

Happy and Sober Holidays!





QUIET MIND VIA PRAYER AND MEDITATION

Step 11: “Sought prayer and meditation to improve our conscious contact with God, as we understood Him, asking only for knowledge of His will for us and the power to carry that out.”

Someone said: “*The only requirement for serenity is a desire to stop thinking.*” In early sobriety my raving alcoholic mind was not the least fond of that cliché. It would run full speed ahead all day long and often deep into the night. It would run so fast, and confusingly, that I feared losing my new job at an antique store. Sometimes I felt it necessary to forego lunch and talk with my newly found AA friends at a nearby recovery club (26th & Broadway, in Santa Monica California). Often, as if by magic, I would be overtaken by an inexplicable calmness. Somehow, once inside, I felt safe in the mist of that A.A. spirit we all know so well. Who needs lunch anyway!

But back to work during the afternoon my mind would resume its attack. What to do? I had learned a spiritual tool that I still use quite often today. I would pray:

“Be still and know that I am God.”

Somehow, and I have never understood why, that simple statement had an immediate calming effect; albeit often short lived, it was welcome, indeed! The Big Book tells us that we have a “*Great Reality deep down within us*” (God). My concept of this is that God is telling my whirling mind to quiet down. Who knows? But it worked then and still does today—great tool!

The French philosopher, René Descartes, is often quoted: “*I think, therefore I am.*” However, I am coming to believe that Bill Wilson’s “*Great Reality deep within*” (p. 55) is like a great over-self that I can utilize through prayer and meditation to bring peace and serenity into my daily life. Actually, by living the Twelve Steps of A.A., I have a certain control over my mind when it goes all cat-a-wampus.

Step Eleven tells how to find calmness, before go-

ing to bed at night, by having a reflective sort of meditation before going to bed at night and asking God for forgiveness (p. 86). How to prepare for the day in the morning and how to remain spiritually fit (calm) throughout the day. Read Eleventh step promises on page 88.

Bob S. , Richmond, IN

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.”

-STEP 12 of the TWELVE STEPS

Sponsorship is a key construct in A. A. and other Twelve Step groups, and the twelfth step is the foundation of the sponsorship dynamic essential to recover – both for the sponsor and the sponsee.

This book addresses the concern of many in the A. A. community that sponsors have lost some skills in working with alcoholics. By offering tools for helping others find recovery and new life through the Twelve Step program, Joe McQ has created a guide for sponsors to use in working with others.

By refocusing his readers on the Big Book, the Twelve Steps, and their message, McQ appeals for a return to the roots and essence of the A. A. program. Moreover, he issues a strong call to action, for return to the fullness and the integrity of the miraculous recovery program.

FROM Joe McQ’s “*Carry this Message, a Guide to Big Book Sponsorship.*”

Step Twelve “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

The joy of living is the theme of A.A.’s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it. Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.’s, this often seems like a very dubious and improbable state of affairs. “What do you mean when you talk about a ‘spiritual awakening’?” they ask

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that STEP TWELVE 107 which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive.

From the *12&12*, p. 106

We Tried to Carry this Message to Others

There are many reasons we try to “carry this message.” As people who have received so much from the program, we realize that no thank you notes or paybacks of any kind could ever be enough. Also, we realize that in the program, “gratitude goes forward.” That is, the only possible way to acknowledge the gift we have received is to give it away. The truth is we have to give it away if want to keep it.

No doubt the greatest gift the Twelve Steps gives us is the ability to love (which is not the same as romantic feelings for someone, or sentimentality about our children.) Because we are different, we learn to “give” in a different style and for different reasons. Without the expectation of outcome, we reach out to others not because they are “lovable” in any ordinary sense, but because we have become able to love “which means the same thing as becoming able to fully live). This “reaching out” takes many forms from sharing in meetings to making Twelfth Step calls to setting up chairs before the meeting starts.

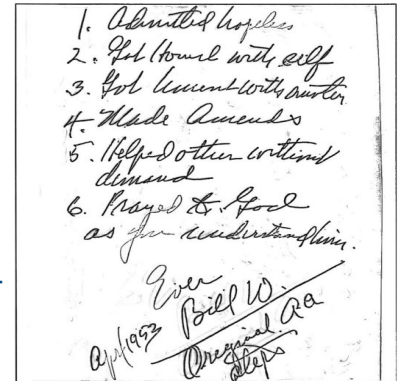
And to practice these principles in all our affairs

A well-lived life is a full-time job. And the program has to do with all of our lives, not just the worst of our problem areas. We know now that it’s impossible to be superman or wonderwoman with our program friends and just the opposite with our families at home. We are who we are, twenty-four hours a day. So we bring the spirit of the program with us wherever we go. Learning to accept the world and all who are in it as they are, not as we would wish them to be, we learn to accept ourselves and learn to accept ourselves and learn to love who we are becoming. Most of all, we have learned that becoming, moving on, forging ahead, is a good direction to be going in. And we’ve learned that with the Twelve Steps comes our invitation to the banquet that life is meant to be.

From the Silver Streak

125 Years Ago This Month— On December 27, 1893, the Rev. Dr. Sam Shoemaker is born in Baltimore. As the head of the Oxford Group in the United States during the early formation of our Fellowship, Shoemaker contributes significantly:

The early A.A. got its ideas of self-examination, acknowledgment of character defects, and restitution for harms done, and working with others straight from the Oxford Group and directly from Sam Shoemaker, their one-time leader in America, and from nowhere else. He will always be found in our annals as the one whose inspired example and teaching did the most to show us how to create the spiritual climate in which we alcoholics may survive and then proceed to grow.



[Cf. *Language of the Heart*, p. 380, *Grapevine*, February, 1967] Moreover, Rowland H., Ebby T. and other Oxford Group members directly under Shoemaker’s influence form the channel in New York winning Bill W.’s sobriety at Town’s Hospital in November 1934. Is that all? No!!!!

Area 29’s Archive Committee Chair Mike M. has a power-point presentation describing how Akron becomes exposed to the Oxford Group. A young real estate developer in Ft. Myers Florida meets an Akron industrialist who implores the developer to work for him. The industrialist’s son has a drinking problem and is close to the developer’s age; so, the industrialist asks for help from his new young employee, who happens to be associated with the Oxford Group.

The two youth attend an Episcopal Bishop Conference in Denver and the son enthusiastically succumbs to Sam Shoemaker’s charisma. On the train-ride back to Akron the young developer guides the son to Dr. Shoemaker’s private rail car to perform the Oxford Group’s confession rite; and a sober son returns to Akron.

So grateful is the industrialist, he sponsors an Oxford Group convention in Akron; a convention attended by all of Akron’s elite including Goodyear’s influential Henrietta Seiberling. Hence, Oxford Group meetings are initiated in Akron with Henrietta as a key player. Now Dr. Bob attends the Oxford Group meeting at the house of T. Williams, where Henrietta Seiberling becomes aware of Dr. Bob’s drinking, and they initiate a special meeting to get Dr. Bob to admit his problem.

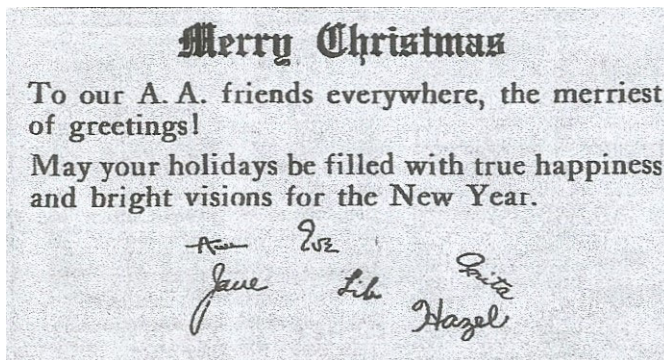
Now the stage is set for the New York stock analyst, suffering the disappointing and damaging collapse of a business deal in Akron and being terrorized by the appeal of the congenial bar scene at Akron’s Mayflower Hotel, to reach out to help a fellow alcoholic sufferer as a remedy for his own insane, alcoholic penchant to repeat what does not work. The resultant calling of a religious minister who knows about Henrietta’s concern for Dr. Bob ultimately joins our Fellowship’s co-founders.

75 Years Ago This Month— During the Christmas/New Year period, Bill and Lois W. conclude their tour along the West Coast by visiting Bill’s mother, Dr. Emily, in San Diego.

50 Years Ago This Month— The Holiday issue of *Box 4-5-9* reports:

New Year's was the occasion for an alkathon party-and-meeting at a Clubhouse for A.A.'s in Washington, DC. An amazed newspaper reporter who attended wrote. "No drinkers could enjoy themselves as much as these people do now." [Cf. *New Reporter*, January 2018, p 6]

This issue also displays the signatures of GSO staff in a seasonal greeting to the Fellowship. At that time this practice is rather sporadic, although since 1990 it's been a regular feature. Interestingly, the December 1958 issue of *Box 4-5-9*'s forerunner, the *AA Exchange Bulletin*, carries in this vein the following staff signatures:



Central stands our own "Lib" S. who attains sobriety at the old Euclid Street Club House in 1945. [Cf. *New Reporter*, March 2018, p 6]

The Washington Area General Service Assembly (WAGSA) holds its election assembly December 8, 1968. WAGSA Chair Alex B. would serve as the new Delegate to the 1969 General Service Conference; 1967-68 Delegate Ernie R., as 1969 WAGSA Treasurer; 1968 Green Valley General Service Representative (GSR) Hal M. (of Virginia), as 1969 WAGSA Chair; John W., as the District 3 Committee Member (DCM); and Fred F., as District 4 DCM. Fred F. would also be elected on December 16, 1968 to serve as the 1969 WAIA Chair. Here we have five who would serve over the years as our Area's Delegate to the General Service Conference. John W. would go on to be AA's Northeast Regional Trustee.

The election assembly also elects two additional DCMs to fill the two newly formed districts by the previous assembly. Hence, in 1969 we have seven districts not five as in 1968. Interestingly, in 1968, District 5's nine groups include only two groups with GSR's not residing in Virginia; moreover Buck D. is the GSR for the Annandale Group and resides in Arlington, Virginia!! [Cf. *New Reporter*, March 2018, p 6] Buck's service as General Service Delegate occurs in 1963-64; and he is Ernie R's sponsor.

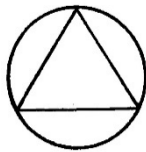
[Cf. *New Reporter*, August 2018, p 6]

The election assembly notice invites group secretaries as well as GSR's (at that time, GSR's serve as DCM's), and contains the following Post Script:

GENERAL ASSEMBLY DUES FOR 1969 WILL BE COLLECTED AT THIS MEETING. \$5, \$10 or \$15, whichever your group can afford...

25 Years Ago This Month— The December 1993 edition of *The A.A. Grapevine* covers the “chip-medallion” issue confronting the 1993 General Service Conference in an article, edited and abridged here:

The 20th Anniversary International Convention in St. Louis adopts the circle-triangle symbol as an official A.A. mark and so formally registered in 1955. However, by the mid-1980s, outside organizations begin encroaching on its use. Yet our Sixth Tradition holds that A.A. “...ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise...”. Hence, in 1986, the A.A. World Services board begins contacting outside entities to dissuade the marks misuse. About 179 unauthorized users are contacted with only the filing of two quickly settled suits. [Cf. *New Reporter*, March 2018, p7 and April 2018, p7]



On the other hand, by early 1990, a groundswell of A.A. members favors obtaining medallions with “our” circle and triangle. Hence, the AAWS and Grapevine Corporate boards suggest a thorough airing of the matter at the General Service Conference to seek the Fellowship’s group conscience. [Cf. *New Reporter*, June 2016, p8]

The 1992 Conference presents opposing views on A.A.’s production of medallions and on AAWS’s responsibility to protect our trademarks and copyrights. A resulting Conference Advisory Action asks the General Service Board of trustees to study the feasibility, through various possible methods, of making sobriety chips-medallions available to the Fellowship, and to report its findings to an ad hoc committee of delegates. [Cf. *New*

Reporter, April 2017, p6]

The ad hoc committee discusses and deliberates the issue for several full days prior [Including Washington Area Delegate, Mark L., Cf. *New Reporter*, February 2018 p8] to the 1993 Conference and presents its report with five recommendations on the Conference floor. The Conference resultant-ly approves two recommendations: 1) that the use of sobriety chips/medallions is a matter of local autonomy and not one on which the Conference should record a definite position; and 2) that it is not appropriate for A.A. World Services or the Grapevine to produce or license the production of sobriety chips/medallions. [Cf. *New Reporter*, June 2018, p4]

In substance, the ad hoc committee report says: “We began to see that the issue is ‘What is best for A.A. as a whole’ and not ‘Does the Fellowship want A.A. sobriety chips/medallions?’ or ‘Can A.A. produce sobriety chips/medallions?’ The question is whether it is best for A.A. as a whole to have a sobriety chip/medallion with the A.A. name on it authorized and/or issued by an A.A. entity.

To address this question, the ad hoc committee’s report reveals its inventory using our Traditions and our Concepts as measuring rods against which to compare the probable effects of the A.A. medallion proposal. This of course is similar to use of our Traditions as a checklist in group inventories.

Would misgivings about violation of our Sixth Tradition by allowing use of the A.A. name for profit destroy our unity or if produced ourselves destine us into future public controversy about the symbol’s value”? Obviously, the *Grapevine* Corporate Board does produce a number of products like calendar’s; yet what is the incentive for outside entities to produce the same product? In this case the good may be “enemy of the best.”

25 Years Ago This Month – *continued*

We have come to believe our group conscience guides us to sane decisions. By virtue of the Third Tradition we are alcoholics bound by our penchant for drinking. Our chips declare what we have got to lose, but our attention needs to be on love and service, not selfishness. Are we not warned to look for “selfishness, dishonesty, resentment and fear”? The chips are a token not a declaration that we are happy, joyous and free. Our Fourth Tradition reminds us to care for our practice’s effects on the whole of A.A.

With respect to the Fifth Tradition – The Big Book, *Alcoholics Anonymous*, *The Twelve Steps and Twelve Traditions*, *A.A. comes of Age*, and The Twelve Concepts for World Service – are the basic message, the core message of A.A. The Sixth Tradition calls on us to ‘divide the spiritual from the material.’ A.A.’s story discloses, prior to 1986, many years without lawsuits. A litigious spirit threatens to focus us on money and property instead of expanding our spiritual vision. The Seventh Tradition reminds us ‘Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property money and authority.’

The Eleventh Tradition explicitly warns against the sensationalism that follows litigation--essentially negative attention placing the Fellowship at risk. The Twelfth Tradition, humility is the key, working from the internal to the external, from the smaller to the larger, from ‘I’ to ‘We’, in a spirit of humility and trust. What course of action will keep us on the path of spirituality? ...

With respect to the Fifth Warranty, Alcoholics Anonymous finds corporate punishment for violating its principles unnecessary. “When we of A.A. fail to follow sound spiritual principles, alcohol cuts us down.” Of course, our General Service

Conference’s duty is to press for cessation of our symbols’ misuse— always short, however, of public quarrelling about the matter...

With respect to their significance to A.A., the ad hoc committee report draws a distinction between trademarks and chips/medallions. “Described in *AA Comes of Age*, page 139; ‘The circle stands for the whole world of A.A. The triangle stands for A.A.’s three legacies of recovery, unity, and service.’” Any elevation of medallions to more than a symbol may lead perilously towards ego-inflation, self-glorification, rather than ego-deflation (see Tradition Twelve).

Seeking control through litigation takes the focus away from our ultimate powerlessness. We can own the symbol’s meaning—a meaning undiminished if someone uses the graphic (as long as we keep the principles it represents in sight). Our litigation’s harm done internally far exceeds any harm others could do to our ‘property’ from the outside. “The registered trademarks, service marks and logos are symbols of our spiritual Fellowship, Alcoholics Anonymous, and should be treated as such.”

Immediately after the Conference, the General Service Board accepts AAWS’s recommendation to discontinue protecting the circle and triangle symbol as one of A.A.’s registered marks. And by early June, the trustees reach substantial unanimity in support of AAWS’s statement that, to avoid the suggestion of association or affiliation with outside goods and services, A.A. World Services, Inc. would phase out the “official” or “legal” use of the circle and triangle. Presently such literature carries the words “This is A.A. General Service Conference-approved literature.”

(This material is adapted from the August-September issue of the GSO newsletter Box 4-5-9; portions of the ad hoc committee report are taken from the Final Report of the 1993 General Service Conference.)

I was doing an overnight at a hotel away from home, and I took my computer down to the bar to do some work. I sat down at the bar and I asked the bartender, "What's the wifi password?"

Bartender: "You need to buy a drink first."

Me: "Okay, I'll have a beer."

Bartender: "We have Molsons Canadian on tap."

Me: "Sure. How much is that?"

Bartender: "\$8.00."

Me: "Ok. Here you are. What's the wifi password"

Bartender: "youneedtobuyadrinkfirst, no spaces and all lowercase."

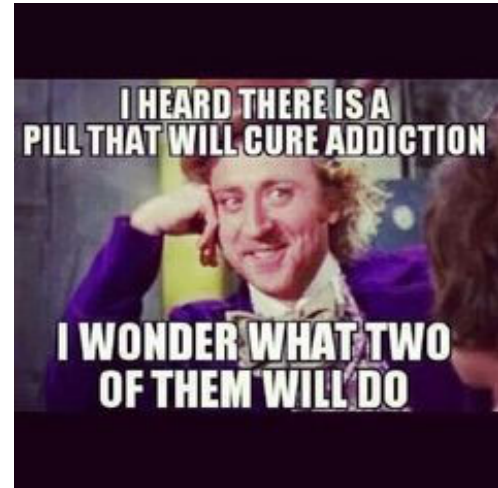
Jim is told by his sponsor that he needs to participate more in service work. So he applies for the position of treasurer. They hold a group conscience and ask him "What is nine multiplied by four?" He thinks quickly and says "Thirty-three." After the interview, he realizes his mistake. He's surprised when they inform he got the job, despite there being four other candidates.

"But I got the wrong answer," he protests.
"Yeah, we know. But you were closest."

A pig walks into a bar, orders 15 beers, and drinks them. The bartender asks, "Would you like to know where the bathroom is?" "No," says the pig. "I'm the little piggy that goes wee-wee-wee all the way home."

Global Warming reported to hurt beer:

Add beer to the list of life's little pleasures, like wine and chocolate, that global warming will make scarcer and costlier, scientists say. Increasing extreme heat waves and droughts in the future will hurt production of barley, a key beer ingredient, according to the journal Nature Plants.



Clumsy, gluttonous drunks finally get their day in the sun

A green-and-white pigeon with a small head, a large, round body and a penchant for getting drunk on fermented fruit has been named New Zealand's 2018 bird of the year, the Guardian reported in October. The New Zealand pigeon, or kereru, is "clumsy, drunk, gluttonous and glamorous," according to conservation group Forest and Bird, which runs the annual contest.



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.

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

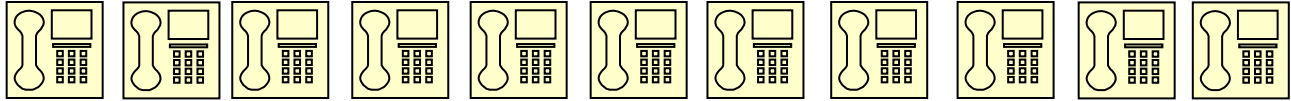
Nancy W - MCCF - JAS Women's

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.



ANSWERING THE PHONE AT THE WAIA OFFICE THE FUN SERVICE OPPORTUNITY

- **WHERE**
4530 Connecticut Avenue NW – about half a mile up from Van Ness Metro station
- **WHEN**
Three hour shifts, between 10 a.m. and 10 p.m. weekdays or weekends
- **HOW**
You will be trained by the WAIA staff – doesn't take long
- **WHO**
Meet other fun alcoholics who are there to pick up literature, answer phones, hang out while helping out

**FREE PARKING!
NEARBY TAKEOUT RESTAURANTS THAT DELIVER
GREAT AMBIENCE FULL OF A.A. HISTORY**

**Call Luella or Clo'via at (202) 966-9115 today!
or Email: aa-dc@aa-dc.org**

AREA 71 DISTRICT 2 PRESENTS

SANE and SOBER

for the holidays

A workshop on getting through the season
with our wits and sobriety intact.

Saturday, Dec. 8th
2:00-4:00pm

First Presbyterian Church
of Arlington
601 N. Vermont St.
Arlington, VA 22203
(near Ballston Metro)



Speakers
Food
Fellowship

*SNACKS PROVIDED, BUT FEEL FREE TO
BRING A DESSERT TO SHARE!*



DISTRICT 2 OF AREA 13 PRESENTS

Sober Holiday Gathering

Sharing our experience, strength and
hope on staying sober through the
holidays.

**DECEMBER 8TH, 2018
3 PM TO 5 PM
@ THE WESTSIDE CLUB
1341 WISCONSIN AVE NW
WASHINGTON DC 20007**

Join us for some cookie decorating, AA
story time and lots of fellowship.
All those with a desire to stay sober
are welcome!

www.aa-district2.org



*The Silver Spring Group
Cordially Invites You to Our*

Holiday Dinner Party

Saturday, December 15, 2018

Doors open at 6:00 p.m.

Sligo Creek Middle School
1401 Dennis Avenue
Silver Spring, MD 20902

*Share your experience, strength and hope during
this joyous time!*

Dinner begins at 6:30 p.m.

Speaker meeting starts at 8:00 p.m.

Music and dancing from 9:00 to 11:00 p.m.

Suggested donation: \$15.00 or more at the door

Please bring a dessert

We welcome newcomers!



180 Club Holiday Marathon

Monday, December 24, 2018 at 9:00 p.m.

THRU

Wednesday, December 26, 2018 at 6:00 a.m.



Join us for Meetings, Food, and Fellowship

4318 Hamilton Street

Hyattsville, MD 20781

(Rear Entrance)



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*



5 *Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*



9 *Don't sit around brooding. Catch up on those books, museums, walks, and letters.*



2 *Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



10 *Don't start now getting worked up about all those holiday temptations. Remember — “one day at a time.”*



3 *Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.*



7 *Don't think you have to stay late. Plan in advance an “important date” you have to keep.*



11 *Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.*



4 *Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.*



8 *Worship in your own way.*



12 *“Having had a . . .” No need to spell out the Twelfth Step here, since you already know it.*

WAGSA Area Committee

2nd Monday
December 10, 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

Sober Holiday Gathering Area 13 , District 2

Saturday
December 8, 2018

3:00 PM—5:00 PM

The Westside Club
1341 Wisconsin Ave NW
Washington DC 20007

Join us for cookie decorating, AA story time and lots of fellowship.

180 Club Holiday Marathon

Monday, 12/24 at 9:00
through Wednesday, 12/26
at 6:00 AM

4318 Hamilton St
Hyattsville, MD

Join us for Meetings, Food
and Fellowship
(Rear Entrance)

WAIA Monthly Meeting of the Board of Directors

December 11, 2018

2nd Tuesday, 8:00 PM

The Church in Bethesda
5033 Wilson Ln
Bethesda, MD 20814

For more information go
to aa-dc.org

Silver Spring Group Holiday Dinner Party Saturday, Dec. 15, 2018

Dinner at 6:30 PM
Speaker meeting at 8:00PM
Music & Dancing : 9–11 PM

Sligo Creek Middle School
1401 Dennis Avenue
Silver Spring MD 20902

Please bring a dessert
Suggested Donation: \$15.00
or more
We Welcome Newcomers!

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				
	AA & Family Issues	192	Darne Good Big Book	1096	Hill Lunch
30	Addison Road		192	914	How It Works G'burg
30	A Vision for You	110	Darnestown Men		Hyattsville Discussion
	Adams Morgan Meditation	75	Deanwood Women Rap	486	Hyattsville Hope
180	Among Women	81	DC Young People	118	Informed Group
192	Anacostia Group	900	DCC Beginners	1800	Into Action, Germantown
726	Andrews Armed Forces		DCC Noon	360	Investment
255	As Bill Sees It, NW	57	DCC Tues. Big Book		Irreverent Women
416	As We Understood Him	1143	DCC Women	500	Jaywalkers
1687	Aspen Hill 5th Chapter	285	Del Ray Acceptance	1800	Just Before Noon
200	Aspen Hill Phoenix	780	Del Ray Club	12	Just For Today
500	Attitude & Action		Divine Intervention	1140	Kensington Big Book
108	Attitude Adjusters		Dunn Drinking		Kensington YP Step Study
360	Back to Basics		Dupont Circle Big Book	289	Kid Friendly Big Book
120	Barnesville		Dunrobbin	80	Kingman Park
352	Beginners & Winners		8AM Men's Big Book		Kitchen Table
	Bethel Group		Early Times	700	Language of the Heart
550	Brandywine	605	Epiphanies	110	Landover Discussion
109	Big Book Thumpers	320	Ex Libris	80	Lanham-Seabrook
270	Brightwood	164	Faith Group	106	Last Chance
162	Brookland		Fireside Spirituality	1266	Laurel Recovery
1200	Broad Highway	231	Foggy Bottom	480	Leisure World Big Book
2800	BYOL	60	Forestville Primary Purpose	720	Leisure World Noon
1133	Burtonsville Big Book		14 Promises	88	Let Go Let God
66	Campus Noon	662	Free Spirits	20	Let It Happen
100	Capitol Heights	141	Friday Night Fun Too		Life Is Good
1392	Capital Hill	80	Friday Night Big Book	39	Little Falls
230	Carmody Hill Group		Friendly Bunch	400	Little House
500	Cedar Lane Women		Friendship	70	Living Sober by the Book
120	Change of Life	325	Gaithersburg Beginners	12	Living Sober Unity Place
49	Cheltenham	513	Gateway	60	May Day
	Chinatown Men's	52	Gateway/Wednesday		Men of Dupont
90	Cleveland Park		Gay 18 New Castle	141	Men In Recovery
120	Clinton 45 Plus	300	Gay Group	450	Men's BS Session
25	Clinton Day		Georgetown	2297	Messengers
	Clinton 6:30	480	Get It Off Your Chest	180	Midwest
100	Clinton Sunday Night		Glenarden		Midtown
320	Coffee & Donuts	304	Glen Echo		Miracles
388	Colesville Sunday Nite		Goldsboro		Mitchellville
	College Park		Good News Beginners	321	Mo.Co. Women
1200	Cosmopolitan		Good Sheperd	350	More Peace of Mind
491	Crapshooters	1283	Grace		Montrose Gay
26	Creative Arts	144	Grace Road	130	Moving into the Solution
300	Crossroads of Recovery		Greenbelt Step	150	Mt. Rainer
54	Daily Reflections, SW		Growing Group	302	Nativity
	Daily Reflections, NW		Happy, Joyous & Free	300	Neelsville Beginners
	Daily Reflections, Bowie		Help Wanted	457	Never Too Late
			High Noon	180	Never Walk Alone
			High on the Hill	1388	New Avenue
			High Sobriety		

92	New Beginnings NW	960	Radicals	105	TGIF
60	New Beginnings, Pools-ville	72	Read & Speak		Triangle Club-Sat. 7:15PM
1408	New Beginnings SE	210	Riderwood Bills	1920	Triangle club-Tues. 7:15PM
240	New Beginners	180	Room with a View	1170	Trusted Servants
169	New Hope	100	Rosedale Sobriety	270	Unity Place/Sat. 2PM
700	New Way Recovery	35	Sat Morn Fire Barrel	50	Upper Marlboro Big Book
	No Hard Terms	1425	Saturday Morning Steps		Upper Marlboro Step
	Norbeck Women Fri		Saturday Night Happy Hour	261	Uptown
340	Norbeck Women Wed		Saturday Night Special	67	Victory Lights
	Norbeck Step	180	Scaggsville	278	Village Idiots
360	N.E. New Hope		Second Chance		Wash. Serenity Retreat
	NE Sunrise	30	Serendipity	300	We Care
180	Nuts & Bolts	724	Serenity	169	Wednesday Nite Winners
	NW Metro	50	Serenity House		Welcome Group
119	Oasis Women's BB	168	Serious Business	214	Westside Beginners
10	Old Fashion	120	Sheepherders	162	Westmoreland Women
	Old Town Bowie BB	292	Silence is Golden	40	Westside Men Sat morn.
456	Olney Farm	681	Silver Spring Beginners BB	63	Westside Men Wed 730
540	Olney Stag Rap	1800	Silver Spring	180	What's Happening Now
	Olney Women's group		Silver Spring Women	120	White Oak Steps & Traditions
400	On the Circle	180	Simplicity		Wilson Room
120	On the Move	245	Simply Sober		Women Do Recover
120	One Day at a Time	254	Singleness of Purpose	570	Yacht Club
	One Day at a Time R'ville	1951	Six & Seventh Step	671	Yeas & Nays
	One Day at a Time	300	Sober & Alive		
(G'burg)		177	Sobriety Sisters		
171	One Day at a Time	150	Souls Arising		
(Lanham)		492	Southern Sobriety		
180	Group	1970	Spiritual Awakening		
810	Open Arms	52	St, Barnabas Womens wrop		
180	Out Of the Woods	375	St. Camillus		
1822	P Street	675	St. Mary's Gay		
187	Petworth	110	Starting Over (SS)		
180	Phoenix Group/DC	215	Starting Over Gaithersburg		
	Poolesville New Begin-		Step Sisters		
nings		114	Steps To Sobriety		
360	Potomac Eye Openers	260	Sunday Men's Step	2795	Birthday
360	Potomac High Noon	341	Sunday Morning Breakfast	70	Faithful Fivers
	Potomac Oaks	1425	Sunday Morning Joy	3298	Individuals
360	Potomac Women	720	Sunrise Sobriety		Memorial
2500	Potomac Speakers	3084	Sunshine, G'burg		
1725	Primary Purpose Gay		Sunrise Sobriety		
722	Progress Not Perfection	100	Sursum Corda		
293	Promises Promises	78	Survivor Group		
90	Prospect	658	Takoma Park Necessity		
518	Queer Women	1069	Tenley Circle Men		
238	Quince Orchard	24	The Away Group		
		393	There is a Solution		
			Thursday Nite Men		

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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

December 8

Lola H.

College Park

14

December 15

Kathleem M.

College Park

1

THINGS WE CANNOT CHANGE

Gene Ripka, October 4, 2018, Grace Group, 14 years sober

Donald Bradshaw, October 14, 2018, Never Walk Alone, 27 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**)

DECEMBER 2018

