

We will lose interest in selfish things and gain interest in our fellows.

THE BEDEVILMENTS (page 52)

We were having trouble with personal relationships.



THE PROMISES (page 83)

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

From the Jaywalker.com



**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

June 19, 2020

Dear A.A. friends,

We in A.A. – here at G.S.O., along with the rest of the world – continue to experience an unprecedented situation. Without question, due to the COVID-19 pandemic, our Fellowship, including our organized service structure, is facing enormous challenges, locally and globally. For many of us, the most prominent example is that, for the first time in the 85-year history of our Fellowship, we are navigating the lack of face-to-face meetings. While we have found creative ways to allow for the vital interaction between one alcoholic and another, and welcoming newcomers daily, it is clear that the health crisis has other far-reaching consequences.

As we all adapt to the present reality of digital meetings, the question now is, “How do we responsibly practice self-support, our Seventh Tradition?” As we can no longer pass a physical basket, we are working to find ways to support the Fellowship at all levels, from our groups to Intergroups and Central Offices, from our Districts and Areas to the General Service Office itself.

The reality is that even though meetings, Twelfth Step services and operations have shifted to a virtual environment, expenses continue to accumulate during this crisis, which underscores the importance of practicing the Seventh Tradition. Through this crisis, however, we have witnessed the many ways in which the entire A.A. Fellowship has come together to provide ongoing support. Among them:

- Many home groups are still paying rent even though their meetings cannot convene. They are also providing online meetings on platforms that may have associated costs.
- Intergroup/Central Offices are still stocking needed literature and fielding Twelfth Step calls, redirecting A.A. members and those looking for recovery to online meetings.
- Area-level committees are working to keep channels open between the Fellowship and the delegates and board members that make up our General Service Conference, as well as to do public information, corrections and other service.

- G.S.O. in New York is continuing to support all levels of service. Literature still needs to be published and distributed, calls need to be answered, online platforms still need to be updated, and support operations sustained.

In an effort to keep the membership informed during this challenging time we would like to share a brief three-minute video update from Leslie Backus, the Class A (nonalcoholic) treasurer of our General Service Board.

<https://vimeo.com/430834698>

Please feel free to pass this information along to members and groups in your Area to watch on their own time or to play before their online meetings.

We are so grateful for your time and attention, your dedicated service and – always – your generous support.

Yours sincerely, in fellowship,

A handwritten signature in blue ink that reads "G. Gregory Tobin". The signature is written in a cursive style with a clear, legible font.

G. Gregory Tobin
General Manager

#7: “We will lose interest in selfish things, and gain interest in our fellows

By: Brett Dunning, Two Dreams Outer Banks Clinical Director (Used with permission) (e-mail to bdunning@tw.com)

“We will Lose interest in Selfish Things, and gain interest in our Fellows.”

What is truly my motivation? In the past I could rationalize and justify the fact that I was a good person though I had to question this motivation while working a recovery-based program of honesty. I would walk into a delicatessen and be polite and positive to strangers I passed as well as the counter clerk. I often thought to myself, “What a nice guy I am”.

My experience in the delicatessen described above was of the selfish nature, I was not being polite and social for the right reasons. I used these strangers like drugs and alcohol, for an instant gratification effect. I was superficially pleasant to strangers because their politeness back to me ensured I had “fooled” them into thinking I was content and happy and felt contentment for a moment, like drugs and alcohol, this feeling quickly faded as I exited the deli and began walking alone. Feelings of insecurity, self-doubt, and fear crept back upon me like the plague as I continued with the rest of my day.

Recovery is an inside job, how could I stop lying to others if I could not stop lying to myself? I established unhealthy coping mechanism which I could not escape, did not know how to escape without being honest with myself. I kept my friends and family at a distance with anger, lies, and self-loathing then utilized guilt and shame to justify this to myself. I then utilized self-pity and eternal uniqueness allow the cycle to continue, which allowed me to continue using mood altering substances.

There are a lot of I statements in the above paragraph which indicates the degree of unhealthy selfishness that took place at that time. I sought treatment and began being selfish in a healthy manner. I needed to form a healthy relationship with myself. What I learned was that through gaining a relationship with myself in treatment, through learning to respect myself and stop delusional thinking patterns, I was able to learn to care for my fellows sincerely. My problems were no longer consuming me and all I thought about.

Today, I can walk into the bagel shop and not use others for instant gratification. I can talk freely to strangers in an attempt to get to know them as friends, not to use them to feel good about myself. I am comfortable with myself today enough to feel I am capable of being of service to others, that my viewpoints may help others. My loved ones today are not solely focused on my problems and I am not controlling them with my inability to function in society. July’s promise needs to be looked at in this manner, what selfishness truly is. If we continue to live in the vicious cycle as described above there is no way we can live for our higher purpose, to enhance the lives of those around us.



A Sad Story

The New Reporter received the following account from a friend in the program: "Just received a very painful call from a dear friend. She had referred me to a fellow who was married to a dear friend of hers. His name was Doug. Doug was gonna to go to Ashley (rehab near Baltimore). Doug was going to see a doctor. Doug called me a few times in November. Never kept an appointment. Had a million excuses. His wife threw him out as he'd run up credit cards, smashed the car and his daughter wouldn't come home from college if he was there. Doug moved in with his disabled mom "to take care of her." His drinking and whatever else went 24/7. His separated wife went twice to try to get him to go to the emergency room. He wouldn't go. The contractor working on the house wanted to call 911. Doug wouldn't let him. The contractor found him dead in the house surrounded by blood and vomit. He was 53. His wife is just angry at him and his daughter has been going to a therapist and to al anon.

Please don't take a drink or drug today.
Peace.

Random Notes from Corona Crisis:

Alcohol essential in 48 states. While many retail and services have been closed (as of May 20), liquor stores remain open. Theories have abounded as to why. Some said cutting off alcoholics could add pressure to hospitals. Others said alcohol is medicine for some. A letter writer to the Wall Street Journal gave the most convincing explanation: "It's easy to understand why pot and liquor stores are "essential" and beauty and barber shops aren't. The former pay heavy taxes to both the state and federal governments while the latter don't. Virginia B. Middletown, RI

Talk about alcohol abuse: Corona crisis cancels beer-drinking events – Brewing industry takes \$1 B hit:

According to the Wall Street Journal, "March Madness was cancelled. St. Patrick's Day was a bust. Baseball is on hiatus. That leaves one million kegs of beer with no one to drink them . . .

Here are the numbers the paper provided:

- 10 million** Gallons of beer abandoned in venues in March
- \$1 billion** Estimated cost to the industry in unsold and expiring beer
- 50 million** Pints of beer expected to go to waste in the U.K.

Death, Interrupted

“My name is Chris, and I’m an alcoholic.” This was the first thing I learned how to say when I came here. Believing it, however, was an entirely different story.

I first came to A.A. at the age of nineteen, which is not unusual by today’s standards. I chose to believe that it was, however, especially when so many people said how good it was to see the young people. Here was something that my alcoholic ego could delight in: the spotlight of terminal uniqueness. I basked in that rich glow, proud of the fact that I was my group’s youngest member at the time. I had a good sponsor, I got active with my group, I did all the right things on the outside. But inside, I was never quite sure that I really fit in here. I was too young. I hadn’t been through enough.

Many, many times I’d heard recited from the podium the prices other alcoholics had paid to be here: broken marriages, car accidents, lost homes, prison sentences. None of these had happened to me. Even the stories of other young people in A.A. seemed to be worse than mine. I was told to identify and not compare. I learned to put the word “yet” into my speech. I knew that my drinking even then was “no mere habit,” so I stayed here, but I didn’t identify with most of the experience shared at meetings. I spent a number of years in A.A. trying to make my own story sound tougher and longer and as violent as I could without actually lying.

Two and a half years ago I became active in carrying the message behind the walls at a women’s prison. I found even less identification there, but it kept me grateful that the doors were closed behind me, and not on me. Currently, I serve as the outside sponsor for this facility. Sadly enough, it is not uncommon for the outside A.A.s to fail to appear. We have taken to occasionally having our own speaker meetings in the case of such an event, one inmate chairing and three others telling their stories. These meetings are incredibly powerful and moving experiences. (the kind that really keep you hooked on prison work.)



One recent Thursday night, it was my privilege to be at such a meeting. A young woman spoke, revealing a story that, as usual, was fifty million times worse than mine. Happily enough for me, however, God caused my ears to hear her story a bit differently that night. The first part of her story could have been my own. What I heard was that hers continued.

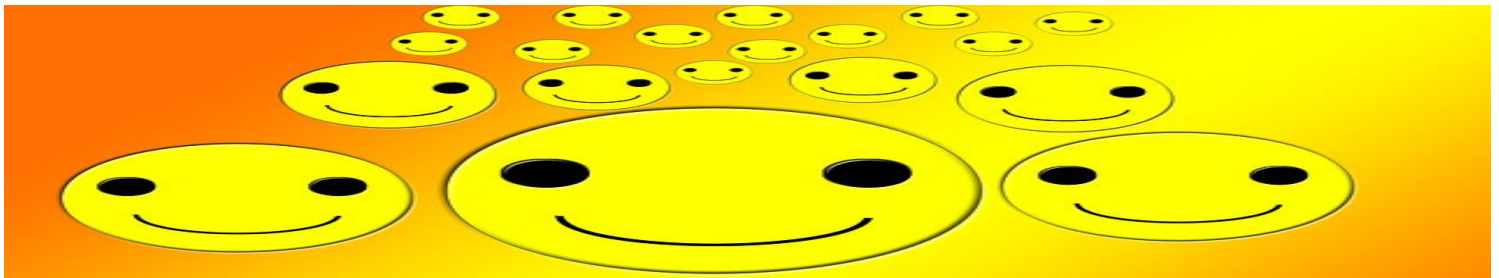
There is a well-loved A.A. speaker who visits this area from time to time, and she tells of our deaths having been interrupted by the priceless gift of sobriety, alcoholism being a progressive, fatal disease. God allowed me to realize that night that my sobriety is only an interruption in the rest of that story that could well be my own.

So I no longer begrudge my young age at the time I got sober. I no longer need to creatively embellish my story to feel like I fit in here. Now I joyously celebrate the fact that God has given me nearly eight years in this program.

Chris B.

Norwood, MA, April 1996

Reprinted, with permission, from In Our Words, Stories of Young A.A.s in recovery



MILES OF SMILES

When I first came to the program, I was scared and ashamed and alone. At my first meeting, there were only a couple of women and no young people. Being a young college student who had not lost anything substantial (I had nothing to lose at that point in my life), I felt as though I did not meet the requirements for being an alcoholic.

After going home that morning and drinking, I felt guilty. So the next day, I went to another meeting with the hope of finding people who would tell me I was not an alcoholic.

There were ten or fifteen people close to my age at the meeting. In my mind I was like, "Oh-oh. Young people can be alcoholics, too." That is when my denial started to show up: I did not have time for ninety meetings in ninety days. I was not going to read any Big Book written in my grandfather's time. I was not going to talk to women because they were all mean. And I had already done these Steps in another program.

I talked the talk, but I did not walk the walk, and sure enough I ended up drinking once again. I remember lying on my bed, unable to move, wishing that I would die. I was worthless. There was no hope for me in this world. Then, I prayed to this God I knew, and I asked him to kill me unless he could show me a better way of life.

The next day I woke up to the phone ringing. It was my aunt from New York calling to let me know that my uncle had died the night before. I went to the house of a person in A.A. who suggested that I go to a meeting. I was scared. Who would want a drunk like me at an A.A. meeting? But I went back to that meeting and another one later that night. The next day, I went to a Big Book study, asked this woman to be my sponsor, and began to work the program of Alcoholics Anonymous. Just about a month into my sobriety, my sponsor told me that I needed to get into service work. (I should let you know that I call my sponsor a service freak because she does it all the time.) I gave her a reason why I

could not do anything, and she gave me a better reason why I should: You have to give it away to keep it.

I went to a young people's campout that weekend and learned that on Sunday they were having an ICYPAA bid committee meeting. I planned to go just to tell my sponsor that I went, so she would be happy. I walked out of there as the co-secretary. I was stunned. I went home, called my sponsor right away, and told her what had happened. Then I went out and mailed postcards to everyone on the committee reminding them of our next meeting.

Every time I went to a committee meeting, people met me with smiles on their faces, said hello to me as I came in, and made me feel welcome. As time wore on, I looked forward to seeing their smiles and enjoying the friendships I was building with them.

Later in my sobriety, my sponsor strongly suggested that I attend one of our area meetings, since it was in my hometown. Grudgingly, I went. I was sitting there listening to people having heated debates over things like smoking and food. I vowed I was never going back. As I was walking, an area officer stopped me. Before I knew it, we were having a conversation over lunch. When it was over, a few of the area officers asked if I was going to there the following month. Before I knew it, the word "yes" slipped out.

So what made me return? The smiles. After that first day, people made me feel a part of and not apart from everyone else, despite the fact that most of them were old enough to be my parents or older. And it was all because of one little smile and his famous words, "Keep coming back."

Today I keep going back, and I actually look forward to seeing their smiling faces each month. I have met people in service work all across the States, and I think that it was awesome. I only hope that the next person who walks through the doors will be able to see the smiles on our faces and want to come back too. Emily B., Grand Rapids, MI, January 2001. *Reprinted, with permission, from In Our Words, Stories of Young A.A.s in recovery*

What else do you expect to buy at a 'bar'?

A Missouri-based grocery store chain is finding creative ways to use its closed-down salad bars, with stores using them as beer and liquor bars, cereal bars and even an "energy bar." Dierbergs Markets said its stores closed all salad bars due to COVID-19 concerns in March, and the bars sat bare until Rick Rodemacher, store director of the location in Manchester, Mo., decided to stock the one at his store with other items. "He tried other fresh food items at first but when that wasn't really working he came up with the idea to place beer cans in the empty space," Dierbergs Markets said. "It started with beer cans and liquor bottles. Other have done their own versions." A photo of the Manchester store's booze-filled salad bar -- with the word "salad" crossed out on signs so they just read "bar" -- went viral after being shared on social media.

Meanwhile, Inside the fridge



Ok who ever did this, you're a legend



Sitting in the bar George asked his 40-year-old friend John, "How come you aren't married?"

John: "I haven't found the right woman yet."

George: "So what are you looking for?"

John: "Oh she's got to be real pretty, a good cook and house keeper, she's got to know how to handle finances, have a nice and pleasant personality -- and money, she's got to have money, and if she has her own house it wouldn't hurt either."

George: "A woman like that would be crazy to marry YOU!"

John: "Oh, it's okay if she is crazy."



LOOKING TO SPONSOR

Seeking folks fluent in American Sign Language (ASL) and interested in sponsoring a deaf or hard of hearing person. While there are many Zoom meetings that offer ASL interpreters, there is a problem when it comes to finding sponsors. We would like to help. If you are interested or have questions, please contact me (Teresa R) thru Accessibility@aa-dc-org

Reach out the hand of AA!



Coming Soon!

Dear friends,

As most of you are aware, in the spring the decision was made to cancel the 2020 International Convention due to the COVID-19 pandemic. While this was a difficult decision, and a disappointing outcome for those planning to attend, we are confident it was the most appropriate action to ensure the health and safety of our members. There is good news, however, as we now have an opportunity to bring together many of the special components that make International Conventions memorable — by utilizing a virtual platform. For this purpose, we are planning a 2020 International Convention digital site. Throughout the month of July, the 2020 International Convention will come alive online to provide a new experience that includes A.A. speakers; a digital “Carrying the Message Pavilion”; sharing from nonalcoholic friends of A.A. and special guests linked to our history; a presentation of the 40 millionth Big Book; a new Archives video on the history of A.A.; an AA Grapevine video created for the Convention, and more.

The virtual experience will also help us reaffirm the International Convention’s goals, which include rededicating ourselves to the primary purpose of A.A.; sharing the success and growth of the A.A. program around the globe; and letting the world know that A.A. is alive, flourishing and available as a community resource internationally.

We will be up and running on aa.org by July 1, 2020, to coincide as closely as possible with the original Convention date, and the site will be available throughout the entire month of July. Please stay tuned for updates on aa.org.

In fellowship,

A handwritten signature in blue ink, appearing to read 'Julio E.', is positioned above the name of the coordinator.

Julio E., 2020 IC Coordinator.

Suggestions and Considerations Before Reopening

We know that many members are excited by the prospect of meeting in-person again. There is a temptation to rush to re-open meetings. WAIA has put together suggestions and guidelines for your groups to consider when making an informed group conscience about how to re-open safely once our respective jurisdictions allow it.

These suggestions were compiled with the guidance of the WAIA Executive Committee and Board of Directors. We've also had input from several other intergroups and central offices across the country to determine best practices to protect A.A. members going forward.

To protect A.A., groups should be mindful of the Traditions. Tradition 1 tells us "Our common welfare should come first; personal recovery depends upon A.A. unity." When making group decisions, we say, "Each group is autonomous." However, the second part of Tradition 4 is just as important: "except in matters affecting other groups or A.A. as a whole." These traditions remind us that we must ensure that our group decisions do not negatively impact our fellow members or A.A. as a whole, and that we as individuals act in ways that ensure our common welfare. Traditions 1 and 4 are important now more than ever. We have to consider the health and well-being of other A.A. members, and we need to protect the positive reputation and goodwill of A.A. in the community.

Here are considerations for your groups to discuss:

WHEN CAN A.A. GROUPS SAFELY RE-OPEN MEETINGS?

A.A. must abide by the mandates of local jurisdictions where our groups meet. As an organization and as individuals, we are not exempt from the law. Since the severity and impact of COVID-19 varies by geography, the pace of reopening and restrictions will be different in each area. Your group should monitor these restrictions as they change.

- **D.C. - coronavirus.dc.gov**
- **Montgomery County - montgomerycountymd.gov/covid19**
- **Prince George's County - www.princegeorgescountymd.gov/3397/Coronavirus**

This includes the possibility that restrictions will become more strict if an outbreak occurs and your meeting may need to temporarily close again.

WHAT IF OUR GROUP IS READY TO RE-OPEN BUT THE CHURCH OR FACILITY WHERE WE MEET IS NOT?

Groups may want to ask for permission from their churches and facilities to resume meeting on the premises—either inside, on the grounds or parking lot. Acting against the wishes of a church or facility can affect other groups and A.A. as a whole by tarnishing A.A.'s reputation with facilities for future groups that may want to meet there. If your church or facility is not allowing you to meet, the group may want to consider looking for an alternate meeting location.

WHAT SAFETY PROTOCOLS SHOULD GROUPS HAVE IN PLACE?

Groups should be aware of the state/local restrictions as well as each facility's individual requirements such as:

- Limiting the number of people in the space
- Recommended distancing of 6 to 7 feet between individuals
- Wearing face masks at all times
- Non-contact temperature taking at the doors or voluntary temperature taking at home
- Sanitizing all contacted surfaces before and after each meeting

WAIA suggests contacting your church or facility to determine its safety requirements and adopting them as group policy.

WHAT IS CONTACT TRACING AND HOW CAN GROUPS PARTICIPATE WHILE MAINTAINING ANONYMITY?

Contact tracing is the process of identifying people who may have come into contact with an individual with an infectious disease. The process involves identifying infected people, determining who they have been in close contact with while infected and asking people who are potentially infected to stay home until it is clear they are not sick. Public health staff work with a patient diagnosed with a contagious disease to help them recall everyone with whom they have had close contact during the timeframe while they may have been infectious. Contact tracers already practice a version of the AA principle of anonymity. They must abide by health privacy laws, which means that when someone tests positive for COVID-19, contact tracers warn others of their potential exposure as rapidly and sensitively as possible, while protecting patient privacy and identity.

Why should groups be concerned with contact tracing?

To ensure that our common welfare comes first, groups that meet in-person may want to consider having a contact tracing plan in place if a meeting attendee tests positive for COVID-19. Contact tracers will be contacting the church/facility and the group no matter what, so it's important that groups be prepared ahead of time with a way to protect everyone's health and anonymity. Suggested topics to discuss:

- What is the plan for contacting the church or facility where the group meets if a meeting attendee tests positive?
- What is the plan for contacting other A.A. members who were at a meeting on the same day as an infectious A.A. member?
- What is the plan for contacting the church and other A.A. members if someone is tested but is still waiting for results? What if the member's test comes back negative?

Groups may also want to print up flyers or business cards with the name and phone number of the group secretary and encourage attendees to take the flyer or card or take a picture of it so that if the person becomes sick, contact tracers can contact the group secretary and the group's contact tracking plan be put into effect.

SAMPLE CONTACT TRACING PLAN

To ensure our common welfare, here is a sample contact tracing plan from the Baltimore Intergroup with input from WAIA executive committee and board members. We feel this plan can be accomplished effectively while maintaining everyone's anonymity.

Plan:

Groups appoint or elect a group member to a service position who keeps a list of attendees with first name and phone number for each meeting. In the event a meeting attendee tests positive that attendee can inform the contact tracer that they were in a group and that the group has a record of the other people in attendance. On the groups decision, the list can be provided to the contact tracer to contact each attendee **or** the trusted servant can call those in attendance and put them in touch with the contact tracer so they can be tested and receive further instruction. After a set time period (three weeks generally) the list is destroyed. (Paper lists are recommended as in many cases - once digitized - it can never truly be deleted)

A major consideration for this plan is that each attendee has a way to contact the secretary. We suggest a flyer or business card be created with the secretary's contact information on it to be handed out or photographed at each meeting.

Such a plan helps if an attendee at an A.A. meeting tests positive, he or she does not have to break anyone's anonymity when talking with contact tracers. When a contact tracer asks the infected person who he or she has been in contact with, the sick member can say, "I attended 'spiritual meetings' or 'community meetings' (or use another generic term) that meets at 'such-and-such' place. Here's the phone number of the primary contact for that meeting who can put you in touch with everyone else that was at that spiritual/community meeting on that day."

The contact tracer would then call the group secretary or primary contact to explain that someone from the meeting at the church has tested positive for COVID-19. The group secretary can give the list of first names and phone numbers to the contact tracer who would be in charge of notifying everyone. OR, the secretary could notify everyone. Either way, no one has to know the name of the person who is sick (since HIPAA would prohibit the contact tracer from naming the patient) and no one would have to say anything about being a member of A.A.

If an A.A. member is tested and is still waiting for results, one recommendation is to inform the church or facility where the group meets as well as everyone at the meeting so those people know to self-quarantine.

In the event that a person's test is negative, we recommend notifying members and the church so people can be released from self-quarantine.

WHAT IF GROUPS WANT TO COMBINE IN-PERSON AND VIRTUAL MEETINGS?

Some groups have talked about the possibility of combining in-person meetings with Zoom meetings to form a "hybrid" meeting*. If your group is leaning toward this option, here are some Considerations:

- Is everyone at the in-person meeting comfortable participating in a meeting which is being relayed on zoom?
- If the group's decision is to relay the meeting on zoom only if everyone in each meeting is comfortable, the online meeting should be prepared to continue separate from the in-person if there are objections so people don't arrive at a virtual "empty room."
- Would it be better to disable the video capability but allow the audio function?
- How will sharing be handled?
- Maryland has recording laws which a group may want to review:
 - Zoom A.A. meetings ***should not*** be recorded ([link to video on how to totally disable recording](#)) However, groups may also want to consider the electronic communication portion of the Maryland recording law. It may be interpreted that everyone participating in the meeting must give their consent to have the meeting relayed on zoom. This means that making a statement and having clear signage might be a good idea.

Group secretaries may want to make an announcement at the beginning of the meeting such as, "This is to inform everyone that there is electronic equipment being used to connect to Zoom so that others online may participate. All recording functions within the zoom application [have been disabled](#)" Implied consent may be enough, such that after an announcement anyone who stays at the meeting is giving implied consent. However WAIA is NOT providing legal advice and each group may want to review [resources](#) available online as part of their discussions on hybrid meetings.

ARE THERE WAYS TO CARRY THE MESSAGE THAT WE HAVEN'T CONSIDERED?

Fortunately, newcomers have been getting sober in Zoom meetings. This pandemic has taught us that there are many ways to connect—not just locally, but internationally—and there are lots of ways to carry the message. While we all miss meeting safely in person, we have more tools available to us to stay sober. We can attend meetings anywhere in the world; we can invite speakers from afar to chair our meetings; we can attend workshops, round-ups, and other events from the comfort of our homes. Phone and online meetings have added to all the ways that we can carry the message of hope and recovery to still suffering alcoholics and old-timers, alike. So, decisions to re-open should be made carefully and deliberately. A Higher Power guides us through this process if we ask for help.

Updated June 19th 2020

Washington Area Intergroup Association aa-dc.org/returning-to-in-person-meetings

Finally, our sincere thanks to all of you who forward [this link](#) to our message to your A.A. friends and home group members in the fellowship. We look forward to seeing you one of these days soon, and we wish everyone continued sobriety and good health.

In Love & Fellowship,

Luella T., Office Administrator
Spahr H., WAIA Vice Chair
Alex M., WAIA Chair
WAIA Executive Committee

Comments or suggestions on this document? executivecommittee@aa-dc.org

Communication from Zoom

Starting July 19th, Zoom will require that all meetings have a Passcode or a Waiting Room enabled.

We have designed these security measures to give you control over your meeting security options while keeping the join experience as frictionless as possible.

- For meetings that do not have either a Passcode or Waiting Room enabled by **July 19th**, Zoom will enable a Waiting Room for you

You can **customize the Waiting Room** experience with an approved list of domains that can bypass the Waiting Room and directly join the meeting

You can find meetings that are scheduled without a Passcode by **pulling the following report**

- For meeting join information, we are renaming “Passwords” to “Passcodes” to better align with its role of allowing people in a meeting

For more details, including a comprehensive **FAQ document**, please visit our Support page.

THE BIRTHDAY PLAN

Many AA members across the country are currently sharing their Anniversary Celebration with others, by giving a dollar or two for each year of their sobriety to WAIA. This ensures that the same help that they received will be available to others that are new to the Fellowship.

Start this year and make it an annual event. It is not how much you give that's important. It's thinking of others on your special day, that makes it so special. If you are truly grateful for your sobriety, this is really a wonderful way to express your gratitude by helping others receive the blessings of sobriety. Thanks.

FAITHFUL FIVERS

Faithful Fivers are AA members who in gratitude pledge to contribute at least five dollars each month toward the support of WAIA in its quest to carry the AA message of hope and recovery to those alcoholics who still suffer in the Washington, D.C. area.

The Faithful Fiver idea came about when we remembered that many of us wasted many times that amount each month during our drinking days. Your contribution (which is tax deductible) will help WAIA get through the money problems we are always facing.

If you are able to join this worthwhile cause, please fill in the form and send it along with your first contribution.

Cardholder Name _____

Email Address _____

Phone # _____ **MasterCard** _____ **Visa** _____

Credit Card # _____

Expiration Date _____

Cvv number _____

Billing Address (if different than subscription address)

I authorize WAIA to charge my credit card in the amount of \$ _____

Signature: _____

WAIA

4530 Connecticut Ave, NW, Suite 111
Washington, DC 20008

WAGSA Area Committee meeting

No Area Committee Meeting in July

Info:
chair@area13aa.org

AA International Convention

During the month of July

Will be up and running on aa.org by July 1, 2020, to coincide as closely as possible with the original Convention date, and the site will be available throughout the entire month of July. Please stay tuned for updates on aa.org.

WAIA Monthly Board Meeting

July 14, 2020—8:00 PM

Join Zoom Meeting:
<https://us02web.zoom.us/j/82818405318>
Meeting ID: 828 1840 5318,
Password: 11261885
One tap mobile: (301) 715-8592,, 82818405318#

For more information email: aa-dc@aa-dc.org

CHECK OUT OUR EVENTS CALENDAR

Events are updated
regularly!

If you would like to
submit an event, send an
email to [events@aa-
dc.org](mailto:events@aa-dc.org). A pdf flyer may be
attached

- | | | | | | |
|------|---------------------------|------|-----------------------------|------|--------------------------|
| 222 | 930 Club | 60 | Crapshooters | 660 | Good News Beginners |
| | A Way of Life | | Creative Arts | | Good Shepard |
| | AA at CUA | | Crossroads of Recovery | | Greenbelt Step |
| | AA & Family Issues | 120 | Daily Reflections, NW | 150 | Growing Group |
| 10 | Addison Road | 36 | Daily Reflections, SW | | Happy, Joyous & Free |
| | Adams Morgan Meditation | | Daily Reflections, UnityPI | | Help Wanted |
| | All Are Welcome | | Darn Good Big Book | | High Noon |
| | Among Women | 330 | Darnestown Men | | High on the Hill |
| | Andrews Armed Forces | 45 | Day by Day | | High Sobriety |
| 204 | As Bill Sees It, NW | 60 | Deanwood Women Rap | 300 | Hill Lunch |
| | As We Understood Him | | Double Dippers | 20 | Hope Fellowship |
| | Aspen Hill 5th Chapter | | Dupont Circle Club | | Hope/Oxon Hill |
| 101 | Aspen Hill Phoenix Mon. | | DC Young People | 551 | How It Works G'burg |
| | Aspen Hill Phoenix Fri. | 283 | DCC Noon | 50 | Hyattsville Discussion |
| | Attitude & Action | | DCC Women Fri. | 1092 | Hyattsville Hope |
| | Attitude Adjusters | 377 | DCC—930 Club | 70 | Informed Group |
| 420 | Back to Basics | | Del Ray Acceptance | 1800 | Into Action, Germantown |
| | Barnesville | 1345 | Del Ray club | | Investment |
| | Beginner Basics (DCC/Wed) | | District 2 | | Irreverent Women |
| | Beginners & Winners | 180 | Divine Intervention | | Jaywalkers |
| | Big Book Study | | Dunn Drinking | 952 | Just Before Noon |
| | Big Book Thumpers | | Dunrobbin | | Just For Today |
| 60 | Brightwood | | 8AM Men's Big Book | 1560 | Kensington Big Book |
| | Brookland | | Early Times | 1020 | Kensington YP Step Study |
| 110 | Broad Highway | 320 | Epiphanies | | Keys to Kingdom |
| 1438 | BYOL | 320 | Ex Libris | 360 | Kid Friendly Big Book |
| | BYOL (NonSmoke) | | Faith Fellowship | 119 | Kingman Park |
| 290 | Burtonsville Big Book | | Faith Group | | King Str. Recovery |
| 108 | Campus Noon | 120 | 52 Pick-Up | 360 | Language of the Heart |
| | Capitol Heights | | Fireside Spirituality | | Landover Discussion |
| 389 | Capital Hill | 19 | Foggy Bottom | 110 | Lanham-Seabrook |
| | Carmody Hill Group | 313 | Forestville Primary Purpose | | Last Chance |
| | Cedar Lane Women | | 14 Promises | | Laurel Recovery |
| 60 | Change of Life | | Fourth Dimension | 420 | Leisure World Noon |
| | Cheltenham | | Free Spirits | 420 | Leisure World Big Book |
| 100 | Chestnut Lodge Outreach | 221 | Friday Night Fun Too | | Let Go Let God |
| | Chinatown Big Book | | Friday Night Big Book | | Let It Happen |
| | Chinatown Men's | | Friendly Bunch | | Liberty |
| 90 | Clarksburg AA | | Friendship | 90 | Life Is Good |
| 200 | Cleveland Park | 420 | Gaithersburg Beginners | | Life Saver/Big Book |
| | Clinton 45 Plus | | Gateway | 100 | Little House |
| | Clinton Day | | Gateway/Wednesday | 20 | Living Sober by the Book |
| | Clinton 6:30 | | Gay 18 New Castle | | Living Sober Unity Place |
| | Clinton Sunday Night | | Gay Group | 60 | May Day |
| 160 | Coffee & Donuts | 900 | Georgetown | | Meance to Serenity |
| | Colesville Sunday Nite | 480 | Get It Off Your Chest | | Men of Dupont |
| 252 | College Park | | Glenarden | 174 | Men In Recovery |
| 945 | Cosmopolitan | 267 | Glen Echo | | Men's BS Session |
| | | | Goldsboro | 20 | Merry Miracles |

402	Messengers	54	Out Of the Woods		St. Camillus
120	Mideast	164	P Street		St. Mary's Gay
	Midtown		Palisades Mon. Nite		St. Francis
183	Misery is Optional	100	Petworth		Starting Over (SS)
	Monday Winners		Phoenix Group/DC		Starting Over Gaithersburg
144	Mo.Co. Women		Pool'ville Pot Luck		Steps To Sobriety
442	More Peace of Mind		Possum Pike		Step II Group
59	Montrose Gay	300	Potomac Eye Openers	180	Sunday Men's Step
	Moving into the Solution		Potomac High Noon	2276	Sunday Morning Breakfast
	Mt. Rainer		Potomac Oaks	150	Sunday Morning Joy
	Nativity		Potomac Village	30	Sun. Morning Reflections-UP
137	Navy Yard Nooners		Potomac Women	1080	Sunrise Sobriety
	Neelsville Beginner		Potomac Speakers	411	Sunshine, G'burg
213	New Hope		Primary Purpose Gay	50	Sursum Corda
	N.E. New Hope	720	Progress Not Perfection	165	Survivor's
180	NE Sunrise	419	Promises Promises	180	Takoma Park Necessity
131	Never Too Late	90	Prospect		Takoma Rush Hour
	Never Walk Alone	269	Queer Women		Tenley Circle
929	New Avenue		Quince Orchard		The Away Group
300	New Beginnings NW	1402	Radicals		There is a Solution
84	New Beginnings/Pool'ville		Read & Speak	36	TGIF
	New Beginnings SE	120	Riderwood Bills	50	Thurs. Morn. Reset
	New Beginners		Room with a View	97	Triangle Club
99	New Stomping Ground		Rosedale Sobriety		Twelve Point Bucks
120	New Unity Gay		Sat.Afternoon/2PM/UP		Unity Noon
	New Way Recovery	60	Sat Morn Fire Barrel	120	Unlovely Creatures
	No Hard Terms	150	Saturday Morning Steps		Upper Marlboro Big Book
60	Norbeck Women Fri	300	Saturday Night Happy Hour		Upper Marlboro Step
388	Norbeck Women Wed		Saturday Night Special	42	Uptown
	Norbeck Step	60	Scaggsville	71	User Friendly
60	NW Metro		Second Chance		Victory Lights
277	Nuts & Bolts		Seed of Hope		Vision for You
20	Oasis Women's BB	278	Serenity	1080	We Care
5	Old Fashion		Sheepherders	101	Wednesday Nite Winners
138	Olney Farm	275	Silence is Golden		Welcome Group
	Olney Stag Rap	67	Silver Spring Beginners BB	119	Westside Women
	Olney Women's group	2400	Silver Spring	300	What's Happening Now
300	On the Circle		Silver Spring Women		White Oak Steps & Traditions
	On the Move	200	Simplicity	168	Women's Lit (180 Club)
	One Day at a Time		Simply Sober	1423	Yacht Club
	One Day at a Time/R'ville		Singleness of Purpose		Yeas & Nays
	One Day at a Time/	746	Six & Seventh Step		
G'burg	One Day at a Time/		Soapstone		
	One Day at a Time/		Sober & Alive	218	Birthday
Lanham	One Day at a Time/	100	Sobriety Sisters	30	Faithful Fivers
180	One Hour Back		Souls Arising	17805	Individuals
	180 Group	564	Southern Sobriety		Memorial
180	Open Arms		Spiritual Awakening		
		98	St, Barnabas Womens wrap		

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Day			Years
July 6	Donald T.	Plymouth, MA	25
July 7	Sonja S.	Serenity House	28
July 11	Chuck S.	Darnestown Men's	42
July 18	Luella T.	Hyattsville Hope	42
July 19	Ron A.	Sunrise Sobriety	7
July 30	Clo'via C.	Nativity	12

THINGS WE CANNOT CHANGE

Anniversaries should be called into WAIA (202) 966-9115 as early as possible, by the 15th of the preceding month at the latest.

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VOLUNTEER

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WE PRESUME THESE NEW MEETINGS ARE STILL TEMPORARILY CLOSED DUE TO COVID-19 UNTIL CONDITIONS LET US RETURN

New meetings are not listed in the Where & When or on the website until they have been in existence for 3 months. If you'd like to let the A.A. community know about a new meeting, we will gladly list it here.

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

HALLMARK—Wednesday, 7:00 PM, 200 Savannah Terr SE, Washington, DC

ONE HOUR BACK—Monday—Friday, 7:00 AM, St. Michaels's School, 824 Wayne Ave, Silver Spring, MD

RESTAURANT LIFE – Monday, 2:00 PM, Triangle Club, 2030 P Street, NW, Washington, DC 20036

HOPE IN SOBRIETY—Saturday, 2:00 PM, Beacon Center, 2nd Fl, 6120 Quackensbo St, NW, Washington, DC

GREENWAY—Tuesday, 6:00 PM, 324 A St SE, Washington, DC 20019

SOLO POR HOY —(Spanish) Saturday 11:00 AM, Kolmac Outpatient Recover Clinic, 8561 Fenton St, Silver Spring, MD

STEPS 1,2,3 "By the Book" —Wednesday 7:30 PM, Capitol Memorial SDA Church, 3150 Chesapeake St, NW, Washington, DC 20008

MEETING TIME CHANGE

SERENITY—Friday, 8:00 PM, Westmoreland Congressional Church, 1 Westmoreland Circle, Bethesda, MD 20816

JULY 2020