious township of Manchester, VT.



Ebby's family doubtless hoped that the relative tranquility of the Manchester resort community would bring about at least some moderation of his drinking sprees, and it did – sort of. After a few months, Ebby joined a group who spent the entire winter clearing the trails of the Green Mountains.. He claimed to have drank two pints of gin on the first day, but there was no more to be had for the next six months of pseudo isolation. He spent the winter of 1932 – 33 enjoying the rugged work and doing lots of hunting on the weekends. Upon return to Manchester he continued to stay dry for a few more months; but soon thereafter his drinking bouts resumed. Ebby moved into one of the furnished rooms of the large family residence on Taconic Avenue in Manchester during the spring of 1934.

Ebby's sprees brought about two slight brushes with the Manchester authorities; he was fined only five dollars on each occasion, but with the warning that the third time it could go hard on him. Perhaps it was remorse that led to Ebby to follow his brother's urging to paint the huge family summer 'cottage' that summer. But not surprisingly that task was too much for one person, so a professional helper was hired for added assistance and the job was finished that summer. He must have felt a great satisfaction, for who wouldn't be proud of such a large scale accomplishment! There is no evidence of this, but perhaps Ebby was celebrating with a little hooch when he noticed a flock of ungrateful pigeons on the roof. Out came his shotgun—and doubtless the neighbors, as well — as loud blasts shattered the tranquility of this calm and peaceful community (Robert Todd Lincoln, the President's son, once live across the street).

Ebby faced six months in Windsor Prison or Brattleboro Insane Asylum, but lucky for us, the judge let him off the hook, under the custody of millionaire Rowland H. (P. 26). Ebby eventually landed in Calvary Mission in lower Manhattan. Being sober several months, he gleefully carried his sober message to Bill W. on a bleak November day of 1934—and you know the rest of the story. But don't forget the pigeons!

Bob S., Richmond Indiana

75 Years-Ago This Month—In Bill W.'s reply to Ned F.'s April letter, Bill applauds Ned's efforts for the Washington Group "when the going was hard." Bill also informs Ned (1) the effort to obtain a commission is being temporarily abandoned and (2) enough money has been raised to "pay off all the old debt of The Foundation and to acquire all of the outstanding stock of The Works Publishing, Inc. This gives The Foundation full ownership of the book and we shall soon be saving plenty on taxes." [Hank P. and Bill W. set up The Works Publishing, Inc. to finance the *Big Book's* publication with the issue of six hundred redeemable stock certificates sold at twenty-five dollars per share. Bill W. and Ruth Hock would later issue around thirty shares of "Preferred Stock" at \$100 per share, and Bill W. would head for Washington, DC to button-hole some wealthy members there—Bill E., Hardin C. and Bill A. Cf.: *A.A. Comes of Age*, p.188. Also when the Foundation desperately needed financial support, Fitz M's sister Agnes would provide a \$1,000 loan Cf.: *The Washington Group: Foundations, 1936-1941* (1995) p.19.]

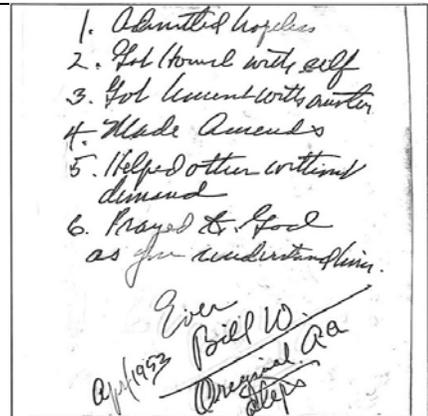
Incidentally, Hardin C. is credited, in conjunction with Fitz M., with the founding of the Washington Group at the end of October 1939 and is the initial Washington Group member offering his home as a meeting place. Bill E. is listed among the six Washington Group members at the end of 1939 and described as "a well-to-do Washingtonian who worked in the publishing business." [Cf. *The Washington Group: Foundations, 1936-1941* (1995) p.34.] Bill A. initially travels to New York for A.A. Meetings following his last drink in December of 1939. Bill would become a key player in the Washington Group at the close of 1940, and go on to help found the North Arlington Group in 1944.

50 Years-Ago This Month— On May 1, A.A. World Services begins publication of *The A.A. Way of Life*, the reader by Bill W. Over 29,000 copies of this book were shipped out in its first year. Later the initial title would be a subtitle and *As Bill Sees It*

would supplant it. This little reader draws on Bill's writings including letters and covers the broad range of his experience in our three legacies of Recovery, Unity and Service. The little volume includes a topic index. [In 2015, A.A. World Services sells nearly one-thousand copies per week of this volume collectively in the hard-back, soft-back and large-print editions and in the English, French and Spanish editions.]

The April-May issue of *Box 4-5-9* announces: Thanks to our A.A. Tape Enthusiasts and in answer to many requests, you can now get from GSO a tape of two A.A. talks by our co-founder, the late Dr. Bob S., Akron, O.

You'll hear him tell of his meeting with Bill W., and A.A.'s first 14 years (recorded in Detroit, 1949), and his famous "last talk" in Cleveland in 1950. Not a perfect recording - but one you will treasure. \$3.00 per copy. [Note: In 2016, the GSO catalogue has a twenty-eight-minute CD (M-88: \$6.00) with recordings of 2 talks by Dr. Bob and three by Bill W. Dr. Bob's are the "last talk"(1950) and at least some of the 1949 Detroit talk.]



Thanks to our Archives Committee for providing a look back . . .

25 Years-Ago This Month— The April-May issue of *Box 4-5-9* announces the selection of George D. to serve as A.A.'s General Services Office (GSO) General Manager and provides a brief sketch of George's experience with alcoholism and with A.A.

In his then-30-years of sobriety, George D. of Tiburon, California serves as a general service representative, a district committee member, the California Northern Coastal Area delegate (1977-78), and the Pacific U.S. regional trustee for four years. He brings his experience as a property/ casualty insurance executive to his work on the Conference Finance Committee, AAWS. Board, and other assignments.

George admits that he "loves drunk-a-logs, my own best of all." He relates that he "grew up in the Chicago area and was a practicing drunk at 16, before people knew there was such a thing as teenage alcoholism."

Both his parents drank. "My father knew he was an alcoholic, and sought such help as he could find," George remembers, "but he died in 1936 before A.A. reached Chicago. That is a constant reminder to me not to take our program for granted." His mother's story had a different ending. "She came out of an alcoholic coma at 73 and announced she was 'too old to drink.' She stayed dry for the next 15 years, until her death at 88. Once in a while she even went to an A.A. meeting."

In October 1961, George had what he hopes was his last drink. He says, "Thanks to a couple of old-timers who kept insisting that, in view of my track record, I needed to get active and stay active if I were going to maintain my sobriety, I became willing to do so and service became a part of my life."

Despite George's early alcoholism, he managed to graduate from the University of Chicago with a major in sociology, and to twice serve in the U.S. Navy. He attended law schools in Chicago, Los Angeles and San Francisco, "as part of an ongoing geographic. But I gave it up because it was interfering with my drinking."

During his sobriety, he notes, "I've been the secretary of the Early Birds (a young peoples' group), the Rebounders, and the Gratitude Group. These three names tell my A.A. story. After preparing my resume for GSO, I reviewed it with some satisfaction. Then I realized if it were not for A.A., the bottom line on that resume would probably read, 'Deceased, 1962.' My most influential mentors," George says, "were Bob H., an A.A. member who served as general manager of GSO. from 1967 to 1977; and Milton Maxwell, Ph.D., a longtime trustee and chairperson of the General Service Board who was one of the best nonalcoholic friends A.A. ever had. Both men showed me that A.A.'s service structure is truly democratic. They further taught me to" appreciate the spiritual relationship that ties our Steps, Traditions, Concepts and Warranties together.

"The longer I'm involved in A.A. service, the more convinced I am of the importance of the Warranties to A.A.'s world services. In Bill W.'s words 'they are our Bill of Rights,' based on A.A.'s lessons of the past, and they will safeguard our unity and strength in the years to come."

[George D. would retire from serving as GSO's General Manager in 1998.]

Drunk Vegan Takes Matters into Own Hands

A self-righteous woman slammed into a chicken truck twice because she does not like the fact that people are eating living things. 26-year-old Judith Moriah Armstrong of Georgia, was arrested after she crashed into the truck that was carrying live chickens before fleeing the scene. The unidentified truck driver was traveling west on Highway 72, when a four-door red car hit his truck twice. The truck driver called the police when the car fled. Madison County deputies found the vehicle's license plate in the debris that was left after the crash. That is how they were able to trace the owner of the car, who matched the description given to them by the truck driver. During the interrogation, Armstrong admitted to being involved in an accident and said that she fled for fear of losing her license. She also told the officers that she hit the truck because she is a vegan. Police said that Armstrong appeared to be drunk. She denied having alcohol before the crash. She claimed that she "took a couple of shots" when she got home. She was tested for alcohol and blew a .089, which is above the legal limit. Armstrong now faces charges of hit-and-run, aggressive driving, driving under the influence, and obstruction.



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- Dear alcohol, we had a deal where you would make me funnier, smarter, and a better dancer... I saw the video... we need to talk.
 - A man enters a store and says: "15 liters of wine please." "Did you bring a container for this?" "You're speaking to it."
 - I know my limits: if I fell down it means enough.
 - The future, the present and the past walked into a bar. Things got a little tense.
 - Son, when I was your age there was no social media. You had to go to a bar and buy endless drinks to be ignored by multiple women.
 - He was in a pub when he proposed. It was very romantic – he got up on one knee.
 - I got drunk last night and my house wasn't where I left it.

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 _____

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

WAIA H&I Newsletter: April 2017

What We Do

The WAIA Hospitals and Institutions Committee (H&I) serves to coordinate with local area hospitals and institutions to ensure that the hand of AA is always available when needed. Specifically, we:

1. Communicate with hospitals and institutions to assess whether there are any ways that WAIA can help further their mission,
2. Locate AA groups that are able to bring meetings in to requesting hospitals and institutions,
3. Help local AA groups find opportunities for their members to get involved in 12th step work with area hospitals and institutions, and
4. Provide groups with literature for hospitals and institutions. We provide soft-cover Big Books and pamphlets. We also have a box of donated literature that AA groups can help themselves to at the WAIA office.

We are happy to speak to groups (upon request) to talk about the committee's mission, service, and opportunities for groups to get involved. Please email us if you'd like a representative from the H&I committee to come talk to your group.

News

We thank Jim R. for volunteering to take meetings to the VA Hospital. We are looking for additional volunteers to help Jim.



THANK
YOU!

We are seeking volunteers to help take H&I meetings into the IAFF Center of Excellence for Behavioral Health Treatment and Recovery, a new in-patient residential facility for firefighters in Upper Marlboro.

We are looking for volunteers to help coordinate H&I meetings in the District of Columbia, Montgomery County, and Prince George's County.

Open Area Meetings: Looking for Groups or Individuals to Be of Service!

We are looking for AA groups that can commit to bringing meetings to these institutions. Where days or times are missing, the institution is open to scheduling at a time that works for the AA group. Interested groups can contact us at: hni@aa-dc.org.

District of Columbia

- DC Dept. Corrections Central Detention Facility, SE; days and times flexible, requires background check, drug test, and TB test
- Greater Southeast Community Hospital, SE; days and times TBD
- LeLand House, North Capitol St NW; day and time TBD
- Transitional Recovery Program (Men's Rehab), SE; Saturdays 8pm
- VA Hospital, Substance Abuse Recovery Program, NW; Mondays 11am

Montgomery County

- Avery Road Treatment Center, Rockville; 3rd Sunday, 8pm (men only)
- NEW: Dorothy Day Place, Rockville; weeknights (except Wednesdays) and weekend days
- Montgomery County Correctional Facility (MCCF) General Population, Clarksburg; 5th Tuesday 7:30pm
- Groups and individuals for the MCCF Men's JAS program, Clarksburg; one or more sessions per month, MWF 7:30pm. Regulars require application and orientation; guests can go with regulars with just application.
- Randolph Hills Nursing Home, Silver Spring; every other Tuesday, 6pm

Prince George's County

- NEW: IAFF Center of Excellence, Upper Marlboro; Weeknights, 7pm
- St. Thomas Moore Nursing Home, Hyattsville; Weeknights 7pm
- Vesta Mental Health Services, Forestville, Tue-Fri, 11am, 1-2 times per month



Happy Destiny 12-Step Retreat

Friday to Sunday, May 12 - 14, 2017

Camp Greentop at Catoctin Mountain
15001 Park Central Road, Thurmont, MD

<https://www.nps.gov/cato/planyourvisit/greentop.htm>

\$98 Registration Fee Includes:

- All Meals and Snacks (Great Food)
- Rustic Cabin Lodging
- Sober Fellowship
- Open AA Meetings
- AI-Anon Participation
- Activities and Workshops



Service Work Will be a
Part of This Retreat

Space is Limited!

Deposit of \$ 50.00 Required by April 21, 2017 and the Balance Due on May 1, 2017

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Offer a Ride: Yes or No Need a Ride: Yes or No

Anonymous scholarship contribution so others may attend:

\$10 \$20 \$30 \$40 \$50 \$ _____

T-Shirt Size: S M L XL XXL XXXL

Style: Men or Women

Mail Registration & Payment To:

Happy Destiny Retreat
PO Box 523
Rockville, MD 20848

For more information please contact:
happydestinyretreat@gmail.com

<https://aa-dc.org/waia/>

Treasurer:

Leon Y. 301-538-8286

Registration Chairperson:

Patsy Y. 301-980-1739

**Full and Partial Scholarships
Available!**

AA Women's Gratitude Retreat

May 19-21, 2017



Relaxation, reflection, and fellowship

on 235 wooded acres overlooking the Potomac

Retreat Leader: Sr. Cathy Cahill

Loyola Retreat House - Faulkner, Maryland 20632

Loyolaonthepotomac.com

\$245 for the weekend: 2 nights, 6 meals, single rooms

Friday arrival/check-in after 4:00 p.m., with dinner at 7:00, through Sunday lunch

Deposit of \$115.00 due upon registration. Balance due no later than April 15, 2017

To register, sign up online at www.loyolaonthepotomac.com/registration. Select the registration form for "Ignatian Weekend, Private and Hosted Registration" and select "Women's Recovery Gratitude Retreat- May 19-21, 2017" in the Retreat Name field, then use the "retreat deposit options" on the left to make your deposit payment. **OR**

Mail this form with payment (total cost \$245.00/deposit \$115, payable to *Loyola Retreat House*)

to Loyola Retreat House, P. O. Box 9, Faulkner, MD 20632-0009

Women's Recovery Gratitude Retreat May 19-21, 2017

Name:

Address:

Phone:

Email:

Check for \$ _____ is enclosed Special Needs:



DELEGATE REPORT BACK

Washington Area General Service Assembly (W.A.G.S.A.)

2017 SPRING ASSEMBLY

Saturday, May 20, 2017

9:30 am to 2:30 pm

9:00 am doors open for registration, beverages, and bagels

FELLOWSHIP HALL
SILVER SPRING UNITED METHODIST CHURCH
8900 GEORGIA AVENUE
SILVER SPRING, MARYLAND 20910

Join us at our Spring Assembly where our Area 13 Delegate will report on the results of the 2017 General Service Conference (G.S.C.) agenda affecting A.A. as a whole. and other related issues.

General Service Representatives (G.S.R.'s) &
District Committee Members (D.C.M's) are strongly encouraged to attend.

ALL A.A.S ARE WELCOME.

For more information visit www.area13aa.org.

Are you a teenager affected by others' drinking? Alateen can help!

Alateen is a program for teenagers who are affected by the drinking and related problems of a parent, family member or friend. It is a safe place for teens to gather & share their experiences, strength and hope.

Adult Al-Anon/Alateen sponsors are on hand as a resource. If you are hurting because of someone else's drinking Alateen can help.

Try a meeting and decide for yourself!

Starting April 1, 2017

NEW Alateen Meeting

For Ages 12-19

Saturdays 11:00 am – 12:00 pm

Takoma Park Presbyterian Church

310 Tulip Ave. (At Tulip & Maple Aves.)

Takoma Park, MD 20912

Starting December 3, 2016

NEW Alateen Meeting Saturdays 3-4pm

Dorothy I. Height/ Benning Public Library

East River Park Shopping Center

3935 Benning Rd NE, Washington, DC 20019

For more information go to:
www.al-anon-alateen-dcmd.org/
www.alateenmddc.com
Flyer adapted from Northern Virginia Group.



WAGSA

2nd Monday, 7:30 pm

May 8, 2017

(New DCM & GSR Orientation—6:30-7:30 PM)

Silver Spring Presb.
Church

580 University Blvd. East
Silver Spring, Maryland

Info or directions
chair@area13aa.org

2017 WAGSA Spring Assembly

Saturday, May 20,, 2017

9:30 AM—2:30 PM

6:00—Doors Open

Delegate Report Back!

Silver Spring
United Methodist Church
Fellowship Hall
8900 Georgia Ave
Silver Spring MD 20910

www.area13aa.org
(see enclosed flyer)

AA Women's Gratitude Retreat

May 19-21, 2017

Loyola Retreat House
Faulkner, MD

Relaxation, reflection
and fellowship overlooking
the Potomac

Retreat Leader:
Sister Cathy Cahill

\$245.00 for the weekend
(see enclosed flyer)

WAIA

Monthly Meeting of the Board of Directors

2nd Tuesday, 8:00 PM

May 9, 2017

Appliance Builder's
Warehouse
8951B Brookville Rd
Silver Spring, MD

Happy Destiny 12-Step Re- treat

May 12 - 14, 2017

Camp Greentop
at Catocin Mountain
15001 Park Central Road
Thurmont MD

\$98.00 Registration Fee

happydestinyretreat@gmail.com

(see enclosed flyer)

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

AA at CUA	360	Cosmopolitan	Good News Beginner
131 AA & Family Issues		Count Me In	Grace
321 A Vision for You	350	Crapshooters	Grace Road
240 A Way Of Life		Creative Arts	Great Facts
Action Step	300	Crossroads of Recovery	Growing Group
Addison Road		Daily Reflections, SW	Happy, Joyous & Free
All Are Welcome		Daily Reflections, NW	Help Wanted
180 Among Women		Daily Reflections, Bowie	424 High Noon
Anacostia		Darne Good Big Book	High on the Hill
420 Andrews		Darnestown Men	High Sobriety
174 As Bill Sees It		Deanwood Step	300 Hill Lunch
745 As We Understood Him		Deanwood Women Rap	Hope Group
Aspen Hill 5th Chapter	111	DC Young People	How It Works
Aspen Hill Phoenix		Del Ray	Hyattsville Discussion
409 Attitude & Action		DCC Beginners	Hyattsville Hope
Attitude Adjusters		DCC	Informed Group
Avery Road		DCC Men's Rap	Into Action
Back to Basics		DCC Noon	255 Investment
90 Barnesville		Del Ray Acceptance	24 Irreverent Women
Beginners & Winners	105	Divine Intervention	630 Jaywalkers
Beginnings@S Harper Hse		Dunn Drinking	600 Just Before Noon
Bethel	600	Dunrobbin	Just For Today
59 Big Book Thumpers		8AM Men's Big Book	1200 Kensington Big Book
Brandywine	300	Epiphanies	Kensington Young People
Brightwood		Ex Libris	194 Kid Friendly Big Book
Broad Highway		Eye Opener, Potomac	Kingman Park
58 Brookland		Faith Group	22 Kitchen Table
1080 BYOL		Fireside Spirituality	Landover Discussion
BYOL Non-Smoking		Foggy Bottom	214 Language of the Heart
322 Burtonsville Big Book	58	Forestville Primary Purpose	Lanham-Seabrook
Campus Noon		Fourth Dimension	Last Chance
100 Capitol Heights	143	14 Promises	1179 Laurel Recovery
1000 Capital Hill		Free Spirits	Lawyers
Carmody Hill Group		Friday Night Fun Too	Legacies
596 Cedar Lane Women		Friendly Bunch	570 Leisure World Big Book
210 Change of Life	25	Friendship	360 Leisure World Noon
Chairman's Choice		Gaithersburg Beginners	15 Let Go Let God
Cheltenham		Gaithersburg Young People	120 Liberty
Chestnut Lodge group		Garrett Park Stag	Life Saver
Chinatown Men's	1065	Gateway	Little Falls
Choir		Gay 18 New Castle	Little House
Cleveland Park	600	Gay Group	Living Sober
75 Clinton 45 Plus		Gay Women	Living Sober by the Book
25 Clinton Day	366	Georgetown	May Day
Clinton 6:30		Germantown Yacht	Men in Recovery
Clinton Sunday Night	83	Get It Off Your Chest	112 Men of Dupont
Coffee & Donuts		Get Lit	Men's BS Session
College Park		Glenarden	100 Messengers
	198	Goldsboro	300 Mideast

3000	Midtown		Potomac Village		Sunday Night Colesville
	Misery Is Optional	450	Potomac Women	960	Sunshine
	Mitchellville	1259	Primary Purpose Gay	1200	Sunrise Sobriety
	Monday Winners	532	Progress Not Perfection		Sursum Corda
	Mo.Co. Women	120	Quince Orchard	438	Takoma Park Necessity
470	More Peace of Mind	480	Radicals		Takoma Park Rush Hour
	Moving into the Solution		Read & Speak		Tenley Circle
360	Mt. Rainer	120	Riderwood Bills	15	The Away Group
433	Nativity		Rockville		Thursday Morn Reset
120	Never Too Late	661	Room with a View	30	TGIF
41	Never Walk Alone	90	Round Table		Triangle Club-Sun 11AM
1200	New Avenue		Saturday Afternoon	700	Triangle Club-Sat. 7:15PM
180	New Beginnings	432	Sat Morn Fire Barrel		Trusted Servants
60	New Beginners	150	Saturday Morning Steps		Tuesday Night Speakers
	New Hope		Saturday Night Happy Hour		Turning Point
	New Unity Gay		Saturday Night Special		Twelve Point Bucks
	No Hard Terms	60	Scaggsville		Twelve & Twelve
	Non Smokers Noon		Second Chance		Unity Place Sat. Afternoon
	Noon Reflections	300	Seed of Hope		Upper Marlboro Big Book
	Norbeck Step		Serendipity		Uptown
	Norbeck Women Fri	670	Serenity		User Friendly
155	Norbeck Women Wed	60	Serenity House		Vermont Avenue
	N.E. New Hope	50	Serious Business		Victory Lights
480	NE Sunrise		Shepherders		Village Idiots
30	NW Metro	293	Silence is Golden		War is Over
	Nuts & Bolts	132	Silver Spring Beginners BB	500	Wash. Serenity Retreat
10	Old Fashion	2400	Silver Spring		We Agnostics (SE)
	Old Town Bowie Stag		Simplicity	76	We Care
100	Olney Farm	94	Simply Sober		Wed. Night Big Book
	Olney Stag Rap		Singleness of Purpose	99	Wednesday Nite Winners
	Olney Women's group	336	Six & Seventh Step		Welcome Group
240	On the Circle		Sober & Alive	378	Westside Beginners
467	On the Move	129	Sobriety Sisters		Westside
	One Day at a Time	280	Southern Sobriety	644	Westmoreland Women
	One Day at a Time		Spiritual Awakening		
(G'burg)			St. Barnabas Women	180	What's Happening Now
	180 Group		St. Bart's		White Oak Steps & Traditions
180	Open Arms		St. Camillus	50	Women Do Recover
98	Out Of the Woods		St. Mary's Gay		Women's Oasis Big Book
780	P Street		Starting Over (SS)		Yacht Club
90	Petworth		Starting Over Gaithersburg		Yeas & Nays
	Phoenix		Step Forward		
	Poolesville Pot Luck		Step Sisters		Birthday
	Possum Pike	120	Steps To Sobriety	25	Faithful Fivers
	Potomac Step	100	Sunday Men's Step	1405	Individuals
	Potomac Eye Openers		Sunday Morning Breakfast	425	Memorial
180	Potomac High Noon	432	Sunday Morning Joy		
423	Potomac Oaks		Sun. Morning Reflections		

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39

THINGS WE CANNOT CHANGE

Anniversaries should be called into WAIA (202) 966-9783 as early as possible, by the 1st of the preceding month at the latest.

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

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New meetings are not listed in the Where & When or on the website until they have been in existence for 6 months. If you'd like to let the A.A. community know about a new meeting, we will gladly list it here.

If you have a new meeting starting up, or changes to an existing meeting, please email us at aa-dc@aa-dc.org or call us at 202-966-9115 to let us know!

52 PICKUP— Monday, 7:00 PM, Luther Place Memorial Church, 1226 Vermont Ave, NW, Washington, DC 20005

ONE DAY AT A TIME, Friday, 7:00 PM, Mt. Calvary Church, 5120 Whitfield Chapel Rd, Lanham, MD 20706

6 PM RUSH HOUR , Monday, Wednesday, Friday, 6:00 PM, Bells United Methodist Church, 6016 Allentown Rd, Camp Springs, MD

DEANWOOD WOMEN RAP, Thursday, 7:00 PM (except major holidays), Deanwood Recreation Center, 1350 49th St, NE, Washington, DC 20019

THE AWAY GROUP, Monday, 7:30 PM, Solid Rock Church, 5401 Good Luck Rd, Riverdale, MD 20737

CANCELLED MEETINGS

Yeas & Nays, Tuesday, 7:45 AM, US Capitol. On hiatus.

Men's Promises, Friday, 7:30 PM, First Baptist Church, 1328 16th St, NW, Washington, DC

7-Ups, Wednesday, 7:30 PM, 5910 Goldsboro Rd, Bethesda, MD

MAY 2017