

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

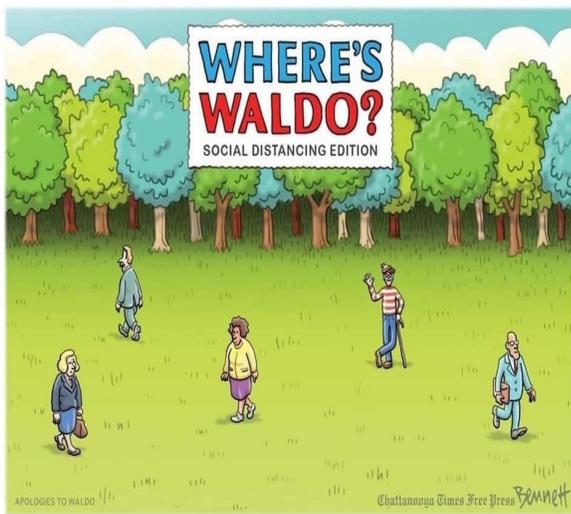
The Covid Saga Continues. . .

HOW TO STAY AT HOME AND STAY SOBER

Ten Ways to Be Productive During Quarantine



Narconon.org



New Reporter – Top 10 Ways to Stay Sober during the Pandemic

By JD D.

In life, there will always be challenges. But thanks to AA, we can meet these challenges in a healthy and sober way. Like most folks, the COVID pandemic has altered every aspect of my life – staying at home, cooped up inside with family, wondering what the future may hold – but here are ten (10) things I do to keep me sober.

- Go to meetings: I attend Zoom meetings all the time. Go to <https://aa-dc.org/> to find meetings your area (or go to aa-dc.org/meetings in the Washington, DC area)
- Get a service position. Nothing makes me feel more useful than helping another alcoholic
- Call people on the phone. I routinely speak to 4 or 5 people per week, just to stay in touch
- Get some fresh air. I like to walk outside, listen to music, call people, or just watch the clouds float by
- Read the literature. Big Book, (page 62), or 12 and 12 (Step 7), or whatever you like
- Help someone less fortunate than me (bring in their groceries, rake their leaves, or just say hi)
- Do something productive around the house – do the dishes, fold some laundry, vacuum the living room
- Send a good morning text to a friend – maybe you can brighten their day
- Remember – “there is nothing new under the sun.” other generations have been through tough times too. We can do this
- Above all, remember that HP has a larger plan for all of us – we just need to do our part and let him/her do the rest!

Third Step Reflections:

Waiting for Godot

Step Three can cause some of us a lot of problems. At one extreme our will can get in the way if we do not conscientiously follow this Step. Bill W. Wrote about he misuse of will power, saying how “we had tried to bombard our problems with it instead of attempting to bring it into agreement with “God’s intention for us.” In this case, we follow the same old destructive path that got us into trouble in the first place. Maybe we made a decision to turn our lives over to God’s care, but that’s as far as it went. It’s like a promise on the part of Congress to cut spending, then running up an ever-growing deficit.

Or we can take the opposite tack: wait for God to do for us what we are unwilling to do for ourselves. We say, “Well, I’ll change when God gets around to doing it for me.” There’s no personal responsibility, only apathy. There may be willingness but no follow-through.

God will make the flowers grow, but we have to tend the garden. There is no easy way to change our lives around. I found this out the hard way. I attended A.A. meetings for years waiting for something to happen. I wasn’t sure just what, but I thought as long as I went through the motions, eventually I would find sobriety. And eventually I did, but not until I accepted the fact that I would have to do some work. That work, for me, was the acceptance of responsibility. I was responsible for that first drink, and I was responsible for living my life according to God’s plan.

So it is for all of us. There are no shortcuts.

— Sidney B., Deerfield, Illinois

Taken from Silver Streak, Las Vegas newsletter

Willingness is the key

You would think that after years of being mangled by alcoholism anyone would be willing to do almost anything for relief! Why does it take us so long to give up that fight? Perhaps I could not believe that there was an alternative, one that I could achieve. Page 44 of the Big Book has a statement that really makes sense: “To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face.” It took some time for me to be convinced that I suffer from a fatal malady, a *soul sickness* that requires a spiritual answer and daily spiritual maintenance.

For me, it eventually came down to the Third Step and complete surrender to a Power and a Process that I was incapable of understanding. I could clearly see that the *spiritual* folks were peaceful, grateful, and above all usefully sober. One the other hand I couldn’t help but notice that rebellious and closed-minded people were literally dying from this disease. Resistance is futile!

What keeps me willing today is that combination of pain and pleasure. The pain of my beginnings I clearly do not wish to repeat. When the *routine* of going to regular meetings gets irritating, I can easily remember the physical and mental misery. It often occurs to me that I could find the *bare minimum* of that recovery routine that would keep me sober, but that experiment caused a near-deadly relapse some years ago. Not worth the risk! The pleasure part of the equation is that, as I make progress in recovery, I feel comfortable in my own skin and with all of you. What a great feeling! This helps me develop a quiet mind and an open heart. After all, peace is the end result of a successful spiritual path.

— Anonymous

Originally appeared in the P.O.S.T., Power of Sober Thinking, North Central Florida Intergroup

Covid stories from Richmond A.A.

In early March 2020 everything was shutting down. What was going to happen to A.A.? What was going to happen to our Homegroup, Basic Text Big Book Study? (shameless plug warning! we meet at 9:00 AM on Saturdays at First Baptist Church in Ashland VA, 23005). How could we continue to carry the message of recovery amidst a growing pandemic?

We have a great relationship with the church we meet at. Their pastor sees recovery as being greatly needed in the community. The church allotted one room for AA to meet (and one for Al Anon) inside the closed church. These rooms are sanitized after each use for everyone's safety. Our Homegroup reimburses the church for the sanitization of the room. We do this because we think it important for people seeking recovery to have a place to come to.

We started a hybrid zoom meeting, originating from the church. We had just two people in the first meetings. Recent weeks have averaged a crowd of 8 to 12 A.A.'ers in physical attendance. Upwards of 20 to 35 typically join virtually from all over the United States.

Some new alkies have come into our physical and virtual room and few old members have left. We've adapted to change, though not without uncertainty and some discomfort, doing our best to adhere to the principles of A.A.

The current time has its challenges but with the strength and guidance of a Higher Power I've come to know by working the program of recovery that is required to arrest my illness of alcoholism, my life continues to exceed any expectation I could have ever set, much less fulfilled.

Bob M., Ink Stained Wretches

England and Scotland top global league table for getting drunk most often



Harriet Brewis @HattieBrewis

The English and Scottish are more likely to get sozzled than other nationalities, a poll of 25 countries has found. The Global Drugs Survey (GDS) for 2020 placed England and Scotland at the top of its international league table of how often people get so drunk that they slur their speech and lose their balance.

More than 110,000 people across the world were questioned by the GDS, including 5,283 Brits, between November 2019 to February 2020 – so before the coronavirus pandemic tore through daily life.

It found that many Britons were drinking at dangerous levels, with more than five per cent of under-25s admitting to having sought emergency medical treatment after getting drunk, compared to a global average of two per cent.

The report repeated last year's finding that people in the UK get drunk more often than those in other countries.

However, this year's results are considered more robust because the GDS defined what it meant by "getting drunk".

Participants were asked how many times they had got so drunk that their "physical and mental faculties are impaired to the point where your balance/speech was affected, you were unable to focus clearly on things, and that your conversation and behaviors were very obviously different to people who know you".

By this definition, English and Scottish respondents said they had been drunk, on average, more than 33 times in the last year.

This was the highest rate of all 25 countries surveyed and more than twice the rate of several European countries including Spain, Italy, Germany, Greece, Poland, Hungary and Portugal.

I invite Virginians across the commonwealth to join us in our efforts to keep everyone on our roads safe from the effects of impaired driving. Social distancing has not reduced the frequency of drunken driving — which puts all road users in danger.

In fact, drunken driving remains one of the most significant threats to road safety. By Dec. 8, Virginia had already surpassed the total number of deaths for alcohol-related crashes in 2019 (253 compared with 249), representing more than a quarter (30 percent) of roadway fatalities in the commonwealth. Additionally, preliminary data indicates alcohol-related driving led to more than 3,500 injuries in 2020.

These could be your family members, friends, colleagues or neighbors — and the effects can be devastating and lifelong.

Given these troubling statistics and our mission to be a leader in the fight against drunken driving, Virginia jumped at the opportunity to join a first-of-its-kind technological solution that tackles this problem. The Driver Alcohol Detection System for Safety (DADSS) program is developing advanced alcohol sensors with the ability to unobtrusively and precisely detect the blood alcohol level of a driver.

This system is different from anything on the market or in development. If the sensor detects a blood alcohol concentration (BAC) of 0.08 or higher — the legal limit for driving in the commonwealth — the vehicle will start but not move. This technology, when available, could drastically reduce the number of drunken-driving deaths in Virginia.

According to a study from the Insurance Institute for Highway Safety, equipping all vehicles with such an alcohol detection system could prevent more than a quarter of fatalities on U.S. roadways, saving more than 9,000 lives each year. Before this promising technology can come to fruition, it requires rigorous testing to ensure its reliability. Building public support is also key to promoting widespread acceptance among automobile manufacturers and drivers. That is where Virginia comes in.

Virginia is known for prioritizing innovation, and we were excited to be the first state partner to join the DADSS program on the Driven to Protect initiative to bring this lifesaving technology to the commonwealth and test it on our roads. We believe in the purpose and potential of this tool and are committed to helping it continue to advance.

This article appeared in the Washington Post and was written by Shannon Valentine, Virginia Secretary of Transportation.



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communications to:**

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New York, NY 10163
Fax: (212) 870-3003

February 4, 2021

Dear Conference members, Intergroups and Central Offices,

The Board of Directors of A.A. World Services wishes each and every member of our Fellowship and their loved ones the happiest New Year. As we reflect back on the extraordinary events that we all have been experiencing it is with hearts full of gratitude that we say thank you to each and every group and member for all of the spectacular work of carrying the message to the still-suffering alcoholic that has taken place in these difficult times.

For many, this meant pivoting our groups to be online. For some, greeters became temperature screeners, enthusiastically encouraging mask use. In many of our meetings the coffee maker position went away and the online meeting host position appeared. As our many local A.A. offices met unsure financial outlooks, groups across the U.S. and Canada figured out how to make their Seventh Tradition support digital and supported one another as a whole. Service workers across the Fellowship worked from home, often tired and understaffed. As the pandemic pushed surges in binge drinking to new heights, our groups met the challenge head on and introduced a new generation of alcoholics to our program who have been sober for months now and have never even experienced an in-person meeting. The best is surely yet to come.

In the early months of 2020, many would not have imagined we could carry our message as fully, as far and as freely as we have online in the last 9-10 months. Some would have actively argued it could not be done. As a society, A.A. has never faced these challenges before. With no historical reference point for us to look to, after 85 years we faced a new pioneering period.

A.A. members everywhere responded, adapted, and met calamity with serenity. We are a resilient lot. We have seen clearly that the message of A.A. and the lifesaving experience of our membership need not be limited by time, space, or custom. We are held up by 36 spiritual principles in our Steps, Traditions, and Concepts that we can absolutely rely on to guide us through any uncertainty or challenge ahead.

We understand more clearly today the importance of prudence and why we keep a reserve. We have new appreciation for group conscience and its ability to be found even over great distances. Our primary purpose served to keep us unified and as a buoy in uncertain times where being of service to others has helped us through the storm. The evidence of these events over the last year make clear that our legacies of Unity, Service, and Recovery remain strong. We as a board are rejuvenated with hope for a new year ahead and all the great opportunity that awaits as the world begins the slow process of recovery from the pandemic.

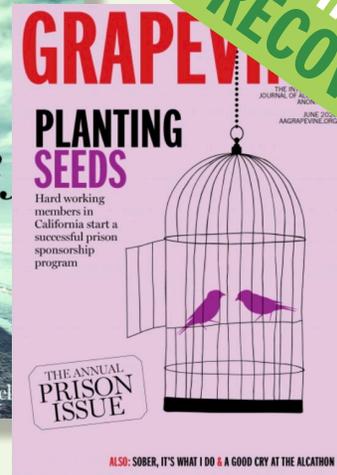
Covid-19 has brought very hard, and sometimes tragic events to many among us and around us. In taking stock, these circumstances have forced a crack in our rigidity and created light where before there was only a glimmer. If we leave room for that light to grow and adhere steadfastly to our principles, we can confidently face any uncertainty ahead.

As we continue meeting this challenge and those ahead, let us together continue to "grow in understanding and effectiveness," constantly working toward ensuring that any person needing the message of Alcoholics Anonymous can find it, and that together we preserve that message for the generations of alcoholics still to come.

Yours in service,



GIVE THE GIFT OF
RECOVERY



Grateful?

Help Carry The Message
By Gifting An AA Grapevine/
La Viña Subscription

We can't reach our members behind the walls right now, but our message of hope and recovery can. These are some actual quotes from A.A. members in prison who have received a "Carry the message" subscription

“ Thank you to those who care enough to help us in here. We're trying so hard to stay sober ”

“ I'm writing from my prison cell to thank the Grapevine staff and all those members who contribute to the "Carry the Message" project ”

“ So many [stories] have touched my heart and given me hope ... I don't ever want this subscription to end ”

“ Seeing the warm welcoming spaces being used as A.A. sanctuaries for people in recovery is so heartwarming. This, my friend, is what keeps me going and gives me hope ”

2021
CARRY THE
MESSAGE
PROJECT

“ I'm sitting here in prison and I have 75 days sober today. Thank you so much for Grapevine ”

Click [HERE](#) to learn more

*Want To Help Another Alcoholic?
Join Us In Our*

2021 Carry The Message Project

Give Grapevine or La Viña To An Alcoholic In Need

3 EASY WAYS!

1. If you know the full name and the mailing address of the recipient:

Give a Gift Subscription to a friend, a sponsee, doctor's offices or for giveaways at anniversaries or events at your homegroup, district, or area level.

Follow these steps:

- Go to store.aagrapevine.org.
- Click on the Gift Subscriptions box.
- Click on the Red Gift Bag icon for the type of gift subscription you want to give.
- Click on "Go to the products page."
- Click on the number of Gift subscriptions you want to purchase (*1 gift or 2*).
- Enter your information, the recipient's information and your payment information.
- Click on the Process Order button. You're done!

Note: The first renewal notices will be sent to you and if there is no response, the last ones will be sent to the recipient.

2. If you do not know full name and the mailing address of the recipient and want Grapevine to select an alcoholic in need from the requests we have received.

Give a Carry the Message Gift Certificate to someone you do not know (*such as an alcoholic in prison*).

Follow these steps:

- Go to store.aagrapevine.org.
- Click on the Gift Certificate box.
- Click the Buy button of the appropriate Carry the Message Gift Certificate option and you will be taken to a page showing our quantity discounts (*at the bottom*).
- Enter the number of gift certificates that you want and click the Buy button. (*For multiple gift certificates, the discount will automatically be applied*).
- Click Checkout and enter your order and payment information.
- When you click the Confirm button, you will get an order confirmation email and the gift certificate will be sent to you as an individual email.
- Forward the gift certificate to EA@aagrapevine.org and we will redeem it for someone who has requested a subscription but can't afford one. (*If you have purchased multiple gift certificates, select all of them and use the Forward as Attachment option, so you only have to send us one email*).

Note: Your information will not be connected to the subscription record and all renewal notices will be sent directly to the recipient.

3. If you do not know full name and the mailing address of the recipient and would like to give them a gift certificate for them to redeem themselves for a subscription (example: A newcomer in your group.)

Give a Carry the Message Gift Certificate to a newcomer or someone in your group.

Follow these steps:

- Go to store.aagrapevine.org.
- Click on the Gift Certificate box.
- Click the Buy button of the appropriate Carry the Message Gift Certificate option and you will be taken to a page showing our quantity discounts (at the bottom).
- Enter the number of gift certificates that you want and click the Buy button. (For multiple gift certificates, the discount will automatically be applied).
- Click Checkout and enter your order and payment information.
- When you click the Confirm button, you will get an order confirmation email and the gift certificate will be sent to you as an individual email.
- Print and hand the Gift Certificate or email Gift Certificate to the individual(s) you wish to donate a subscription to and they will be able to redeem the gift certificate code and enter their information themselves on the store: store.aagrapevine.org/to-redeem-your-gift-certificate.

WAGSA Area Committee Meeting

March 8, 2020—7:00 PM 2nd Monday except July

ZOOM LOGIN: Meeting ID: 833 9649 7066
6:00 pm - Orientation for new GSRs and DCMs (OPTIONAL)
4
7:00 pm - Area Meeting Begins
AGENDA: English Version - https://docs.google.com/document/d/1gOdO0OpnErQed-YVrPl_tU25YcpeHgbwTNpMm6HVfYk/edit?usp=sharing
AGENDA: Spanish Version - <https://docs.google.com/document/d/1ptYQ8kUAClj3NEmgbFA99mGoaOuwofoQWMAv4pgvxzc/edit?usp=sharing>

WAIA Monthly Board of Directors Meeting

March 9, 2020—8:00 PM 2nd Tuesday of the month except August

Join Zoom Meeting:

<https://us02web.zoom.us/j/83460598434?pwd=VVBEBK2FNSzcxS3VXZDFVOXhMa1oxZz09>

Meeting ID: 834 6059 8434
Passcode: 819862

One tap mobile
+13017158592,,83460598434# US (Washington DC)s

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

930 Club	Crapshooters	Glen Echo
AA at CUA	Creative Arts	172 Goldsboro
AA & Family Issues	Crossroads of Recovery	30 Good News Beginners
Addison Road	Daily Reflections, NW	Good Shepard
Adams Morgan Meditation	Daily Reflections, SW	1520 Greenbelt Step
All Are Welcome	Daily Reflections, UnityPI	30 Growing Group
Anacostia	Darn Good Big Book	Happy, Joyous & Free
360 Andrews Armed Forces	Darnestown Men	Help Wanted
As Bill Sees It, NW	Day by Day	High Noon
As We Understood Him	Deanwood Women Rap	High on the Hill
300 Aspen Hill 5th Chapter	Double Dippers	60 High Sobriety
Aspen Hill Phoenix Mon.	44 Double Recovery	Hill Lunch
Aspen Hill Phoenix Fri.	Dupont Circle Club	Hope Fellowship
750 Attitude & Action	DC Young People	Hope/Oxon Hill
Attitude Adjusters	DCC Noon	How It Works G'burg
Back to Basics	57 DCC Women Fri.	Hyattsville Discussion
Barnesville	70 DCC Tues. 6PM	Hyattsville Hope
Beginner Basics (DCC/Wed)	744 DCC—930 Club	Informed Group
Beginners & Winners	Del Ray Acceptance	Into Action, Germantown
Beginners are Winners	Del Ray club	Investment
Beltsville	District 2	Irreverent Women
60 Brightwood	Divine Intervention	Jaywalkers
Brookland	Dunn Drinking	30 Just Before Noon
Broad Highway	Dunrobbin	Just For Today
900 BYOL	8AM Men's Big Book	Kensington YP Step Study
BYOL (NonSmoke)	Early Times	Keys to Kingdom
233 Burtonsville Big Book	Epiphanies	Kid Friendly Big Book
Campus Noon	Ex Libris	Kingman Park
Capitol Heights	Faith Fellowship	King Str. Recovery
Capital Hill	Faith Group	Language of the Heart
Carmody Hill Group	52 Pick-Up	Landover Discussion
Cedar Lane Women	Fireside Spirituality	Lanham-Seabrook
Change of Life	Foggy Bottom	Last Chance
Cheltenham	Fogliffers	Laurel Recovery
Chestnut Lodge Outreach	Forestville Primary Purpose	Leisure World Noon
Chevy Chase Group	14 Promises	Leisure World Big Book
Chinatown Big Book	Fourth Dimension	Let Go Let God
Chinatown Men's	Free Spirits	Life Is Good
Clarksburg AA	Friday Night Fun Too	Life Saver/Big Book
Cleveland Park	Friday Night Big Book	Little House
Clinton 45 Plus	Friendly Bunch	Lit Womxn
Clinton Day	600 Friendship	Living Sober by the Book
Clinton 6:30	Gaithersburg Beginners	Living Sober Unity Place
Clinton Sunday Night	Gateway	May Day
Coffee & Donuts	Gateway/Wednesday	Meance to Serenity
Colesville Sunday Nite	Gay 18 New Castle	Men of Dupont
College Park	Gay Group	Men In Recovery
Cosmopolitan	100 Georgetown	Men's BS Session
	Glenarden	79 Merry Miracles

	Messengers		180 Group		St. Francis
198	Mideast		Open Arms		Starting Over (SS)
	Midtown		Out Of the Woods		Starting Over Gaithersburg
	Misery is Optional		Path to Healing		Steps To Sobriety
	Mitchellville	1400	P Street		Step II Group
	Monday Winners		Palisades Mon. Nite		Sunday Men's Step
	Mo.Co. Women		Petworth	95	Sunday Morning Breakfast
80	Monday Nite Women		Pool'ville Pot Luck	30	Sunday Morning Joy
	More Peace of Mind	30	Potomac (Step/Tradition)		Sun. Morning Reflections-UP
	Montrose Gay		Potomac Eye Openers	6000	Sunrise Sobriety
	Moving into the Solution		Potomac Village	170	Sunshine, G'burg
	Mt. Rainer		Primary Purpose Gay		Sursum Corda
	Nativity	360	Progress Not Perfection		Survivor's
	Navy Yard Nooners		Promises Promises	180	Takoma Park Necessity
36	Neelsville Beginner		Prospect		Takoma Rush Hour
73	New Hope		Queer Women		Tenley Circle
	N.E. New Hope		Quince Orchard		The Away Group
	NE Sunrise		Radicals	60	There is a Solution-Women
	Never Too Late		Read & Speak		TGIF
	Never Walk Alone	60	Riderwood Bills		Thurs. Morn. Reset
	New Avenue		Room with a View		Triangle Club
	New Beginnings NW		Sat.Afternoon/2PM/UP		Twelve Point Bucks
	New Beginnings/Pool'ville		Sat Morn Fire Barrel		Unity Noon
	New Beginners SW		Saturday Morning Steps	120	Unlovely Creatures
	New Beginnings-Women		Saturday Night Happy Hour		Upper Marlboro Big Book
	New Stomping Ground		Saturday Night Special		Upper Marlboro Step
	New Unity Gay	60	Scaggsville	113	Uptown
	No Exclusion		Second Chance		User Friendly
	No Hard Terms		Serendipity	129	VA Hospital Ctr
	Norbeck Women Fri		Serenity House		Victory Lights
	Norbeck Women Wed		Serenity		Vision for You
	Norbeck Step		Sheepherders		Waters Landing
185	NW Metro		Silence is Golden		We Care
	Nuts & Bolts		Silver Spring Beginners BB		Wednesday Nite Winners
	Oasis Women's BB		Silver Spring		Welcome Group
	Old Fashion Group		Silver Spring Women		West Side Men
	Olney Farm		Simplicity		Westside Women
	On the Circle		Simply Sober	127	What's Happening Now
	Olney Stag Rap		Singleness of Purpose		When All Else Fails
	On the Move		Six & Seventh Step		White Oak Steps & Traditions
	One Day at a Time		Soapstone	218	Women's Lit (180 Club)
	One Day at a Time/R'ville	240	Sober & Alive	2301	Yacht Club
	One Day at a Time/		Spiritual Hilltop	200	Yeas & Nays
G'burg		75	Sobriety Sister		
	One Day at a Time/		Southern Sobriety		Birthday
Lanham			Spiritual Awakening	60	Faithful Fivers
	One Hour Back		St, Barnabas Womens wrap	12,330	Individuals
125	Out of the Woods		St. Camillus		Memorial
			St. Mary's Gay		

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4530 Connecticut Ave, NW, Suite 111
Washington, DC 20008
\$15.00 Year
\$28.00 Two Years
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<https://aa-dc.org/new-reporter>

To receive an email with the link each month, sign up using this form :
<http://eepurl.com/U30BT> or email **newreporter@aa-dc.org**



Have a story about your recovery in AA? Tell us your stories about how you're saying sober in these difficult times.

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

March 13

Nell R.

Little House

43 Years

March 17

Dave P.

Clinton Day

37 Years

THINGS WE CANNOT CHANGE

Anniversaries should be called into WAIA (202) 966-9783 as early as possible, by the 15th 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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MARCH 2021