Concept IX:

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.
Concept IX

“No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a portly designed structure . . . . Weak leadership can hardly function at all, even in the best of structures.

Due to A.A.’s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure – and the source of our leadership – is the General Service Representative. The G.S.R. is the service leader for his or hwe group, the indispensable link between the group and A.A. as a whole. Together the G.S.R.s are A.A.’s group conscience – and together, in their areas, they elect the area committee members and ultimately the delegates and the area’s candidates of trustee. Groups who have not named G.S.R.s should be encouraged to do so. And as the G.S.R.s meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. “Who are the best qualified people?” should be the thought of all.

“No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of real leadership – the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

“A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him and help him with his job.

“Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

“Good leadership never passes the buck. Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility.

“Another qualification for leadership is ‘give and take,’ the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction. . . . We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one’s convictions about an issue until it is settled.

“Our leaders do not drive by mandate, they lead by example. We say to them, ‘Act for us, but do not boss us.’
Step 9: Amends, Guilt and Shame

I dreaded this step. To be honest, I didn’t make some amends when I had the chance, which I now regret. False pride runs deep in my family, and that was one of my character defects that I turned over to my HP and then took back on many occasions. But when I didn’t, I made amends for things like neglect, bad behavior, gossip, dishonesty, betrayal, and alienation.

Shame was a constant companion, and that was probably the biggest obstacle to making amends. In other words, it wasn’t only false pride that fueled missed opportunities to amend my past.

Someone asked me once if I knew the difference between shame and guilt. I mumbled something I can’t recall. But I remember the answer very clearly. She said, “Guilt is when you think you’ve made a mistake; shame is when you think you are a mistake.”

Wow! That hit my bull’s eye. Then and there I realized I had to go back to Step 4 and work on the shame piece. I did, but it never really went away until decades later.

In the meantime, I brought up the topic of shame at meetings because I was aware that it had a direct impact on my ability to work Step 9. I read about shame. I learned the difference between healthy shame and unhealthy shame. I learned how shame had been instilled in me since early childhood. “You ought to be ashamed of yourself,” my parents said. I felt deeply flawed because, as a kid, I made a lot of mistakes and heard this refrain all too often.

But when you’re a kid, you don’t have the cognitive ability to refute the shaming. Your parents are your gods. What they tell you must be true, right? So, this erroneous belief about myself was sown early and emerged time and again in my adult life.

Once I learned about shame, my adult self felt so sad for that little girl, so I gave her a hug and explained that all kids make mistakes, and that’s called learning. There’s nothing to feel ashamed of. The trick is to learn and try to do it differently the next time.

Now I look at Step 9 not with a sense of shame but with the need to be accountable for past bad behavior which, in and of itself, is a primary symptom of the disease of addiction.

Just because I fell prey to this disease doesn’t mean I’m not ultimately responsible for the bad behaviors of my past. I need to own them and then move on with my life.

But what about the other part of Step 9 that says “except when to do so would injure them or others?”

On my first encounter with Step 9, I remember thinking, “It would injure me, so I’m not doing it.” My sponsor called me out on that quickly. There were other steps to take care of me, she said. But with regard to “others,” she suggested I be mindful. I didn’t want to cause additional hurt or anguish. So we talked about specifics and who might not. Her guidance as I did this step was invaluable because I still tended to rationalize and lacked the discernment that would come in later sobriety.

As it turns out, for me, each amend is an act of learning, of remaining teachable, of being humble enough to know I am far from perfect but that, in sobriety, I must be accountable and responsible if I want to remain that way.

Wendy S., Tucson Arizona, taken from Just for Today
The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear.

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

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

**Big Book pages 83 & 84**
Alcohol use, and its risks, growing around the globe

USA TODAY US Edition, 8 May 2019

Doyle Rice

Global alcohol use continues to rise, a new study reports, and is expected to continue to grow in the years ahead.

In fact, just in the past 27 years, the total volume of alcohol people consumed globally each year increased by 70% – from 5.5 billion gallons in 1990 to 9.4 billion gallons in 2017. That’s a result of increased population along with increased alcohol consumption.

As of 2017, the most recent year for which statistics are available, the increase equates to about 1.7 gallons of pure alcohol per year per adult. That means an adult averages about one drink a day, whether it’s a 12-ounce beer, 5 ounces of wine or 1 1/2 ounces of distilled spirits, the study said.

Consumption is growing in low- and middle-income countries, while the volume of alcohol consumed in high income countries has remained stable.

“Before 1990, most alcohol was consumed in high-income countries, with the highest use levels recorded in Europe,” said study author Jakob Manthey of the Technical University of Dresden, Germany. “However, this pattern has changed substantially, with large reductions across Eastern Europe and vast increases in several middle-income countries such as China, India, and Vietnam.”

The study analyzed data from 189 countries. “This trend is forecast to continue up to 2030 when Europe is no longer predicted to have the highest level of alcohol use,” Manthey said.

The regions with the lowest per capita consumption were in North Africa and the Middle East, the study said. And despite the reductions, the heaviest drinkers live in Central and Eastern European countries.

The estimates also suggest that by 2030, half of the world’s adults will drink, and almost a quarter (23%) will binge-drink at least once a month.

That means the world is not on track to meet alcohol reduction efforts recommended by the World Health Organization (WHO). The body, in a report in September, said more than 3 million people died as a result of harmful use of alcohol in 2016, or one in 20 deaths.

“Based on our data, the WHO’s aim of reducing the harmful use of alcohol by 10% by 2025 will not be reached,” Manthey said. “Instead, alcohol use will remain one of the leading risk factors for the burden of disease for the foreseeable future.” Alcohol is a major risk factor for disease, the study said, and is linked to more than 200 diseases.

Sarah Callinan of Australia’s La Trobe University warned that the global shift from high-income to lower-income countries could lead to disproportionate increases in harm. She said that’s because the harm per gallon of alcohol is substantially higher in low-income and middle-income countries than in high income countries.

Tuesday’s study was published in the British medical journal The Lancet.
75 Years Ago This Month— Cleveland’s Central Bulletin records:

A wonderful contribution to AA was made by an extremely active member of Youngstown, Ohio, who lost his sight through alcohol and found his new way of life through our channels. He transposed the entire book of Alcoholics Anonymous into Braille, and mails it free of charge to anyone interested. The transposition took many months of arduous work by this modest man, whose efforts in the behalf of the blind are noteworthy as are his wonderful messages before AA groups. Anyone caring to secure one or all of the seven volumes can reach him through Central Bulletin.

[Currently the fourth edition of Alcoholics Anonymous, The Twelve Steps and Twelve Traditions, and Daily Reflections are available in Braille for purchase from the AA General Service Office. In addition, Alcoholics Anonymous and The Twelve Steps and Twelve Traditions are available on audio CDs in English, Spanish, and French.]

50 Years Ago This Month— A buffet supper at the Metropolis Club serves to bring fellowship in an info exchange between desk (as well as group) secretaries and group representatives from DC, Maryland and Virginia on September 13, 1969.

25 Years Ago This Month— The Washington Area General Service Assembly sponsors a Fall "Tune Up" Workshop held on Saturday, September 24, at the Resurrection Baptist Church, 3501 Martin Luther King Jr. Ave, Washington, D.C. Based upon the concerns, questions and experience of the registered workshop attendees about things that bother us (or please us) in our groups the workshop committee furnishes within the permitted time discussion leaders for the shares on service opportunities and successful service methods.

At the September WAIA Board of Directors Meeting, Bob W. reports that of 490 AA groups only 250 make contributions. [For the year 2018, of 528 groups 237 make contributions to WAIA.]

Thanks to our Archives Committee for providing a look back . . .
Very Short Book Excerpt

The Drunk Vote

Politicians in the early American republic were novices in the democratic arts, but it didn’t take them long to recognize that the shortest route to a man’s vote was through a shot glass. The Founding Fathers were the first to treat their constituents to hard cider or whiskey. The advent of universal white-male suffrage propelled election-related drinking to new heights. “In many counties the candidates would hire all the groceries in the county seats and other considerable villages, where the people could get liquor without cost for several weeks before election,” a former governor of Illinois recalled. “Long before night a large portion of the voters would be drunk and staggering about the town, cursing, swearing, hollering, huzzaing for their favorite candidates. The importance of alcohol was clear on the day Andrew Jackson was inaugurated in 1829. The rowdiness of his supporters at a reception threatened serious damage to the White House until to punch bowl was carried out on to the lawn, drawing the crowd with it. – From Drunks: An American History, by Christopher Finan (Taken from the Atlantic.)
Three stories about alcohol in the news on one day in July! The following appeared in the Express in DC on July 8:

HEROES AMONG US #1

Cardinal rule: If you drink, don’t drive: put the bird in an Uber

Staff at the Wildlife Rehabilitation Center of Northern Utah got a call last weekend from a man who “had a few too many” drinks and found a baby lesser goldfinch struggling on the ground. An hour later, the bird arrived at the center in an Uber by itself. Staff learned the man had called the car as he was too intoxicated to drive. The bird, nicknamed Pekey, was thin and dehydrated, but it will live. (AP)

HEROES AMONG US #2

This guy’s definitely a hero, but we do have several questions

A patron at a hotel on Australia’s Gold Coast foiled a holdup with a bar stool and a potted plant. A video released by Queensland police shows a hooded man enter the Mermaid Beach Hotel early Friday and threaten a female employee with a machete. A patron reacts by picking up a bar stool and throwing it at the man, followed by a plant. (AP)

HEROS AMONG US #3

Even a failed effort to play fetch with a bobcat counts as heroism

Police in Chattanooga, Tenn., say a man drunkenly broke into a nature center and tried to play fetch with a bobcat, allowing it to escape. Cayden Melia told police he’d been drinking when he broke into the Reflection Riding Arboretum and Nature Center last month. He said he used a rock to break into Evie the bobcat’s cage. (AP)
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)

________________________________________________________________________

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________________________________________________________________________

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

Signature: _______________________________________

WAIA

4530 Connecticut Ave, NW, Suite 111
Washington, DC 20008
ANNUAL BASH at the BEACH

When: Saturday, September 7, 2019
Time: 10 AM - 5 PM
Theme: Keep it Simple
Where: Henlopen State Park
42 Cape Henlopen Drive
Lewes, DE 19958
Follow Signs to Pavilion (Main Beach)
Cost: Tickets $5 & parking
In-State Parking $5
Out of State Parking $10
Guest Speaker • 2 Bands • 50/50 Raffle
Food ~ Fun ~ Fellowship ~ Beach & more
Side Dishes & Desserts Welcome
50/50 Raffle

For more information & tickets contact John H. 302-228-7907
Intergroup Representative
WAIA PRESENTS:

2019 AA SPONSORSHIP CONFERENCE

Saturday September 14
8:30: Sign in/coffee  9 am - 4:30 pm
Seekers Church 276 Carroll St NW, Washington, DC 20012

The cost for this event is $15 - a box lunch can be purchased for $10, time will be provided for an hour lunch break

ASL Interpreter provided
Fee Waivers Available (limited number)

Bring burning questions like:

• How to pick a sponsor?
• How to make a switch?
• Long distance?
• Sponsorship vs Friendship

Four Panels:

• Sponsorship: Practical Issues
• Sponsee Profiles

• Styles of Sponsorship
• Service Sponsorship

Email for more info: sponsorshipconference@aa-dc.org
or
Please register online
www.aa-dc.org/2019sponsorshipconference
NERDs on Tour!
Schedule of Events

Friday, September 27, 2019

6:30 pm Barb C. (Panel 69, Area 47 Central New York) speaks at Back to Basics Downtown Group, Our Daily Bread, 725 Fallsway & Madison St., Baltimore 21202  (Free parking in lot across Fallsway)  (23 min. & 7.2 miles to next event)

8:30 pm Jim M. (Panel 68, Area 43 New Hampshire) and Mike S. (Panel 68, Area 31 Western Massachusetts) speak at Better Way of Life Group, Kenwood Presbyterian Church, 4601 Fullerton Avenue, Nottingham 21236  (Limited free parking in lot behind the church)  (13 min. & 3.8 miles to next event)

10:00 pm David C. (Panel 68, Area 12 Delaware) speaks at No Equal Group, St. Andrew's Lutheran Church, 1201 Taylor Avenue, Parkville 21234  (Limited free parking in front of the church or in a lot up the hill on Taylor)

Saturday, September 28, 2019

7:00 am Don B. (Panel 68, Area 29 Maryland) speaks at Mustard Seed Group, Old Firehouse, 3901 Liberty Heights Avenue, 2nd floor, Baltimore 21207  (Park free in store parking lot across Garrison Boulevard or on residential streets; enter building from metal stairs inside the chain link fence gate off of Liberty Heights)  (26 min. & 9.5 miles to next event)

9:00 am Breakfast with the NERDs at John’s Grill, 3001 O’Donnell Street, Canton 21224  (Limited free parking on street)  (Walk across the street to next event)

11:00 am Don S. (Panel 68, Area 48 Hudson-Mohawk-Berkshire New York) speaks at Canton Saturday Morning Beginners Group, Church on the Square, 1025 South Potomac Street, Canton 21224  (Limited free parking on street)  (47 min. & 38.2 miles to next event)

2:00 pm Jean K. (Panel 69, Area 30 Eastern Massachusetts) speaks at District 30 Picnic, Susquehanna State Park, Deer Creek Picnic Area, Pavilion 2, 948 Stafford Road, Havre de Grace 21078  (Follow signs to picnic area; honor system parking $2 per vehicle in-state & $4 out-of-state)  (59 min. & 45 miles to next event)

5:00 pm Robin G. (Panel 68, Area 28 Maine) speaks at District 19 Picnic, Lake Roland Park, 1000 Lakeside Drive, Pavilion 2, Baltimore 21210  (Free lots at Light Rail or Lakeside Dr. & walk to pavilion)  (16 min. & 6.1 miles to next event)

9:00 pm Michelle G. (Panel 69, Area 13 District of Columbia) speaks at Captain’s Table Group (candlelight meeting), Babcock Presbyterian Church, Pastor’s Residence, 8240 Loch Raven Boulevard, Towson 21286  (Limited free parking in church lot or on side street and walk up the steep hill to the pastor’s residence)

Sunday, September 29, 2019

7:00 am Jeff B. (Panel 69, Area 44 Northern New Jersey) speaks at Captain’s Table Group, Babcock Presbyterian Church, Fellowship Hall, 8240 Loch Raven Boulevard, Towson 21286  (Limited free parking in church lot or on side street; enter church from corner door near south end of parking lot)  (9 min. & 2.8 miles to next event)

8:45 am Breakfast with the NERDs at Towson Diner, 718 York Road, Towson 21204  (Free parking in diner lot)  (13 min. & 4.2 miles to next event)

11:00 am Rose S. (Panel 68, Area 45 Southern New Jersey) speaks at Evergreen Group, Loyola College, Knott Hall, 4501 N. Charles Street, Baltimore 21212  (Free parking on Charles or in lot on Cold Spring; walk south on Charles to Hall)
41st Annual Fundraiser
The Old Timer’s Gratitude Meeting

Don’t drink and don’t die!

Speakers with over 20 years of sobriety!

Date: Friday November 8, 2019
Time: 7:00 - 9:30 pm

Hosted by Hospitals & Institutions Committee of WAIA

Place: Oakdale Church
3425 Emory Church Rd. Olney, MD 20832

Coffee & Refreshments: 7:00 - 8:00 pm
Meeting Time: 8:00 - 9:30 pm
Raffles will be held mid-meeting.
Prizes include: 50/50 split, turkey, Big Book and a subscription to the New Reporter.
Literature donations accepted at the door.

Directions
From Rockville:
Take Norbeck Rd. (Rt. 28) east
Turn left on Georgia Ave. (MD 97)
Turn right on Emory Church Rd.

From PG County:
Take the Beltway (Rt. 495) west to Georgia Ave. (MD 97) north
Drive approx 6 miles
Turn right on Emory Church Rd.

For more information or assistance with transportation to this event call Rachel W. 301-801-4292
WAGSA Area Committee

2nd Monday
September 9, 2019
7:30 PM
Silver Spring Presb. Church
580 University Blvd East
Silver Spring MD

Info: chair@area13aa.org

WAIA Monthly Board Meeting

September 10, 2019
8:00 PM
The Church in Bethesda
5033 Wilson Ln
Bethesda, MD 20814

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

Old Timer’s Gratitude Meeting

Friday, November 8 2019
7:00—9:30 PM
Oakdale Church
3425 Emory Church RD
Olney MD 20832

Speakers with over 20 years of sobriety

Literature Donations accepted at the door for the Hospitals and Institutions Committee

Sponsorship Conference

Saturday, Sept.14 2019
8:00—6:00 PM
Seekers Church
276 Carroll St, NW
Washington, DC 20012

Aa-dc.org/
2019SponsorshipConference
$15.00

NERDS on Tour

September 27—September 29, 2019

Our North East Regional Delegates are visiting MD

See schedule of events on flyer in this newsletter or go to
marylandaa.org/events

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
Crossroads of Recovery

Daily Reflections, SW

Darn Good Big Book

Darnestown Men

Deanwood Women Rap

DC Young People

DCC Noon

Del Ray Acceptance

District 2

Divine Intervention

Dunn Drinking

8AM Men’s Big Book

Early Times

Epiphanies

Ex Libris

Faith Fellowship

Faith Group

52 Pick-Up

Fireside Spirituality

Foggy Bottom

Forestville Primary Purpose

14 Promises

Free Spirits

Friday Night Fun Too

Friday Night Big Book

Friendly Bunch

Friendship

Gaithersburg Beginners

Gateway

Gateway/Wednesday

Gay 18 New Castle

Gay Group

Georgetown

Get It Off Your Chest

Glenarden

Glen Echo

Good News Beginners

Good Shepard

Grace

Greenbelt Step

Growing Group

Happy, Joyous & Free

Help Wanted

High Noon

High on the Hill

High Sobriety

Hill Lunch

Hope/Oxon Hill

How It Works G’burg

Hyattsville Discussion

Hyattsville Hope

Informed Group

Into Action, Germantown

Irreverent Women

Jaywalkers

Just Before Noon

Just For Today

Kensington Big Book

Kensington YP Step Study

Keys to Kingdom

Kingman Park

King Sr. Recovery

Language of the Heart

Landover Discussion

Lanham

Seabrook

Last Chance

Laurel Recovery

Leisure World Big Book

Leisure World Noon

Let Go Let God

Let It Happen

Life Is Good

Life Saver/Big Book

Little House

Living Sober by the Book

Living Sober Unity Place

May Day

Menace to Serenity

Men of Dupont

Men In Recovery

Men’s BS Session

Messengers

Middeast

Midtown

Misery is Optional

Mitchellville

Mo.Co. Women

More Peace of Mind

Montrose Gay

Moving into the Solution

Mt. Rainer

Nativity
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THINGS WE CANNOT CHANGE

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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!

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

NIH NOON —Friday, Noon, NIH Campus, 9000 Rockville Pike, Bldg 31, Suite 4A52, Bethesda, MD (Visitor Center Entrance, ID required)

SERENITY RIDGE—Wednesday, 7:00PM, Difference Makers Church, 11210 Bethesda Church RD, Damascus, MD

ROCK CREEK YOUNG PEOPLE—Tuesday 7:00PM, Cedar Lane Unitarian Universalist Church, 9601 Cedar Ln, Bethesda, MD 20814

LAFAYETTE SQUARE (Restarting) Tuesday, Noon, St. John’s Parish House, 1525 H St, NW Washington, DC

NEW STOMPING GROUNDS— Sunday, 6:00 PM, Greater Tried Stone Baptist Church, 1363 Otis PL, NW, Washington, DC 20010

MEETING MOVED
MONDAY NIGHT WOMEN’S BIG BOOK —Monday, 6:00 PM, St. Margaret’s Episcopal Church, 1830 Connecticut Ave, NW, Washington, DC