

Prayers is when we Talk to God
&
Meditation is when we Listen to God



Happy Thanksgiving!



GRATITUDE MONTH

“ Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with the responsibility— one that every member ought to understand. We cannot skimp when the treasurer passes the hat. Our groups, our areas and AA as a whole will not function unless our services are sufficient and their bills paid”.
(The Language of the Heart, p.221)

November is traditionally Gratitude Month in A.A. During the month of November a special collection is made during each meeting. This gives everyone a chance to make that extra donation knowing that the money is used to directly support the many services that the WAIA office provides to both the Groups and to the many still suffering alcoholics in the Washington Area.

Your generosity to WAIA provides for:

- Service to more than 1600 meetings in the Washington Metropolitan Area
- A 24 hour hotline to answer calls from people seeking help for their alcoholism
- Where & When directory of meetings that is updated twice a year
- A mobile friendly website accessed several thousand times a month
- Literature and chip orders that can be picked up or shipped.
- New Reporter newsletter published monthly.

A special Gratitude Box will be mailed to your Group Treasurer during the first part of November. After your regular collection has been made, your Gratitude Box can then be passed for your special heartfelt gift or donation. Checks made out to WAIA are especially welcome; these as you may know are tax deductible. At the end of the month the box is opened and your gifts sent directly to Intergroup Office along with your Group name to ensure proper credit. This special opportunity only comes once a year. Last years efforts were a resounding success and we thank you.

Count your many blessings as the result of your sobriety. Find it in your heart to be as generous as you can with your contributions so that we may continue to help you and your Group and most importantly . . . ***THE STILL SUFFERING ALCOHOLIC!***

DO I STILL HAVE MY ATTITUDE OF GRATITUDE ?

THANK YOU FOR YOUR PARTICIPATION!

The Power of a Quiet Mind

Since coming to A.A., many words have new meanings for me. Surrender and Powerlessness, for example, no longer represent a weak behavior or action. They mean quite the opposite to me now and without being able to fully practice them Step 11 would not be the effective tool that I have in my recovery today. Being raised Catholic, prayer was a part of my life for as long as I can remember. It was very structured and routine for lack of better words. My prayers have evolved throughout my life from childhood requests for Christmas gifts, adolescent pleadings for a date to the Prom or a boyfriend and for the job that I really wanted. Once I got all these things and alcohol entered my life, those prayers changed to 911 prayers, whether it was over a toilet, behind the wheel or walking into work after calling off for 2 days. These prayers were always followed by “I promise never to do it again”. I think the most sincere prayer I said toward the end of my drinking was “God, please make it stop”, and the “it” for me was the pain and misery of living. And that prayer continued a little bit in the beginning of my recovery, I was still in so much pain, even more it seemed, and I just wanted to get “Better”.

So, I had to “learn” how to pray all over, because the mechanical way of praying I always did was not working for me. In the rooms, I learned to pray for willingness, open mindedness and most important for help, every day sometimes all day. I am careful now when I pray for patience and tolerance, I have been handed some very challenging situations to learn these qualities. As my sponsor began to



tell me, “Be very careful what you pray for, because you might get it.”

I have learned to pray for others, even when I don’t want to. I was instructed to read the paragraph on pg. 552 of the Big Book (4th Edition) where it talks about removing a resentment through praying for that person for 2 weeks, and it worked! I have used it many times and it helps me to feel love and compassion toward others. But as with this program in general, I believe that being Honest, Open minded and Willing are key to successful practice of prayer and meditation.

I did a 5th Step on a specific resentment with a priest, that was the only person I felt comfortable with for it, and afterward we talked about Step 11. He suggested I take an half hour or so out of my day, find a comfortable place to be alone, and just talk to God (My Higher Power) and then be still and just listen, let any thought that may come just flow through my head and don’t stop and focus on it. This works for me, in its simplest form for me, prayer is talking and meditation is listening.

Sheila M., Warm Heart Serenity,

Study Says Drinking Offers NO Health Help

In a report at the end of the summer, the Washington Post's Joel Achenbach provided details of an evaluation of research on alcohol use.

“To minimize health risks, the optimal amount of alcohol someone should consume is none. That’s the simple, surprising conclusion of a massive study, co-authored by 512 researchers from 243 institutions, published in August in the prestigious journal the Lancet.

The researchers built a database of more than a thousand alcohol studies and data sources, as well as death and disability records from 195 countries and territories between 1990 and 2016. The goal was to estimate how alcohol affects the risk of 23 health problems. The number that jumped out, in the end, was zero. Anything more than that was associated with health risks.

“What has been underappreciated, what’s surprising, is that no amount of drinking is good for you.” said Emmanuela Gakidou, a professor of global health at the University of Washington and the senior author of the report.

“People should no longer think that a drink or two a day is good for you,” she said. “What’s best for you is to not drink at all.”

The report found that 2.8 million people across the globe died in 2016 of alcohol-related causes, which is about the same proportionally as the 2 million who died in 1990. For people ages 15 to 49, alcohol is the leading risk factor for experiencing a negative health outcome.

This is a sobering report for the roughly 2 billion human beings who drink alcohol. The report challenges the controversial hypothesis that moderate drinking provides a clear health benefit. The notion took hold in the 1990s after news reports on the “French paradox”: The French have relatively low rates of heart disease despite a fatty diet. Some researchers pointed to red wine consumption among the French as potentially protective.

Numerous peer-reviewed studies found evidence that people who have a drink or two a day are less likely to

have heart disease than people who abstain or drink excessively.

But the new study, while noting the lower risks of heart disease from the moderate drinking as well as a dip in the diabetes rate in women, found that

many other health risks offset and overwhelm the health benefits. That includes the risk of breast cancer, stroke, cirrhosis, tuberculosis, interpersonal violence, self-harm and transportation accidents.

“Current and emerging scientific evidence does not suggest that there are overall health benefits from moderate drinking,” said Robert Brewer, who directs the alcohol program at the U.S. Centers for Disease Control and Prevention and was not involved in the new research. He pointed out that alcohol studies have long been dogged by “confounders” – factors that create a misleading impression of cause and effect.

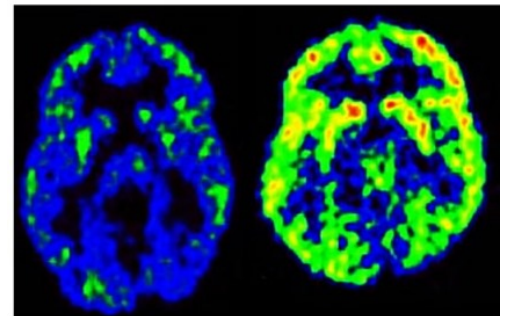
“People who report drinking in moderation tend to be a healthier population, they tend to exercise more, they tend to be more affluent, they tend to have more access to health care,” Brewer said.

Lead author Max Griswold of the University of Washington said this new report is the largest alcohol study conducted to date.

Drinkers may take some reassurance from the fact that the new Lancet report focuses not in individuals but on populations.

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Negative Effects of Alcohol



Alcoholic
Darker Colouring indicates depressed brain activity

Normal
Healthy levels of brain activity

Prayer and Meditation

In its simplest form, prayer is talking to God. Meditation is listening to God. We don't have a problem talking to God presenting a grocery list of things we need and want. But just like in human conversations we won't at times let others get a word in at all.

God wants to speak to us, that's where meditation comes in. He wants to speak about what we just prayed or talked to him about. Meditation takes discipline, it's hard to remove distractions. Just as our slogan says, Easy Does It. Don't get overwhelmed saying I'll meditate for 30 minutes, work up from 5 minutes.

I have experienced many joys and comforts through meditation. I feel peace and deep serenity. I was always so busy, so active, never just being in God's presence. I have learned to create an atmosphere for meditation. A quiet corner in the house, walks, places in a park, beach, woods, etc. . . etc. . . . Read, reflect and meditate (listen) to what God is saying to you in your quiet time. It is not easy especially if you have never experienced meditation. Like many things in recovery, it takes time. Practice, practice, practice could be a slogan. Isn't that what we do in sobriety? Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will God gave us two ears and one mouth, listen twice as much as we speak.

David, Guides to Progress Group, Toledo, OH

The Grapevine Committee: Sharing in a "general way"

"Providence has its appointed hour for everything. We cannot command results, we can only strive."
Mahatma Gandhi

Prologue

I well remember my participation in the command from Providence or my Higher Power as if it was yesterday. It happened soon after I celebrated my first year of sobriety. I was still on that pink cloud. I saw a woman struggling with a heavy box of books so I offered to help. She accepted the helping hand. Little did she and I know then that these simple acts marked the beginning of an ongoing friendship, service and satisfied sobriety in AA.

The woman was the Chair of the Washington Area General Service Assembly's (WAGSA) Grapevine Committee. Over the next months our paths would cross at meetings. One day, during my second year of sobriety she inquired whether I would be interested in joining the Committee. I was reluctant, but my excuse-making factory was not functioning at par. My pre-disposition to come up with an excuse—thanks to what I had learned to this point from AA—was thwarted. Instead, the excuses were transformed into *acceptance* of the offer to join. I don't, to this day, know how that happened. I did not know anything of what was involved in this service position and didn't think to ask. If someone asks you to do something for the good of AA, you do it.

I did not know then that participation in the Committee involves: selling AA literature, meeting new AA members, public speaking, and driving to all corners of the District, Maryland and Virginia. Furthermore, these duties were to be performed with delight, a smiling face and no compensation—gives new meaning to: *happy, joyous and free*. Had I known this, how fast would I have turned tail & ran the other way; Providence would have bitten the dust! As it happens, my Higher Power was doing for me what I could not do for myself. It sensed that I was ready for a new, uplifting experience in AA. And so, six years later, I can see the type of personal growth described in the Promises in my recovery.

The WAGSA A.A. Grapevine Committee

According to the *WAGSA Handbook*, the purpose of the A.A. Grapevine committee is to inform the area about the publication, to encourage groups to name a Grapevine representative (GVR) and to acquaint individuals with materials produced by A.A. Grapevine, Inc. Responsibilities include to:

- Disseminate information to the area committee about new Grapevine items [publications, opportunities, contests, etc.].
- Staff Grapevine/La Viña exhibits at group, district, and Area events.
- Remind GENERAL SERVICE REPRESENTATIVES [GSR] that the exhibits are available for group celebrations and other events.
- Have the A.A. Grapevine table available at all area committee meetings, assembly meetings and WAIA meetings.
- Encourage groups to subscribe to the Grapevine and La Viña and to purchase subscriptions for institutions.
- Ensure that an adequate inventory is maintained and kept in a secure location.
- Work closely with the Area Treasurer to make sure that the area has accurate records of the committee's inventory, income, and expenses.
- Coordinate Grapevine/La Viña exhibits at group, district, and area events [i.e., Gratitude Breakfast, WAIA (Washington Area Intergroup Association) Gala, Old Timers' meeting, etc.].

The Grapevine committee chair should be familiar with G.S.O.'s [General Service Office] A.A. Guidelines (i.e., the yellow sheet) about Literature committees and the Guide to the A.A. Grapevine workbook.

The WAGSA A.A. Grapevine Committee

Qualifications and Requirements

The only requirement for Committee membership is a desire to stop drinking. But there are additional particulars that will make the service tenure enjoyable. The committee sells Grapevine literature and related products. Books are, among other things, heavy. Therefore, having physical strength, though not essential, is advisable. Also necessary is a relatively unencumbered schedule. In 2017, the Committee attended forty-seven events. As of September 2018, that total was thirty-six. Essentially, expect an average of four events per month. This is inclusive of the twenty-two WAGSA and WAIA meetings per year.

As the Committee now functions, dependable transportation is a must. A roomy and secure storage space in your vehicle is a sure fire advantage. That allows the luxury of not having to load and unload all your travel book inventory for each event. Grapevine products are purchased for resale from the Grapevine Online Store. This requires payment by credit card. Other payment options are Echeck, PayPal and paper billing. The Committee currently uses the credit card/online store option. Needless to say, this latter discussion pre-supposes access to the internet. Book purchases can be made by telephone, though this method can be cumbersome, time consuming and limited to business hours when AAGrapevine telephones are staffed. The Committee Chair purchases and manages the inventory. The Chair works closely with the Area Treasurer to submit sale proceeds and get reimbursements as, currently, the Chair provides a personal credit card for transactions with AAGrapevine.

The Committee is entrusted with managing funds belonging to WAGSA. Consequently, a minimum

of bookkeeping skills are required. Lastly, the Committee keeps an inventory of Grapevine products. A safe, dry (paper products are delicate) and sanitary space is needed for this inventory in the members' place of residence.

Not all events result in sales. Therefore, it is logical that the Committee maintain constant focus on its primary purpose: "to carry the AA message to everyone interested in alcoholism through its magazines, websites, and related items, which reflect the experience, strength, and hope of its members and friends on topics related to recovery, unity and service." (*from AA Grapevine Mission Statement*)

The Advantages of Membership on the WAGSA A.A. Grapevine Committee

The list of duties denotes that the Committee is, essentially, A. A. Grapevine's cheer-leading section for Area 13. But committee members soon learn; there is more to the service position.

First things first

As with other promotion and sales efforts, the first impression is important. A neat and clean appearance and an approachable, helpful and knowledgeable manner help close the deal. Self-confidence and humor play an important role in promoting Grapevine before individuals gathered to celebrate events, or while addressing large groups at business meetings, conferences, assemblies and conventions or in one-on-one discussions.

The WAGSA A.A. Grapevine Committee

Easy does it

There are groups and individuals who are deeply committed to the Grapevine mission. The Committee can function as an indispensable ally to this segment of the fellowship. There are theme based groups in the area that focus on particular aspects of sobriety (spiritual awakening, sixth and seventh step, emotional sobriety, living sober, etc.). We make an effort to form a bond with groups where their purpose and that of the Committee intersect. Some Area 13 groups promote AA literature by offering Grapevine and World Service books as raffle prizes. We provide services to these groups and are always in search of area groups with similar motivation. Book purchases from the Committee save precious funds that would be spent on shipping and handling costs if the purchases are made directly from Grapevine in NYC. Since the Committee is local, the delivery time is shorter if this is ever a factor.

Find a suit that fits

We learned that not all AAs are attracted to Grapevine. The journal and its related products are intended to be meetings in print. Therefore, since a certain segment of the fellowship prefers one type of meeting over another (for example: step meeting vs traditions meeting or open discussion vs literature), it's likely that some members will prefer AA World Service over Grapevine. The Committee member will do well to remember not to try to 'force feed' Grapevine to everyone.

Think think think

Serving on the Committee is a valuable means of acquiring fundamental knowledge of how AA works organizationally. Committee membership provides a vantage point to view the unique roles that A. A. Grapevine and A. A. World Services

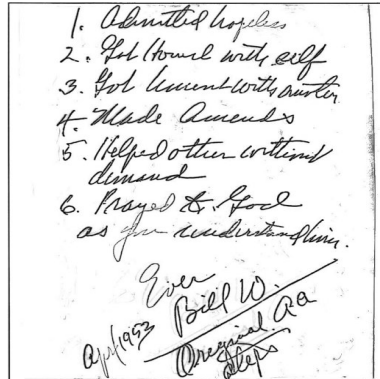
play in the successful rescue mission of the Alcoholics Anonymous program, and in the generation of funds to help carry the message. There is much that can be learned about terminology. Concepts such as "conference approved" when referencing literature have a clearer meaning. For history buffs, the magazine and books offer a window into the early years of the organization. For those of us whose concerns may be with how people in other regions, cultures, sexual orientations, occupations, etc. approach sobriety in their daily life, Grapevine provides access to answers about that. For example the magazine has issues devoted yearly to topics such as sobriety in and after prison, young and sober, interpersonal relationships and anonymity in the social media age. AA members have a window into 21st century issues as they relate to recovery and successful sobriety.

Personal development

Deciding to be involved in the Grapevine Committee or any other service commitment forces one to ask: To what ends am I willing to go to maintain my sobriety and the sobriety of others? The answer is different for each of us. But participation illustrates to each of us the fact that with hard work, self-examination and commitment the probability of recovery is higher and the horizon for personal growth is limitless. It is right there in the Grapevine story!

As this member reviews his tenure of service on the Committee in the context of character defects, I see myself in a clearer light to admit to defects I may not have seen otherwise thus allowing me ample opportunity and reminders to pray: 'relieve me of the bondage of self, that I may better do Thy will.' (p.63, *Alcoholics Anonymous*)

Carlos D.
Lynn R.



100 Years Ago This Month— Jimmy B. describes a drunken escapade then in his Big Book story “A Vicious Cycle”:

My last bout in the army lasted from November 5 to 11, 1918. We heard on the wireless on the fifth that the Armistice would be signed the next day (this was a premature report), so I had a couple of cognacs to celebrate; then I hopped a truck and went AWOL. My next conscious memory was in Bar Le Duc, many miles from base. It was November 11, and bells were ringing and whistles blowing for the real Armistice. There I was, unshaven, clothes torn and dirty, with no recollection of wandering all over France but, of course, a hero to the local French. Back at camp, all was forgiven because it was the End, but back in the light of what I have since learned I know I was a confirmed alcoholic at nineteen.

75 Years Ago This Month— Bill and Lois continue their train journey up and down the West Coast from Los Angeles, to Sacramento, to San Francisco, to Portland, to Seattle, to San Diego. Notably Bill speaks to inmate meetings of hundreds at the San Quentin and Folsom prisons.

50 Years Ago This Month— *The Central Bulletin* reprints an article by Ada L. W. of Rochester NY (abridged here):

What are the advantages of a home-group affiliation for me? Through constant and faithful attendance at our home group, we get to know each other “like a book”. It’s inevitable in the ebb and flow of our emotional life that we’ll have periods of stinking thinking. If we are getting to our home group every week, some of our fellow members will have the courage and perception to jack us up. “What’s the matter tonight, buddy, you don’t seem quite yourself” can be the tip off for us to take an inventory, count our blessings, and tack off on a better angle. A subtle regression is often noticeable to others who know us intimately before it is to ourselves. I know personally I can nip destructive moods if I recognize them early enough, but given a head of steam they get beyond my control. If I’m never anything but a **visitor** in **all** groups I cannot hope to have this fine tocsin **sounded** for me.

Most alcoholics have become highly anti-social. Home groups’ affiliation and loyalty offer us a **golden opportunity** to sneak back into the human race at our own pace. The tentative handshake and faint greeting is often all we can muster in the early days, but it’s done on behalf of “my group’s” reputation as a warm and friendly group, it gives us a little more courage. Then as we continue the associations we sometimes get the satisfaction of hearing the one we greeted so tentatively say “and when so-and-so shook my hand and told me he was glad I’d come, I realized someone cared!” Most of us

who went the standard pre-AA course have forgotten what a good feeling being of service is. The coffee detail, the ash trays, picking up the meeting room, washing the cups, serving on **committees** may not be desirable but they are beneficial. By putting something of ourselves into our group we again **practice** being useful. It’s another step in maturing.

When matters of community-wide or national A.A. come up I believe we should have one vote and it should be recorded in our home **group**, not at every meeting we attend that week. Election of group officers and setting up group policy should be by group members. I first heard in St. Louis: “Our interest follows our money”. [Y]ears ago I heard a tough older member say “Put your buck in your home group collection and if something keeps you away send it in, if you want to make sure you’ll have a group to call home.” I was shocked then, but thoroughly agree now.

Things won’t always go to your liking in your home group. Our way is to take our august presence thence and change our affiliation justifying it with lordly comments about having been told that if anything disturbs us we should withdraw from the situation. Speaking of myself, I was a chronic quitter, pre-A.A. Developing some staying power is one of the many fringe benefits of my A.A. education. I think we’re missing the boat if there is not one meeting a week where we are part of what makes it function. Family, friends, fellow members and mostly ourselves are entitled to know where we stand, at least one night a week.

25 Years Ago This Month— The Oct-Nov 1993 issue of *Box 4-5-9* reports a six-month surge in Cuba's A.A. membership. A.A.'s introduction into Cuba only just months before in February 1993 follows the extensive Cooperation with the Professional Community (CPC) campaign of Mexico's AA to inform Cuba's authorities about AA's success in treating the disease of alcoholism. Mexico has thus become Cuba's A.A. "sponsor."

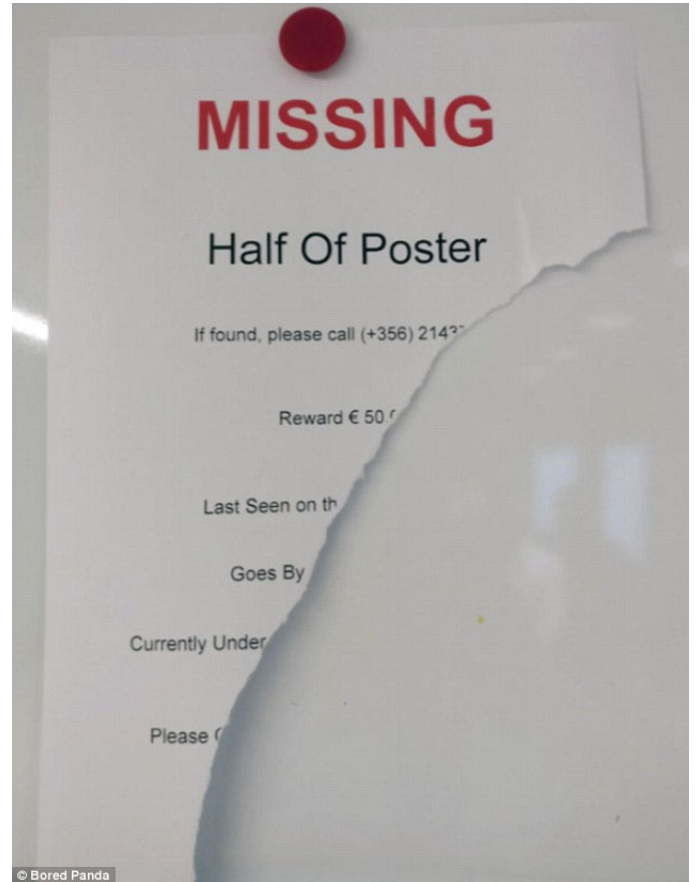
Apparently Cuban authorities, under the lash of the disease's rampant spread, can recognize in February their "powerlessness over the whole situation" and an A.A. group, "Sueño" (Dream Group) is born in Havana. By Oct-Nov another group is spawned and membership leaps from six to thirty.

Previous travel over the years by A.A. members to Cuba of course lends credibility to our shared experience. Many A.A.s travel, particularly from Mexico, carry the message, the *Big Book* and other literature. Over the years, many a Cuban exile living in Florida gets sober in A.A. with the result reported back to Cuba. Much percolating under the surface would produce these sober results. [Cf. *New Reporter*, February 2018, p 8]

Now twenty-five years later, Cuba's fellowship continues to blossom strong and vibrant, increasing around 100-fold from the two groups available in the Fall of 1993. They have an active General Service structure and a General Service Office. They publish a magazine *Sobriedad Sin Fin* (Sobriety Without End). During January 20-22, 2017, roughly 1,500 people attend their 4th National Convention of A.A. in Cuba accompanying their silver-anniversary celebration. Our General Service Office could share in their "joy of living" by sending staff and a Canada-at-large trustee. What an impressive, inspiring demonstration of the program's power!!!

Congratulations Sueño; congratulations to Cuba's A.A.

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



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: October 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.

There's still a ton of money from last year that hasn't been used yet. Let your volunteers know that they can request literature by emailing hni@aa-dc.org and aa-dc@aa-dc.org for approval by the H&I Committee. Once approved, you would be able to pick up your order at the WAIA office during normal business hours.

Notice

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.



SAFETY IN A.A. WORKSHOP

INTERACTIVE PANEL + SKITS

- **Dealing with disruptive behavior**
- **Physical and emotional safety**
- **Dealing with predatory behavior**
- **Emergencies during the meeting**
- **Applying the Traditions to difficult situations**

... And much more!

Date: Saturday, November 3rd, 2018

Time: 1:00 PM to 3:00 PM

Location:

St. Matthew's Cathedral
1725 Rhode Island Ave NW,
Washington, DC 20036

Food and refreshments provided

Hosted by District 2 of Area 13

www.aa-district2.org



Bring Your Favorite Chili,
Toppings, or Sides to the
Happy Destiny Retreat
Annual Chili Cook-Off

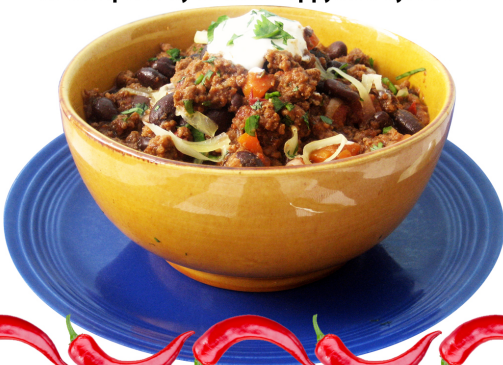
Saturday, November 3, 2018 at 2:00 pm

**St. John's Evangelical Lutheran Church
4629 Aspen Hill Rd, Rockville, MD 20853**

Email: happydestinyretreat@gmail.com

Phone: Karuna 404.353.5005

Web: <https://tinyurl.com/happydestinyretreat>



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**



You are cordially invited

In recognition of Gratitude Month

Saturday Morning Steps

Celebrates Its

Fourth Annual Day of Thanks

Saturday, November 24, 2018

8:00 a.m.

The Festival Center

1640 Columbia Road, N.W.

Breakfast will be served immediately after the meeting

..... a genuine gratitude for blessings received

Silver Spring Men's Group

11th Step AA Men's Meditation Retreat



Friday, December 7 – Sunday, December 9, 2018

Loyola Retreat House

9270 Loyola Retreat Rd, Newburg, MD 20664

Whether you are new to recovery and want an introduction to the 11th Step, or want to deepen your 11th step practice, or try your first AA Men's retreat, join the **Silver Spring Men's Group** at its **XX** annual 11th Step AA Men's **Meditation** Retreat at the Loyola Retreat House, located on the banks of the Potomac River.

11th step **and AA speaker** meetings • silent, guided, and walking meditation sessions • workshops fellowship • meals **(5)** and snacks • private rooms • **ice cream "night caps"** • **unlimited coffee**

The cost of the retreat is \$250 and runs from **5pm** Friday December 7 – **12pm** Sunday, December 9. Attendance is limited and available on a first come/first served basis.

To reserve your spot, please send your check today made payable to:

Silver Spring AA Mens Retreat

PO Box 21520

Washington, DC 20009

Please include your email address or phone number on your check so we can confirm your payment and reservation.

For more information, contact John M. 301-674-3656 or Tony H. 202-340-9995.

WAGSA Area Committee

2nd Monday
November 12, 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

WAGSA 32nd Annual Gratitude Breakfast

Sunday November 18,
2018

8:00 AM—Noon

College Park Marriott
Hotel & Conference
Center

3501 University Blvd East
Hyattsville MD 20783

40th Annual Old Timer's Gratitude Meeting

Friday, November 9, 2018

7:00 PM —9:30 PM

Oakdale Church
3425 Emory Church Rd
Olney, MD 20832

Hosted by the Hospitals &
Institutions (H &I)
Committee of WAIA

WAIA Monthly Meeting of the Board of Directors

November 13 2018

2nd Tuesday, 8:00 PM

The Church in Bethesda
5033 Wilson Ln
Bethesda, MD 20814

For more information go
to aa-dc.org

4th Annual Day of Thanks

Saturday, November 24,
2018, 8:00 AM

Saturday Morning Steps

The Festival Center
1640 Cloumbia RD, NW
Washington DC

Breakfast will be served im-
mediately after the meeting

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		Daily Reflections, Bowie		High Sobriety
	AA & Family Issues	192	Darne Good Big Book	796	Hill Lunch
30	Addison Road	110	Darnestown Men	914	How It Works G'burg
30	A Vision for You	75	Deanwood Women Rap		Hyattsville Discussion
	Adams Morgan Meditation	81	DC Young People	486	Hyattsville Hope
180	Among Women	900	DCC Beginners	118	Informed Group
192	Anacostia Group		DCC Noon	1800	Into Action, Germantown
726	Andrews Armed Forces		DCC Tues. Big Book	360	Investment
255	As Bill Sees It, NW	57	DCC Women		Irreverent Women
416	As We Understood Him	1143	Del Ray Acceptance	500	Jaywalkers
1687	Aspen Hill 5th Chapter	285	Del Ray Club	1800	Just Before Noon
200	Aspen Hill Phoenix	780	Divine Intervention	12	Just For Today
500	Attitude & Action		Dunn Drinking	1140	Kensington Big Book
108	Attitude Adjusters		Dupont Circle Big Book		Kensington YP Step Study
360	Back to Basics		Dunrobbin	289	Kid Friendly Big Book
120	Barnesville		8AM Men's Big Book	80	Kingman Park
352	Beginners & Winners		Early Times		Kitchen Table
	Bethel Group	605	Epiphanies	700	Language of the Heart
550	Brandywine	320	Ex Libris	110	Landover Discussion
109	Big Book Thumpers	164	Faith Group	80	Lanham-Seabrook
210	Brightwood		Fireside Spirituality	106	Last Chance
162	Brookland		Foggy Bottom	1266	Laurel Recovery
1200	Broad Highway	231	Forestville Primary Purpose		Leisure World Big Book
1800	BYOL	60	14 Promises	360	Leisure World Noon
1133	Burtonsville Big Book		Free Spirits	48	Let Go Let God
66	Campus Noon	662	Friday Night Fun Too	20	Let It Happen
100	Capitol Heights	141	Friday Night Big Book		Life Is Good
1392	Capital Hill	80	Friendly Bunch	39	Little Falls
180	Carmody Hill Group		Friendship	400	Little House
500	Cedar Lane Women		Gaithersburg Beginners	70	Living Sober by the Book
	Change of Life	325	Gateway	12	Living Sober Unity Place
49	Cheltenham	513	Gateway/Wednesday	60	May Day
	Chinatown Men's	52	Gay 18 New Castle		Men of Dupont
90	Cleveland Park		Gay Group	141	Men In Recovery
120	Clinton 45 Plus	300	Georgetown	450	Men's BS Session
25	Clinton Day		Get It Off Your Chest	977	Messengers
	Clinton 6:30	480	Glenarden	180	Midwest
100	Clinton Sunday Night		Glen Echo		Midtown
320	Coffee & Donuts	304	Goldsboro		Miracles
388	Colesville Sunday Nite		Good News Beginners		Mitchellville
	College Park		Good Sheperd	321	Mo.Co. Women
1200	Cosmopolitan		Grace	350	More Peace of Mind
491	Crapshooters	1283	Grace Road		Montrose Gay
26	Creative Arts	144	Greenbelt Step	130	Moving into the Solution
300	Crossroads of Recovery		Growing Group		Mt. Rainer
54	Daily Reflections, SW		Happy, Joyous & Free	302	Nativity
	Daily Reflections, NW		Help Wanted	300	Neelsville Beginners
			High Noon	457	Never Too Late
			High on the Hill	180	Never Walk Alone

672	New Avenue	238	Quince Orchard	105	TGIF
92	New Beginnings NW	960	Radicals		Triangle Club-Sat. 7:15PM
60	New Beginnings, Pools-ville	72	Read & Speak	1920	Triangle club-Tues. 7:15PM
1408	New Beginnings SE	90	Riderwood Bills	1170	Trusted Servants
240	New Beginners	180	Room with a View	270	Unity Place/Sat. 2PM
169	New Hope		Rosedale Sobriety	50	Upper Marlboro Big Book
700	New Way Recovery	35	Sat Morn Fire Barrel		Upper Marlboro Step
	No Hard Terms	1425	Saturday Morning Steps	261	Uptown
	Norbeck Women Fri		Saturday Night Happy Hour	67	Victory Lights
340	Norbeck Women Wed		Saturday Night Special	278	Village Idiots
	Norbeck Step	120	Scaggsville		Wash. Serenity Retreat
180	N.E. New Hope		Second Chance	300	We Care
	NE Sunrise	30	Serendipity	169	Wednesday Nite Winners
180	Nuts & Bolts	724	Serenity		Welcome Group
	NW Metro	50	Serenity House	214	Westside Beginners
119	Oasis Women's BB	168	Serious Business	162	Westmoreland Women
10	Old Fashion	120	Sheepherders		
	Old Town Bowie BB	292	Silence is Golden	180	What's Happening Now
456	Olney Farm	681	Silver Spring Beginners BB	120	White Oak Steps & Traditions
540	Olney Stag Rap	1800	Silver Spring		Wilson Room
	Olney Women's group		Silver Spring Women		Women Do Recover
20	On the Circle	180	Simplicity	570	Yacht Club
120	On the Move	245	Simply Sober	671	Yeas & Nays
60	One Day at a Time	254	Singleness of Purpose		
	One Day at a Time R'ville	1516	Six & Seventh Step		
	One Day at a Time	300	Sober & Alive		
(G'burg)		177	Sobriety Sisters		
171	One Day at a Time	492	Southern Sobriety		
(Lanham)		1970	Spiritual Awakening		
180	Group	52	St. Barnabas Womens wrop		
630	Open Arms	375	St. Camillus		
180	Out Of the Woods		St. Mary's Gay		
1822	P Street	110	Starting Over (SS)		
187	Petworth	215	Starting Over Gaithersburg		
180	Phoenix Group/DC		Step Sisters		
	Poolesville New Begin-	114	Steps To Sobriety		
nings		260	Sunday Men's Step		
360	Potomac Eye Openers	341	Sunday Morning Breakfast		
360	Potomac High Noon	1425	Sunday Morning Joy		
	Potomac Oaks	720	Sunrise Sobriety		
360	Potomac Women	2386	Sunshine, G'burg		
1000	Potomac Speakers		Sunrise Sobriety		
1725	Primary Purpose Gay	100	Sursum Corda	2795	Birthday
722	Progress Not Perfection	78	Survivor Group	70	Faithful Fivers
293	Promises Promises	478	Takoma Park Necessity	2488	Individuals
90	Prospect	1069	Tenley Circle Men		Memorial
518	Queer Women	14	The Away Group		
		393	There is a Solution		
			Thursday Nite Men		

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

Mail to: WAIA

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

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



Have a story about your recovery in AA?

Why not share it with all of us? If you'd like to contribute to the *New Reporter*, please send in your material to:

newreporter@aa-dc.org



Day			Years
November 1	Pat M.	Sunrise Sobriety	37
November 3	Julie F.	Petworth	29
November 24	Dennis M.	Red Door	24

THINGS WE CANNOT CHANGE

Robert (Bob) Gawne, September 14, 2018, College Park , 40 years sober

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

The **NEW REPORTER** is a monthly publication of the W.A.I.A., Inc., 4530 Connecticut Avenue, N.W. Washington, D.C. 20008. Printed Subscriptions are \$15.00 per year and Digital Subscriptions are **FREE**. Articles and event information are encouraged from members of the Fellowship and its friends.

VOLUNTEER

**Guess who it really
Helps?
Call 202-966-9783**

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

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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!

UNLOVELY CREATURES—Monday, 7:00 PM, Hope Lutheran Church, 4201 Guilford Dr, College Park, MD 20740

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

MEETINGS THAT HAVE CLOSED AND ARE NO LONGER MEETING

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

FAITH GROUP—Hope Lutheran Church— Wednesday 8:00 PM, 6201 Coventry Way, Clinton, MD 20735 (**Friday, 8:00 PM Faith Group still meeting**)

NOVEMBER 2018