



MAKING AMENDS Finding a new freedom

The Eighth and Ninth Step,
The Acronym Quiz

The Eighth Step

Around the Tables

Around the tables, I have, of late, participated in a succession of discussions centering on the Eighth Step. I regard this Step as the easiest but perhaps the most subtle in the program. It requires only that I make a list of people I have harmed and become willing to make amends to them all. Unlike Step Five, Eight does not require that I seek out a companion and unload it on him. It does not require searching my soul or being humble – only making a list and becoming willing. Step Nine requires some damn bold action, so it is very different from, though obviously dependent on, Step Eight.

The Eighth Step relates to people other than me. Unquestionably, it points outward and not inward. Many of us feel anger about this position and protest, "I didn't hurt anyone else but me. I figure I have to make amends to me." The phrasing may vary, but the idea is always the same: "make amends to me". Frankly, I think this is so much garbage. It's one of the "old ideas" the Big Book advises us to discard –namely, selfishness. If the founders had meant Eight and Nine to be directed at themselves, they would have so stated in plain English. But here's an AA paradox: I have found, to my great joy, that if I work on Eight and Nine and keep the emphasis on my relationships with others, these Steps actually do bring about the ultimate amends to me – a happy, sober day-to-day life that brims over with gladness, happiness, good fortune, and all that I could wish for. It's far better to work on the Steps the way the Big Book and the "Twelve and Twelve" suggest than to risk losing this great life.

From the October 1977 AA Grapevine magazine.

<http://www.aagrapevine.org/node/9074>

Where do I start?

First and foremost, you must muster up the courage and honesty to go to the people that you have harmed. This is the most difficult part of making amends since there always is the possibility that some people will not be receptive to your apologies and actions, no matter how sincere you may be. The possibility of rejection in this manner is an unfortunate, yet real part of the recovery process.

Additionally, there needs to be a keen sense of timing. You want to be actively working a program of recovery for a considerable period of time before you begin the process of making amends. If people see that you are sincere in your attempts to be truly clean and sober, they may be more receptive to your amends when you are ready. Lastly, you need to have a good sense of judgment regarding who you should make amends to first.

When you have your list of people to whom you are making amends, you need to prioritize that list and place those who you need to reach straight away at the top. In general, there are four categories of people that you need to make amends towards:

People who ought to be dealt with as soon as possible. People to whom we can make only a partial restitution, lest complete disclosures do them or others more harm than good. People and situations where action ought to be deferred. Others in which, by the very nature of the situation, we shall never be able to make direct personal contact.

The people in the first category listed include those whom you have regular contact with such as family, relatives and employers. These people obviously are important to reach right away and connections need to be reestablished. When you are able to make amends with these people, they can be a huge part of your support system.

The people who are in the second category can include your spouse, a former business partner or friends. When you are ready to make amends to this group, you need to carefully weigh whether making full amends would help or harm the situation. In some cases, partial restitution or amends may be the most appropriate. As you move to the third and fourth categories, these contain people whom you seldom see or are hard to locate. You should make every effort to at least establish contact with these people in order to at least offer the proverbial olive branch and start the process of making meaningful amends.

As with any Step, working the ninth step of Alcoholics Anonymous takes a great deal of time and patience. There will be people that may feel that your attempt at making things right is just another manipulation, and you must understand that. With your continued determination and due diligence in working your program of recovery, many who may doubt your resolve will eventually come around.

Taken from: <https://sobernation.com/>

From U.S. News and World Report:

More Drivers Killed Under the Influence of Drugs than Alcohol

Some 22.3 percent of fatally injured motorists who were tested for drugs tested positive for marijuana in 2016, a figure that researchers say has "increased substantially" in recent years as states have legalized the drug for recreational or medicinal use, according to a new report.

The finding, in a study released Thursday by the Governors Highway Safety Association, was one of several regarding the growing prevalence of drugs in vehicle fatalities. The report also found that 44 percent of drivers killed in automobile accidents in 2016 who were tested for drugs tested positive for one or more substances – a number that was up 28 percent from 10 years prior. That figure eclipsed the 37.9 percent who were known to have been tested for alcohol and tested positive – a figure that actually fell in the last decade, from 41 percent in 2006.

The report was intended to draw attention to the need to incorporate a drug message into programs that encourage motorists not to drive while impaired. It noted that marijuana was the most commonly found drug. Jim Hedlund, author of the study, says "marijuana use has become more normalized" as states across the country decriminalize the drug. "If use is up, use by drivers is up," Hedlund says.

Hedlund attributes the decline in alcohol-related deaths to the "broad societal consensus" that drunk driving is wrong. There's a "strong societal consensus. It's [drunk driving] is bad," he says. "Everyone knows it's bad." However, this way of thinking hasn't caught up to drug-impaired driving yet. That's where education comes in.

"That's the next step. Precisely to provide that education," Hedlund says.

Moderate drinkers take fewer sick days

The *Washington Express* reports that a new study has found a correlation between drinking and taking sick days from work – but not what might be expected. Published in the journal *Addiction*, it found that heavy drinkers and non-drinkers are more likely to use sick days than moderate drinkers, ABC News reports. Researchers surveyed about 47,500 people in France, Finland and the U.K. and looked at employer registries to corroborate sick days. Women who drank moderately had between one and 11 servings a week and men classified as moderate drinkers had one to 34 servings, based on European and U.K. sizes.

Homeless jailed often via 'habitual drunkard' law

For the past six years, Richard Walls has been in jail more often than not. The longest stretch of time he's spent outside a cell is 30 days.

Mr. Walls is not a hardened criminal, but he is what Virginia calls a "habitual drunkard," a designation that allows police to arrest him and jail him for up to a year if he's caught with alcohol.

The law, which dates back to the 1930s, is being challenged by the Legal Aid Justice Center, a non-profit advocacy group that provides legal services to low-income people.

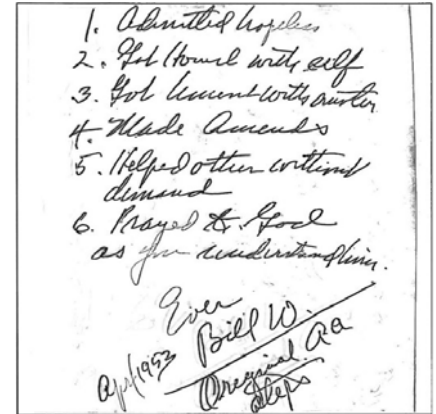
The group accuses state prosecutors of using it to punish homeless alcoholics. A judge dismissed the lawsuit last year, but the group appealed. The U.S. Court of Appeals for the 4th Circuit is weighing the case.

Virginia and Utah are the only two states with so-called interdiction laws that make it a crime for people designated as habitual drunkards to possess, consume or purchase alcohol, or even attempt to do so, according to a survey of state laws done by the legal aid center.

From the Associate Press

75 Years Ago This Month—The August *Cleveland Bulletin* reports that the three newspaper articles on A.A. and Alcoholism appearing in the *American Weekly Magazine* produce a sizable response "according to the last reports from the Alcoholic Foundation...The first ten days produced over 1300 inquiries of which 40% were directly from 'Alkies'." The July 1943 *Cleveland Bulletin* sets the scenario is more than two years since we have had a major piece of national publicity. As everyone knows, *The Saturday Evening Post* article of March 1, 1941, produced thousands of inquiries. It probably brought relief to at least 2,000 alcoholics and their families.

So we are glad to announce the appearance in *The American Weekly* of a series of six articles on alcoholism, three of which will feature Alcoholics Anonymous. The series starts July 11th and runs weekly for six weeks. It is said that *The American Weekly* has 40,000,000 Sunday readers. The 20 newspapers carry *The American Weekly* as a Sunday Magazine supplement.



50 Years Ago This Month— The August-September 1968 issue of *Box 4-5-9* addresses the dramatic changes facing AA's fellowship: More younger people coming into your group? More from courts? Fewer state hospital graduates? More high-bottoms? Fewer old-timers at the meetings? Many find answers to these group problems emerged during the "Making Meetings More Attractive" presentation at the Conference. Ernie R. of Washington, DC spoke of the informal luncheon groups that meet in his city. He said one of them was his first A.A. meeting, and it really sold him. Just because some of us first sobered up in dingy basements hearing three A.A. speakers (two men, one woman) tell their stories, this is not necessarily the best meeting for all alcoholics, Ernie pointed out....

In the recording at the Clinton Group's 30th anniversary (October 11, 1992), Ernie describes the informal luncheon in the following:

[49:06] I went over there; it was the first Marriott Hotel, Twin Bridges, 14th Street, over in Virginia. Here was a bunch of guys; they were my kind of people. They were the drinking set, only they weren't drinking. They were sitting around talking football, politics, the stock market, government, A.A., all sorts of subjects; and just sitting around having lunch; and I was impressed with these guys.

Ernie describes Buck D., his escort to the luncheon and newly designated sponsor:

[19:00] ... that night I went to my first meeting... at the South Arlington Group. (Buck was from Virginia, he lived over there so he ordered me go to that meeting; and in those days you did what your sponsor told you to do.) [Ernie R. serves as the Washington Area Delegate (1967-68) and refers to the Wednesday and Friday noon meeting at the Twin Bridges Marriott, an extinct site of Washington A.A. lore.]

25 Years-Ago This Month— The August 1993 *New Reporter* carries John S.' report on Area 13's redistricting effort initiated in July 1993. At that time John serves as associate editor for WAIA's monthly newsletter with emphasis upon the Area's General Service Assembly. John would go on to serve as the Assembly's Chair (1995-96), its Delegate (1997-98), and the Northeast Trustee (2007-09). This last service ends with his untimely death. [Cf. *New Reporter*, July 2016]. John's summary of the redistricting process gives a historical backdrop:

Each delegate area is subdivided into districts that are geographical units containing a number of groups. The GSR's from these groups elect a District Committee Member (DCM), who is responsible for keeping in frequent touch with these groups, learning their problems, and learning ways to contribute to their growth and well-being. The DCM also serves as a voting member of the Area Committee.

Because of population growth and the formation of new groups, periodic realignment of districts is often necessary. In the Washington Area, redistricting last occurred a decade ago in 1983. Since that time, population shifts have created district imbalances, particularly in Montgomery County, where one district that was once a rural up-county district is now a largely suburban location with more than 40 active groups.

Therefore, the Washington Area General Service Assembly made a commitment to begin the redistricting process by redrawing district lines in Montgomery County, so that groups are more evenly divided among districts. In addition, more districts will be created, so that the number of groups in any one district is closer to the suggested 15-20 groups in a metropolitan district.

...the final version of the proposed new districts will be presented at the October Assembly.

John S. Associate Editor

A.A. History Corner, thanks to the WAIA Archives Committee

The Acronym Quiz/El Acronimo Quiz
Score Yourself/Como Obener tu puntuacion
Each question answered correctly = 4 points
Cada pregunta coA.A. -ntestada correctly = 4 puntos

- 80-100 = Starting a group to study the concepts – a real NERD
A partir de un grupo para estudiar los conceptos – un verdadero NERD
- 60-76 = Gogint to NERAASA and NERF/atendiendo a NERAASA y NERF
- 40-56 = Time to serve as DCM or Committee Chair
Tiempo para server como Presidente del Comite o MCD
- 30-46= Taking commitments for H&I, CPC, PI or BtG
Tomando compromisos para H&I, CCP, IP o BtG
- 20-36= Hey, the A.A. Service Manual actually has some good stuff in it!
El Manual de servicio de A.A. en realidad tiende algunas buenas!
- 0-16= Got elected to be your group's GSR when you went to the bathroom.
Fue elegido para ser RSG su grupo cuando fuiste al bano.

- | | |
|--------------------------|---|
| 1. A.A. | 16. C.P.C. – Espanol – C.C.P. |
| 2. WAGSA | 17. P.I. – Espanol I.P. |
| 3. G.S.R.—Espanol R.S.G | 18. H&I - |
| 4. G.S.O.—Espanol R.S.G. | 19. BtG |
| 5. G.S.B—Espanol C.S.G | 20. W.A.I.A. |
| 6. G.S.C.—Espanol C.S.G. | 21. ICYPAA |
| 7. D.C.M.—Espanol M.C.D. | 22. MDYPAA |
| 8. A.A.W.S. | 23. DCYPAA |
| 9. A.A.G.V. | 24. EACYPAA |
| 10. GvR – Espanol RGc | Fellowship Humor – worth 2 points each:
Beca Humor – vale 2 puntos cada una: |
| 11. RLV | |
| 12. NERAASA | 25. The "A" in Class A Trustee |
| 13. NERD | 26. 26. The "B" in Class B Trustee |
| 14. NERF | |
| 15. NERT | |



As she sat by him, he whispered to her, his eyes full of tears,

"You know what? You have been with me through all the bad times.

When I got fired, you were there to support me.

When my business failed, you were there.

When I got shot, you were by my side.

When we lost the house, you stayed right here.

When my health started failing, you were still by my side...

You know what Martha?"

"What dear?" she gently asked, smiling as her heart began to fill with warmth.

"I'm beginning to think you're bad luck!"

Barnyard Humor

Cletus is passing by Billy Bob's hay barn one day when, through a gap in the door, he sees Billy Bob doing a striptease in front of an old John Deere tractor.

Butt clenched, he performs a slow pirouette, and gently slides off the right strap of his overalls, followed by the left. He then hunches his shoulders forward and in a classic striptease move, lets his overalls fall down to his hips, revealing a torn and frayed plaid shirt.

Then, grabbing both sides of his shirt, he rips it apart to reveal his stained T-shirt underneath. With a final flourish, he tears the T-shirt from his body, and hurls his baseball cap onto a pile of hay.

Having seen enough, Cletus rushes in and says, "What the world're ya doing, Billy Bob?"

"Good grief, Cletus, ya scared the bejeebers out of me," says an obviously embarrassed Billy Bob. "But me 'n the wife been havin' trouble lately in the bedroom d'partment, and the therapist suggested I do something sexy to a tractor."

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

WAIA H&I Newsletter: July 2018

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.

News

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.

We are pleased to announce that Montgomery General has reversed course and will not be terminating their detox program at this time. Instead, they are implementing a 4 prong system which includes:

1. Outpatient Addiction Treatment Services (OATs)
2. Co-Occurring (Dual Diagnoses)
3. Relapse Prevention
4. Dual Step Down

In order to aid Montgomery General with their new strategy, H&I is seeking volunteers to go through a pre-screened process similar to the system in place at the Clarksburg Correctional Facility. Once screened, volunteers will be on a 12 Step Call List to perform bedside visits with another

volunteer and help carry the message of hope to patients detoxing in the hospital. This will be similar to the way Bill W. and Bob S. carried the message to Bill D. in 1935!

Please contact hni@aa-dc.org for more information or questions.

We are looking for volunteers to help coordinate H&I meetings in the District of Columbia.
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H&I Committee

Sean C - Chair and Meeting List

Kerry C - Newsletter

OPEN - DC Coordinator

Chrissy M - MoCo Women's Coordinator and Meeting List

Michael C - MoCo Men's Coordinator

Eryn C - PG Co Coordinator

Sherri N - Avery Road

Gary G - MCCF - JAS Men's

Nancy W - MCCF - JAS Women's

Roy D - MCCF - GenPop

Blair J - MCCF - GenPop

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: Sean C. at 240-370-6165 or hni@aa-dc.org.

Newsletter

The H&I Newsletter appears each month in the Digital New Reporter. It describes what we do and lists hospitals and institutions that are currently seeking AA groups or sets of individuals to commit to leading H&I meetings at these facilities.

WAIA H&I Newsletter: July 2018

District of Columbia

- DC Dept. Corrections Central Detention Facility, SE; days and times flexible, requires background check, drug test, and TB test
- DC Dept. of Youth Rehabilitation Services (DYRS) Youth Services Center, NE; Every other Tuesday 6pm
- 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)
- 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.
- Shady Grove Nursing Home, Rockville; day and time TBD

Prince George's County

- 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

ANNOUNCING

**THE 60TH
ICYPAA**

**INTERNATIONAL
CONFERENCE
OF YOUNG PEOPLE
IN ALCOHOLICS ANONYMOUS**



HILTON BALTIMORE

401 W. PRATT ST., BALTIMORE, MD 21201

AUGUST 30 - SEPTEMBER 2, 2018

REGISTER NOW AT ICYPAA.ORG

40th Annual Fundraiser THE OLD TIMER'S GRATITUDE MEETING

Don't drink
and don't die!



Speakers with over 20 years of sobriety!

Date: Friday November 9, 2018

Time: 7:00 - 9:30 pm

Hosted by Hospitals & Institutions Committee of WAIA

Place: Oakdale Church
3425 Emory Church Rd. Olney, MD 20832

Coffee & Refreshments: 7:00 - 8:00 pm

Meeting Time: 8:00 - 9:30 pm

Raffles will be held mid-meeting.

**Prizes include: 50/50 split, turkey,
Big Book and a subscription to the
New Reporter.**

**Literature donations accepted
at the door.**

Directions

From Rockville:

**Take Norbeck Rd. (Rt. 28) east
Turn left on Georgia Ave. (MD 97)
Turn right on Emory Church Rd.**

From PG County:

**Take the Beltway (Rt. 495) west to
Georgia Ave. (MD 97) north
Drive approx 6 miles
Turn right on Emory Church Rd.**

**For more information or assistance with transportation to this event
call Rachel W. 301-801-4292**



Save the Date

Washington Area General Service Assembly
(WAGSA)

**32nd Annual
Gratitude Breakfast**

Sunday, November 18, 2018
8 am to 12 Noon

College Park Marriott Hotel & Conference Center

3501 University Blvd East,
Hyattsville, Maryland 20783 USA

WAGSA Area Committee

2nd Monday
August 13, 2018

(New DCM & GSR Orientation, 6:30-7:30 PM)
Silver Spring Presb.
Church
580 University Blvd East
Silver Spring MD

Info:
chair@area13aa.org

Andrews Armed Forces 48th Group Anniversary

Saturday August 4, 2018

Bells United
Methodist Church
6016 Allentown RD
Suitland MD 20746

Speaker Meeting at
Noon

Food, fellowship and
music after the meeting

14 Promises Group 31st Anniversary

Saturday, August 25, 2018

10:00 PM

Methodist Church
4625 G St SE
Washington, DC

Food after the meeting

WAIA Monthly Meeting of the Board of Directors

No Board Meeting in August

(Finance Committee
Budget Meeting at 7:00
PM on August 14, 2018. All
AA members welcomed)

The Church in Bethesda
5033 Wilson Ln
Bethesda, MD 20814

New Hope Group 28th Group Anniversary

Sunday, August 26, 2018

7:00 PM

You're Invited!

St. Michael's Church
700 St. Michael's Dr
Bowie, MD 20721

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

600	AA at CUA		Darnestown Men		Hyattsville Discussion
	AA & Family Issues	80	Deanwood Women Rap	157	Hyattsville Hope
10	Addison Road		DC Young People	66	Informed Group
31	A Vision for You		DCC Beginners	1200	Into Action, Germantown
	Adams Morgan Meditation	300	DCC Noon	180	Investment
180	Among Women		DCC Tues. Big Book		Irreverent Women
192	Anacostia Group		DCC Women	250	Jaywalkers
366	Andrews Armed Forces	57	Del Ray Acceptance	1800	Just Before Noon
61	As Bill Sees It, NW	150	Divine Intervention	12	Just For Today
176	As We Understood Him	780	Dunn Drinking		Kensington Big Book
1240	Aspen Hill 5th Chapter		Dupont Circle Big Book		Kensington YP Step Study
20	Aspen Hill Phoenix		Dunrobbin		Kid Friendly Big Book
500	Attitude & Action		8AM Men's Big Book		Kingman Park
108	Attitude Adjusters		Early Times		Kitchen Table
360	Back to Basics	365	Epiphanies	400	Language of the Heart
120	Barnesville		Ex Libris	110	Landover Discussion
232	Beginners & Winners		Faith Group		Lanham-Seabrook
	Bethel Group		Fireside Spirituality	1266	Laurel Recovery
56	Big Book Thumpers		Foggy Bottom		Leisure World Big Book
150	Brightwood	231	Forestville Primary Purpose	360	Leisure World Noon
162	Brookland	60	14 Promises	33	Let Go Let God
50	Brandywine		Free Spirits	20	Let It Happen
1800	BYOL		Friday Night Fun Too		Life Is Good
592	Burtonsville Big Book	141	Friday Night Big Book	39	Little Falls
66	Campus Noon		Friendly Bunch	200	Little House
100	Capitol Heights		Friendship	60	Living Sober by the Book
1392	Capital Hill		Gaithersburg Beginners	12	Living Sober Unity Place
180	Carmody Hill Group	325	Gateway	60	May Day
500	Cedar Lane Women	249	Gateway/Wednesday		Men of Dupont
	Change of Life	52	Gay 18 New Castle	450	Men's BS Session
49	Cheltenham		Gay Group	519	Messengers
	Chinatown Men's	300	Georgetown	174	Mideast
90	Cleveland Park		Get It Off Your Chest		Midtown
60	Clinton 45 Plus	240	Glenarden		Miracles
	Clinton Day		Glen Echo		Mitchellville
	Clinton 6:30	140	Goldsboro		Monday Winners
100	Clinton Sunday Night		Good News Beginners	321	Mo.Co. Women
160	Coffee & Donuts		Good Sheperd	350	More Peace of Mind
388	Colesville Sunday Nite		Grace		Montrose Gay
	College Park		Grace Road	130	Moving into the Solution
600	Cosmopolitan	1283	Greenbelt Step		Mt. Rainer
431	Crapshooters	144	Growing Group	93	Nativity
26	Creative Arts		Happy, Joyous & Free	300	Neelsville Beginners
300	Crossroads of Recovery		Help Wanted	222	Never Too Late
54	Daily Reflections, SW		High Noon	180	Never Walk Alone
	Daily Reflections, NW		High on the Hill	672	New Avenue
	Daily Reflections, Bowie		High Sobriety	47	New Beginnings NW
	Darne Good Big Book	796	Hill Lunch	925	New Beginnings SE
		695	How It Works G'burg	180	New Beginners

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|-----------------------------|---------------------------------|----------------------------------|
| 44 New Hope | 900 Saturday Morning Steps | 63 Village Idiots |
| 700 New Way Recovery | Saturday Night Happy Hour | Wash. Serenity Retreat |
| No Hard Terms | Saturday Night Special | We Care |
| Norbeck Women Fri | 60 Scaggsville | Wednesday Nite Winners |
| 340 Norbeck Women Wed | Second Chance | Welcome Group |
| Norbeck Step | 480 Serenity | 214 Westside Beginners |
| 180 N.E. New Hope | 50 Serenity House | 162 Westmoreland Women |
| NE Sunrise | 168 Serious Business | |
| 180 Nuts & Bolts | Shepherders | 180 What's Happening Now |
| NW Metro | 292 Silence is Golden | 120 White Oak Steps & Traditions |
| 87 Oasis Women's BB | 502 Silver Spring Beginners BB | Wilson Room |
| 10 Old Fashion | 1800 Silver Spring | Women Do Recover |
| Old Town Bowie BB | Silver Spring Women | 570 Yacht Club |
| Olney Farm | 180 Simplicity | 600 Yeas & Nays |
| 300 Olney Stag Rap | 170 Simply Sober | |
| Olney Women's group | 1065 Six & Seventh Step | |
| 20 On the Circle | 300 Sober & Alive | |
| 120 On the Move | 87 Sobriety Sisters | |
| 60 One Day at a Time | 492 Southern Sobriety | |
| One Day at a Time R'ville | 1970 Spiritual Awakening | |
| One Day at a Time | 42 St, Barnabas Womens wrop | |
| (G'burg) | St. Camillus | |
| 146 One Day at a Time | St. Mary's Gay | |
| (Lanham) | 110 Starting Over (SS) | |
| 180 Group | Starting Over Gaithersburg | |
| 270 Open Arms | Step Sisters | |
| 120 Out Of the Woods | Steps To Sobriety | |
| P Street | 260 Sunday Men's Step | |
| 127 Petworth | 341 Sunday Morning Breakfast | |
| 180 Phoenix Group/DC | 900 Sunday Morning Joy | |
| Poolesville New Begin- | 720 Sunrise Sobriety | |
| nings | 1624 Sunshine, G'burg | |
| 360 Potomac Eye Openers | Sunrise Sobriety | |
| 360 Potomac High Noon | 100 Sursum Corda | 295 Birthday |
| Potomac Oaks | Survivor Group | 70 Faithful Fivers |
| 360 Potomac Women | 478 Takoma Park Necessity | 1200 Individuals |
| 1000 Potomac Speakers | 1069 Tenley Circle Men | Memorial |
| 1080 Primary Purpose Gay | 9 The Away Group | |
| 722 Progress Not Perfection | 393 There is a Solution | |
| 293 Promises Promises | Thursday Nite Men | |
| 280 Queer Women | 105 TGIF | |
| 151 Quince Orchard | Triangle Club-Sat. 7:15PM | |
| 480 Radicals | 1920 Triangle club-Tues. 7:15PM | |
| Read & Speak | Trusted Servants | |
| 90 Riderwood Bills | 270 Unity Place/Sat. 2PM | |
| Room with a View | 50 Upper Marlboro Big Book | |
| Rosedale Sobriety | Upper Marlboro Step | |
| 35 Sat Morn Fire Barrel | 157 Uptown | |
| | 67 Victory Lights | |

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Day

Years

THINGS WE CANNOT CHANGE "Surfer" Tom Westbrook

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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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!

ROLLING IN RECOVERY II— Friday, 6:00 PM, United Pentecostal Assembly Church, 211 Upshur St, NW, Washington DC 20011

ROLLIN IN RECOVERY—Saturday, 3:00PM, 2430 Elvans Rd Apt 101, SE Washington, DC 20020

FIRE BARREL 2—Sunday, 1:30 PM, Recreation Center, 1430 L St, SE, Washington DC

NAVY YARD NOONERS— Monday, 12:00 noon, Waterfront Church, Children's Entrance, 1000 New Jersey Ave SE, Washington, DC 20003

CIGAR SMOKERS— Tuesday, 8:30 PM, Cortez Cigars, 971 Thayer Ave, Silver Spring MD 20910

WE ARE ALL BEGINNERS— Tuesday, 12:00 Noon, Presbyterian Church, 1030 River Rd, Potomac MD 20854

THERE IS A SOLUTION YOUNG PEOPLE'S— Thursday, 7:30 PM, UMD Memorial Chapel Lane, College Park, MD 20742

MEETINGS THAT HAVE CLOSED AND ARE NO LONGER MEETING

BRANDYWINE— Thursday 8:00 PM, Chapel of incarnation, 14070 Brandywine rd, Brandywine, MD 20613

SOUTHWEST RENEWAL—Monday, 7:30 PM, St. Augustine's, 555 Water St, SW, Washington, DC 20024

AUGUST 2018