

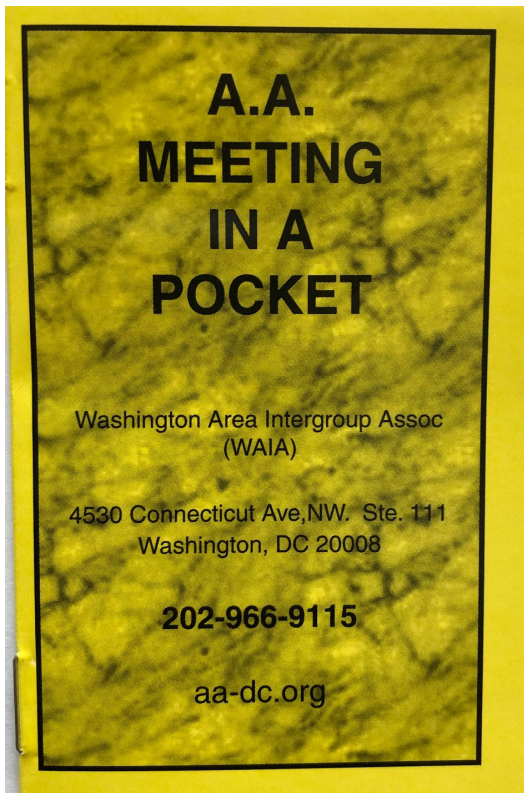
The Fifth Step is a Big Step

LOOK WHAT'S NEW AT WAIA!

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The Meeting in a Pocket is a small pocket-sized booklet (2.5 x 4 inches) containing all you need to have a meeting: The Preamble, How It Works, the 12 Steps/Traditions and various prayers and excerpts from the Big Book and 12 & 12. In addition there's the Doctor's Opinion, Responsibility Pledge and meeting topics and more.



Includes:

- Serenity Prayer
- AA Preamble
- How It Works
- Twelve Steps
- Twelve Traditions
- The Promises
- More About Alcoholism
- AA Slogans
- The A.A. Paradoxes
- Acceptance
- ABC of Meeting topics
- The Doctor's Opinion
- Responsibility Pledge
- Anonymity Statement
- And More...

The Virtual 26th World Service Meeting: Separated Physically, Connecting Spiritually (Taken from *Box 459*, Spring 2021)

On the morning (or afternoon, or evening, depending on the time zone) of November 28, 2020, 69 delegates from 44 countries, zones and service structures around the world sat down at their computer screens to make history. They were taking part in the 26th World Service Meeting, the first ever to be held via videoconferencing platform.

Appropriately, the theme of the meeting was “The Purpose of Our Service: Sobriety Within Everyone’s Reach.” Delegates addressed issues facing A.A.’s worldwide Fellowship; shared with each other in workshops, presentations and informal general sharing sessions; connected via online chats and text groups; and listened (and danced) to a WSM playlist put together by the excellent tech team providing support throughout the meeting.

There was much missing, of course — handshakes and hugs with fellow delegates, the serendipity of bumping into old friends for coffee, and attending local meetings in whatever locale the World Service Meeting was being held in. (Held biennially, the WSM host site alternates between New York and locations around the world.) Nevertheless, as Alberto C. of Venezuela says, “We connected spiritually with people from all over the world.” Not a terrible trade-off: attending this virtual meeting was less costly than a traditional in-person WSM — no travel expenses to factor in — and the virtual format allowed more delegates to come together during a time of global crisis and profound change, when Alcoholics Anonymous, like the rest of the world, truly needs to meet, share, take comfort and redefine. (Look for Box 459 for more!)

Medical supplies, Covid and A.A.



I settled for the fact that the long hours would keep me sober soon after I began delivering oxygen and setting up DME (Durable Medical Equipment). The great part was getting people out of the hospital. The difficult part was the service calls at all hours and conditions. Service to others who are suffering is a sobering endeavor. When Covid hit I was seeing a slow increase in patients with an “infectious disease”. I imagined a grim scenario of oxygen machines in thousands of homes. Luckily, thanks to my colleagues and modern medicine, this never materialized. I guess my PPE served me well because, by August, I had setup dozens and dozens of people lucky enough to get out of the hospital while I had not had any symptoms.

I went to meetings after I began sobriety, but I failed to get a sponsor. I replaced my recovery time with work time. While sober, I had turned my back to recovery even before Covid. I enjoyed the helping others and all the driving (7 counties) afforded me many wonderful views. Fortunately, my Higher Power and meditation helped me stay sober. After a debilitating injury in September, I was out of work and too stubborn to realize how much I needed to get back to meetings. Fortunately, that didn’t last too long!

I found the zoom meetings and wow! This is great! I’m able to go to meetings and I hope to be well enough to get some face time soon. I have found a joy greater than helping people. Helping others in sobriety and being in recovery! The community is bigger than I ever realized and being with other people in recovery is my new passion. Thanks for letting me share!

CARRY THIS MESSAGE

A Guide for
Big Book
Sponsorship

JOE McQ

of the BIG BOOK STUDY TAPES
and THE STEPS WE TOOK

Step 5 – From Joe McQ (Big Book Study Tapes)

In the first Step, we understood the problem; we were looking for the truth, the true nature of our problem. Once we saw it, we came to believe in a Power greater than ourselves that would restore us to sanity, and that is the truth. In other words, we came to believe that truth exists. In Step 3, we made a decision to turn our will and our lives over to the care of that truth. In order to act on that decision, we needed to find out what was blocking us from the truth, and we did that in Step 4. The fifth Step is a further search for the same thing. In Step 5, we examine the information we found in Step 4 and make sure it is the truth. Step 5 is an evaluation of the inventory in an attempt to get a better look at the information we gathered in the inventory process. Why is this “improving on” Step 4’s truth necessary? If an individual has had a problem for weeks, months, or even years, and didn’t know he had a problem, it’s pretty obvious he is not an expert on the truth! After going through the first four Steps we don’t rely on the information as *we see it*. We don’t have a good record of the truth. No one individual really knows the truth anyway—only God knows the truth. We human beings only have our perception of the truth. We can see now that before Step 1 or perception of the truth was very much distorted. Thus we don’t want to rely on our limited, perhaps distorted, opinion of what we found in the inventory. Step 5 is getting an outside viewpoint, a different look at things, from God, ourselves, and others. It is interesting and not by chance that Step 5 is laid out in this way. The center of our lives is spiritual – our God – so the first thing we have to do is talk things over with God. The second dimension of our lives is ourselves – our minds – and so we look at things in this way. The third dimension is other people; therefore, finally, we talk with another person. As we go through this, we talk to God about it. Even at this point we’ll begin to get new insights. In the process of the Steps, we are trying to get this consciousness with God. Next we re-examine these things ourselves, and begin to see things we couldn’t see before. The final part of the process then is to talk with another human being about it.

A “Covid Baby” Carries the Message

“My name is Lauren P and I’m an alcoholic...what a powerful statement that I have truly come to terms with. My sobriety date is 11/01/2019 and I’m a COVID baby. I was sick and tired of being sick and tired. I was dry for about 11 months until I finally had the willingness one night to sign onto an online A.A. meeting in September 2020. Oh, how I wish I had taken that step so much sooner than I did! I was sick of being miserable in my own head with suicidal thoughts. I got a sponsor through the first meeting I attended. I met a wonderful strong sober woman for coffee and asked her to be my sponsor. She sold me one thing and that was sobriety. I am forever grateful for her. Fast forward 4 months right before Christmas she and I had to do something really hard and be open and honest with my grand sponsor who then became my new sponsor. I am now on steps 6&7 and couldn’t be more grateful for the AA program. I have learned so much about myself and sobriety. This program keeps me sober but does so much more than just that. I have found my chosen family and so many beautiful friendships within. I will never go back to drinking and drugging, I am not willing to give up my new life. If I were to relapse, I would lose everything good in my life including all the growth on my daily gratitude lists. It’s not always easy but it always works. So, I will continue to show up for others and keep coming back.”



montclair

my failures have led me to the person I have become
 the dark roads,
 the long nights
 the bloody knuckles and holes in the walls
 through failure we learn true humility
 to succeed we must fail
 to know what real pain feels like
 not just a scrape on your knee
 we must fall in order to learn how to get back
 up they say
 who exactly are they (society>?)
 who cares what they really think?
 you shouldn't
 throughout all the pain will come an
 experience
 one day, you won't know when
 in time and throughout failure and pain and
 even more pain
 it will come
 so don't sit and wait in self-reflection
 that peace of mind - those days to accept who
 we are
 slowly but surely, we find ourselves awake
 as quickly two fingers snap together
 alive for the first time in our lives
 no longer asking the questions of yesterday
 no more wondering, wandering
 no more what ifs and retrospection
 to move on is to grow
 to hurt is find the patience
 to fail is to learn
 and finally
 to wake up is to find solace
 peace.

Richard R. (Keyport, NJ) | Homegroup: Bayshore
 Back to Basics

Covid stories from an A.A. who lives in Richmond, Virginia

In early March 2020 everything was shutting down. What was going to happen to AA? 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

Jung in response to Bill W.'s Thank You

Dear Mr. Wilson:

Your letter has been very welcome indeed.

I had no news from Rowland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said.

I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Rowland H. But what I really thought about was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Rowland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by real religious insight or by the protective wall of human community.

An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Rowland H. But I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism.

You see, alcohol in Latin is spiritus and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

Thanking you again for your kind letter.

I remain yours sincerely,

G. Jung

WAIA 3rd Annual AA Sponsorship Conference 2021 Planning Meeting

May 2, 2021 — 5:00 pm - 6:00 pm

WAIA 3rd Annual AA Sponsorship Conference 2021 First Planning Meeting:

Call to Service

I think you will agree that Sponsorship is an essential part of an alcoholic's recovery. Here in Area 13, for the past two years WAIA has helped create a Sponsorship Conference.

If you are inspired to make this conference happen again this year, please attend our first planning meeting.

Join Zoom Meeting <https://us02web.zoom.us/j/85031133138?pwd=YnNaa01Ld1orRFFsdXJDWTdjWVk2QT09>

Meeting ID: 850 3113 3138 Passcode: 190213

Better yet, come prepared to share your visionary leadership in coordinating the following: Co-chair, panel topics, panel presentation guidelines, selection of panelists, advertising, registration, budget, Spanish translation, zoom host/security management and slide show coordinator.

For complete details: <http://aa-dc.org/sponsorship-conference-2021> Will R., Sponsorship Chair, 301-455-1256 sponsorshipconference@aa-dc.org

WAGSA Area Committee Meeting

May 10, 2021—7:00 PM 2nd Monday of the month except July

6:00 pm - Orientation for new GSRs and DCMs (OPTIONAL)
7:00 pm - Area Meeting Begins

For more information, please visit: area13aa.org Email: chair@area13aa.org

Zoom Meeting and Passcode: 84124400416; 6970mc

Dial-in number (301) 715-8592, Meeting ID: #84124400416,
Phone Passcode: 732344

WAIA Monthly Board of Directors Meeting

May 11, 2021—8:00 PM 2nd Tuesday of the month except August

Join Zoom Meeting:

[https://us02web.zoom.us/j/83460598434?
pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09)

Meeting ID: 834 6059 8434

Passcode: 819862

One tap mobile

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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	Cosmopolitan	Glenarden
AA at CUA	Crapshooters	Glen Echo
AA & Family Issues	Creative Arts	172 Goldsboro
Addison Road	Crossroads of Recovery	30 Good News Beginners
Adams Morgan Meditation	Daily Reflections, NW	Good Shepard
All Are Welcome	99 Daily Reflections, SW	1545 Greenbelt Step
Anacostia	Daily Reflections, UnityPI	30 Growing Group
780 Andrews Armed Forces	Darn Good Big Book	Happy, Joyous & Free
250 As Bill Sees It, NW	532 Darnestown Men	Help Wanted
320 As We Understood Him	Day by Day	High Noon
300 Aspen Hill 5th Chapter	Deanwood Women Rap	High on the Hill
Aspen Hill Phoenix Mon.	Double Dippers	60 High Sobriety
20 Aspen Hill Phoenix Fri.	44 Double Recovery	Hill Lunch
750 Attitude & Action	Dupont Circle Club	Hope Fellowship
Attitude Adjusters	DC Young People	30 Hope/Oxon Hill
Back to Basics	100 DCC Noon	How It Works G'burg
Barnesville	57 DCC Women Fri.	Hyattsville Discussion
Beginner Basics (DCC/Wed)	70 DCC Tues. 6PM	Hyattsville Hope
Beginners & Winners	1455 DCC—930 Club	Informed Group
Beginners are Winners	Del Ray Acceptance	Into Action, Germantown
Beltsville	Del Ray club	Investment
60 Brightwood	District 2	Irreverent Women
Brookland	Divine Intervention	Jaywalkers
Broad Highway	Dunn Drinking	30 Just Before Noon
900 BYOL	Dunrobbin	Just For Today
BYOL (NonSmoke)	8AM Men's Big Book	Kensington YP Step Study
233 Burtonsville Big Book	Early Times	47 Keys to Kingdom
Campus Noon	826 Epiphanies	Kid Friendly Big Book
Capitol Heights	Ex Libris	Kingman Park
1105 Capital Hill	Faith Fellowship	Language of the Heart
Carmody Hill Group	Faith Group	Landover Discussion
100 Casey Barns	52 Pick-Up	Lanham-Seabrook
Cedar Lane Women	Fireside Spirituality	Laurel Recovery
Change of Life	65 Foggy Bottom	Leisure World Noon
Cheltenham	Fogliffers	Leisure World Big Book
Chestnut Lodge Outreach	Forestville Primary Purpose	Let Go Let God
Chevy Chase Group	14 Promises	Life Is Good
Chinatown Big Book	Fourth Dimension	Little House
212 Chinatown Men's	Free Spirits	29 Lit Womxn
Clarksburg AA	Friday Night Fun Too	Living Sober by the Book
Cleveland Park	Friday Night Big Book	Living Sober Unity Place
Clinton 45 Plus	Friendly Bunch	May Day
Clinton Day	600 Friendship	Meance to Serenity
Clinton 6:30	Gaithersburg Beginners	600 Men of Dupont
Clinton Sunday Night	Gateway	Men In Recovery
160 Coffee & Donuts	Gateway/Wednesday	Men's BS Session
Colesville Sunday Nite	Gay 18 New Castle	79 Merry Miracles
College Park	Gay Group	Messengers
	100 Georgetown	198 Mideast

	Midtown		Pool'ville Pot Luck	60	There is a Solution-Women
	Monday Winners	30	Potomac (Step/Tradition)		TGIF
	Mo.Co. Women		Potomac Eye Openers		Thurs. Morn. Reset
80	Monday Nite Women		Primary Purpose Gay		Triangle Club
202	More Peace of Mind	360	Progress Not Perfection		Twelve Point Bucks
	Montrose Gay		Promises Promises		Unity Noon
	Moving into the Solution	480	Queer Women	120	Unlovely Creatures
	Mt. Rainer		Quince Orchard		Upper Marlboro Step
	Nativity		Radicals	113	Uptown
	Navy Yard Nooners		Read & Speak		User Friendly
36	Neelsville Beginner	60	Riderwood Bills	129	VA Hospital Ctr
73	New Hope	120	Room with a View		Victory Lights
	N.E. New Hope		Sat.Afternoon/2PM/UP	95	Virtually Sober
	NE Sunrise	160	Saturday Morning Steps		Vision for You
	Never Too Late		Saturday Night Happy Hour		Waters Landing
	Never Walk Alone		Saturday Night Special		We Care
	New Avenue	60	Scaggsville		Wednesday Nite Winners
250	New Beginnings NW		Second Chance		Welcome Group
	New Beginnings/Pool'ville		Serendipity	285	Westmoreland Women
	New Beginners SW		Serenity House	50	West Side Men
	New Beginnings-Women	120	Shepherders		Westside Women
	New Stomping Ground		Silver Spring Beginners BB	127	What's Happening Now
	New Unity Gay		Silver Spring		When All Else Fails
	No Exclusion		Simplicity		White Oak Steps &Traditions
	No Hard Terms		Simply Sober	218	Women's Lit (180 Club)
	Norbeck Women Fri		Singleness of Purpose	2301	Yacht Club
171	Norbeck Women Wed		Six & Seventh Step	200	Yeas & Nays
	Norbeck Step		Soapstone		
185	NW Metro	240	Sober & Alive		Birthday
	Nuts & Bolts		Spiritual Hilltop		120 Faithful Fivers
	Oasis Women's BB	75	Sobriety Sister		16,581 Individuals
	Old Fashion Group		Southern Sobriety		400 Memorial
	Olney Farm	2000	Spiritual Awakening		
	On the Circle		St, Barnabas Womens wrap		
	Olney Stag Rap		St. Camillus		
	One Day at a Time		St. Mary's Gay		
	One Day at a Time/R'ville		St. Francis		
	One Day at a Time/G'burg		Starting Over Gaithersburg		
	One Day at a Time/Lanham		Step II Group		
	One Hour Back		Sunday Men's Step		
125	Out of the Woods	95	Sunday Morning Breakfast		
	180 Group	190	Sunday Morning Joy		
	Open Arms		Sun. Morning Reflections-UP		
	Path to Healing	6000	Sunrise Sobriety		
1400	P Street	190	Sunshine, G'burg		
	Palisades Mon. Nite		Sursum Corda		
	Petworth	360	Takoma Park Necessity		
	Phoenix Group/DC		Takoma Rush Hour		
			Tenley Circle		

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<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
April	6	Stan C.	Cosmopolitan	25 Years
April	6	Bob Z.	Cosmopolitan	41 Years
May	2	Walter W.	Serenity House	40 Years
May	14	Simon	Prospect	43 Years
May	28	Jeretha G.	As We Understood Him	40 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.

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VOLUNTEER

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

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