Happy Valentine’s Day!

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

NO REGRETS just love
Our Whole Attitude and Outlook Upon Life Will Change.

Self-pity was a bottomless sinkhole for me, not only when I was darkly depressed while drinking, but even when I was not. Upon awakening hung-over and remorseful for what I said and did the night before, I couldn’t seem to climb out of that steep pit of despair. Answering the phone or the door after 5 o’clock in the evening never happened because I was too drunk to have a coherent thought. I was never available to my daughter when she called with concerns or problems or even pleasant conversation. This began when she was about 15 and continued into her college years and later into her young adult life. My only interest was getting that buzz as soon as cocktail hour commenced.

I had extracted myself from any meaningful conversation with my husband while obsessing over how much liquor I had in the house and planning for the night of drinking ahead of me so I wouldn’t have to drive. There was nowhere I wanted to be or any conversation I wanted to have. My default answer to everything was NO. I either had no opinion on anything or I tried to bend everyone and every situation to my will. There was no in between. Having just turned sixty, I was turning into an aged, stumbling, depressed, disheveled person with no reason to live. Everyone was in my way, like gnats to be swatted.

I made the desperate decision to live rather than commit slow suicide and began attending regular A.A. meetings. Three months into sobriety, I got a dog - a sweet 2-year-old mutt. It would not be right to say that I rescued her, because really she rescued me. I started walking her every day and began looking at the world differently. Whereas before, I could do only basic tasks in the morning, now I had to get out every morning to take long walks. Colors were brilliant and I could sense subtle changes in the weather with warming temperatures and new growth. It was April in Annapolis and I was struck by the sound of the morning birds, a sound that used to signal another night spent with little sleep in a hung-over stupor hiding behind dark glasses. I had renewed energy after finally surrendering to the fact that I could never drink again. Each day became a gift as I walked through the town and neighborhoods. I took an interest in the people I met on the street. One couple needed help with their parking meter and I was happy to stop and call the parking enforcement and help them out. Another man was wandering lost on the streets looking for his parking garage. I was pleased to take the time to walk with him to find his car. God was placing new opportunities to reengage with life on an almost daily basis. The world looked brand new, as if I was seeing it for the first time. I became involved in society again; I started to join groups that I thought might enhance my life; classes like Latin dance and French and groups of writers and artists. I was picking up service work at A.A. meetings and contributing more to the conversation of good friends that had not yet abandoned me. I was particularly struck by what a good listener I was becoming, I didn’t need to think ahead to the next clever reply. Now my daughter could call me anytime day or night and know that I would have an ear to listen. I didn’t have to give her my opinion; I no longer had to control her life. I stopped trying to get her off the phone so I could continue my association with whatever liquor was waiting to be consumed. I didn’t climb out of that pit of despair, I was elevated. However, this was not of my own accord, but because I got on my knees and prayed to my Higher Power. I had surrendered to be free.

Today, I start everyday with 5 sentences of gratitude and I still walk my dog every day. What I have is enough for me. I have a new way of looking at the world. It’s a world where the colors are magnified, people are not a bother, to do for others is my honor, and what I have is a peace that surpasses all understanding. Gratitude has turned what I have into Enough.

Maggie O
Annapolis Red House
December 2019
I’m Grateful for the tragedy

When I was 27 years old, I was in a fire. I was severely burned and spent 6 weeks in the hospital.

I had 5 years of plastic surgery, 7 years of litigation. I went into shock. It took 20 years to gain any semblance of emotional stability.

I also had to cope with substance abuse. I used booze, pills and marijuana to numb out during emotionally and physically painful times or just out of habit.

Today I’m grateful for the fire. It brought me to my knees and forced me to ask for help.

I got a lot of help from many people, especially a plastic surgeon, litigator, psychiatrist and spiritual advisor.

I am 79 years old. I’ve survived several things since the fire—the loss of both my parents, my brother’s death, divorce, a stroke, a heart attack.

I stand before you today to say that I have a life beyond my wildest dreams.

So why am I telling you this story? What happened? How did I get here?

What got me through all of this to be standing here in front of you, healthy, happy and above all grateful?

What can I share with you to help you to handle whatever struggles you have now?

Two things were key:

A realistic acceptance of the hand that life had dealt me day-by-day is one way I met these challenges.

The wisdom to ask for help and choose the next right thing were vital.
The Promises . . . of Alcohol Addiction

1. If we are casual with this phase of our development, we will be drunk before we are halfway through.

2. We are going to know a new imprisonment and a new misery.

3. We all relive the past and won’t be able to shut the door on it.

4. We will comprehend the word *conflict* and we will know *pain*.

5. No matter how far down the scale we have gone, we’ll sink even lower.

6. That feeling of uselessness and self-pity will deepen.

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

8. Self-esteem will slip away.

9. Our whole attitude and outlook upon life will *suck*.

10. Fear of people and of economic insecurity will multiply.

11. We will intuitively know how to run from situations, that never used to bother us.

12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not!

They are being fulfilled among those of us who are still drinking – sometimes quickly, sometimes slowly. They will *always* materialize, *if we drink for them*.
"We will not regret the past nor wish to shut the door on it…"

These words from the 9th Step Promises on page 83 of the Big Book of Alcoholics Anonymous may seem like a daunting proposition to the newcomer. For those experienced and practiced in AA’s 12 Step Recovery Program, the past is viewed quite differently. Indeed, after a thorough completion of all 12 steps, the alcoholic will have changed life and thought, as a result of the spiritual transformation which makes this possible. Particularly in Steps 4, 5, 8, and 9 is the past something that must be confronted.

The healing that takes place as a result of these particular steps is nothing short of extraordinary.

“How is this possible?”, the newcomer may ask. Many of our past experiences as alcoholics would seem to the non-alcoholic person as something to be avoided and regretful. And yet, often can one see firsthand an alcoholic sharing his past, no matter how sordid, with a roomful of understanding nods and joyous laughter in reply. Yes, the experience of each alcoholic is frequently a similar one to that of others, despite all the people “who normally would not mix” that make up AA membership.

The commonality of experience among alcoholics is just one reason the past is not something to regret or shut the door on.

More importantly is the issue of the past to each individual alcoholic’s recovery. The program of action that is the 12 Steps must be “thoroughly followed “if one wants to achieve what successfully happy, joyous, and free alcoholics have. The 12th Step includes “carry(ing) this message to (other) alcoholics…” To keep what one has received in AA, one must give it away. The past of an alcoholic is in fact the primary tool in his arsenal for carrying the message to and assisting others who suffer. Consider, if one wants to learn an instrument, wouldn’t he want instruction from someone understanding not only of its mastery, but also patience and understanding in light of the difficulty required?

So it goes with alcoholics. The Big Book accurately speaks to an alcoholic’s willingness to open up to another who has similarly suffered, rather than wives, family, friends, doctors, priests, & clergy. A fellow alcoholic is more than just a friend. He is a sympathetic and understanding fellow sufferer, who offers only what it was like, what happened and what it is like now. The past is as much a part of his story now as it ever was, shaping the person now recovered.

So it is primarily for this reason, working with others, that the alcoholic who has recovered can begin to experience the Promise: “We will not regret the past nor wish to shut the door on it…” The Big Book goes on to intimate, “No matter how far down the scale we have gone, we will see how our experience can benefit others.” (page 84)

by sharing with others our individual past experience, we give them hope for a better future, one day at a time.
Bill W. on the Second Tradition

“For our group purpose there is but one ultimate authority – a loving God as he may express Himself in our group conscience.”

Sooner or later, every A.A. comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, He is also a source of positive direction. Realizing that some fraction of the infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he had never known before. As each day passes, our A.A. reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every A.A. group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though A.A. groups are basically the same, each group does have its own special atmosphere its own peculiar state of development. We believe that every A.A. group has a conscience. It is the collective conscious of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed of lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produce group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into A.A. Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing A.A. Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the 1st Tradition, it was emphasized that we have, in A.A., of necessity, no coercive human authority. Because each A.A., of necessity, has a sensitive and conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for man-made rules or regulations.

Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the A.A. group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense, with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique.

Therefore we of Alcoholics Anonymous are certain that there is but one ultimate authority, “a loving God as he may express himself in our group conscience.”

Bill W., 1948
Me: It’s medicinal...

Cop: First of all, that’s wine...

Please do not knock/-ring unless:

1) You or something is on fire!
2) You, or someone is injured!
3) A crime is occurring!
4) You have a delivery.

Failing to adhere to this will waking me up will result in 1, 2, or 3 happening!

Do not walk on rocks.
If you do, and file suit claiming injury, this sign will be marked "Exhibit A".

This property is protected 24/7 by security cameras & 20 or more wolves.
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.

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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.

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| 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
Avery Road Treatment Center
14703 Avery Road, Rockville, MD 20853 is seeking coverage for meeting Sundays at 8pm

Washington Hospital Center
Washington Hospital Center at 110 Irving St NW, Washington, DC 20010 seeks volunteers to facilitate the start of 2 AA meetings open to the General Public and their IOP Program. The Hospital has requested a weekday and weekend (Sunday preferred) with start time TBD.

Shady Grove Adventist Hospital
Shady Grove Adventist Hospital at 9901 Medical Center Dr, Rockville, MD 20850 has tentatively approved 2 AA meetings that are open to the General Public and their IOP Program! Day and time tentatively time slotted for Sundays at 11:30am and Wednesday evenings at 7pm. Please contact Michael W. at Wesch1969@gmail.com for Sundays and Irene B. at gridirongrades@gmail.com for Wednesdays if you are interested in a service commitment for these meetings. Start date TBD. To be located in Chapel next to the Cafeteria or the Conference Room where the NA Fellowship currently meets on Saturday nights at 7:30 pm.

Washington Adventist Hospital
Effective 8/25/19, all patients in the detox and psychiatric units have been relocated to Shady Grove Hospital at 9901 Medical Center Dr, Rockville, MD 20850 until further notice. Washington Adventist Hospital has relocated to 11890 Healing Way, Silver Spring, MD 20904 effective 8/25/19.
VOLUNTEER to ANSWER PHONES

"I am responsible . . .
When anyone, anywhere reaches out for help,
I want the hand of A.A. always to be there.
And for that: I am responsible."

One of WAIA's goals is to have a live person answer the telephones seven days a week, 24 hours a day to reach out to the still suffering alcoholic.

This is accomplished in two ways. The phones are answered in the office itself from 10:00 AM - 10:00 PM daily by Desk Volunteers. From 10:00 PM-10:00 AM the phones are forwarded to the personal phones of Night Watch volunteers.

The four daytime shifts are coordinated by the Office Assistant:

- 10:00 AM-1:00 PM
- 1:00 PM-4:00 PM
- 4:00 PM–7:00 PM
- 7:00 PM–10:00 PM

If you are interested in answering the phones at the WAIA Office, contact volunteers@aa-dc.org or call (202) 966-9115!

If you are interested in answering the phones at home either from 10:00 PM – 6:00 AM or 6:00 AM – 10:00 AM, contact nightwatch@aa-dc.org or call (202) 966-9115!

SIGN up to be a 12th STEP VOLUNTEER

12th Step Volunteers respond to calls for help by visiting suffering alcoholics in their homes (always with another AA member), by picking up a newcomer for a meeting or by meeting a newcomer at a meeting. Young people and people living in Prince George’s County are especially needed.

The 12th step service online signup form is on the WAIA website at:

https://aa-dc.org/12th-step-volunteer-signup
WAGSA
2020 WINTER ASSEMBLY

Where: Holy Cross Hospital
1500 Forest Glen Rd
Silver Spring, MD 20910

When: Saturday, February 8th
- 8 AM Doors Open
- 9 AM - 12 PM Workshops / Sharing Sessions / Committee Work Sessions
- 10 AM Budget & Finance Committee Meeting
- 12 PM Lunch
- 12:30 PM Assembly Convenes
- 3:35 Close

www.area13aa.org

Light refreshments will be provided throughout
Free neighborhood parking available or $8 to park (reimbursable via Area Treasurer)
1/2 mile walk from Forest Glen Metro
Email chair@area13aa.org for more information
YOUNG OR YOUNG AT HEART?
JOIN DC'S YOUNG PEOPLE MEETING & MAKE OUR ANNUAL CELEBRATION SWEET!

DCYP TURNS 8, Let’s Celebrate!

Saturday, February 8th, 2020
2100 New Hampshire Ave, NW

Food (POTLUCK) at 6pm
Meeting at 7pm

Child care & ASL interpretation will be provided.

P.S. We're raising $ to pay our ASL interpreters in 2020.
Bring cash or venmo @DC-YP.

FOR MORE INFO & SERVICE OPPORTUNITIES, EMAIL SECRETARY.DCYP@GMAIL.COM
The Joy of Living

A FREE AA workshop on steps 6-12
Presented by the All Are Welcome Group

9 am ~ Coffee & Fellowship
9:45 am ~ Welcome
10 am ~ Defects: What They Are & How to Remove Them (Steps 6&7)
  Rebecca P from Bethesda, MD and Bob Z from Rockville, MD
11:15am ~ Rubbing out the Record (Steps 8&9)
  Turpy from Silver Spring, MD and Nelson R from Chevy Chase, MD
12:15-1:00pm ~ FREE Lunch (provided)
1 pm ~ It Works. It Really Does (Steps 10&11)
  Sammie G from Richmond, VA and Harold G from Annapolis, MD
2:15pm ~ The Joy of Living (Step 12)
  April D from Bowie, MD and Mike M from Frederick, MD
3:30pm ~ Close

Saturday February 15, 2020

All Are Welcome!

For More Information:
Deshu G (240) 277-9183
Jenny R (240) 888-0435

North Chevy Chase Christian Church
8814 Kensington Parkway
Chevy Chase, MD 20815
Save the Date!

NERAASA 2020

29th Annual
Northeast Regional Alcoholics Anonymous Service Assembly

February 21st, 22nd, and 23rd 2020

Hosted by Area 43 New Hampshire
Radisson Hotel Nashua
11 Tara Blvd, Nashua, NH
For More info: www.neraasa.org
The 10th Annual Southern Maryland Round-Up

Name: ______________________
Address: ____________________
City: ________________________
State: _____ Zip Code:___________
Email Address: ________________
Phone: _______________________  
Special Needs: Yes No
Describe: ______________________

Registration $ _____
Buffet Dinner:  (Additional $25 for Buffet Dinner) $ _____
Hospitality Suite Donation $ _____
Lend a hand to those who are unable to pay the Registration Fee:  
Sponsorship Contribution $ _____
Total $ _____

- Pricing -

Early registration fee of $30 per person includes all Workshops, Speakers, and Fellowship for the three day program.

Tickets for Buffet Dinner sold separately. Menu on website.

Starting February 1st, the registration fee is $35.
Register online by March 1st:

    www.southernmarylandroundup.org
Register by mail by March 1st. Make check or money order payable to:

    Southern Maryland Round-Up
Mail to: P.O. Box 427, Dunkirk, MD 20754

After March 1st, check the website for registration availability.
All registrations FINAL. No refunds - pass it on to a friend of Bill’s if unable to attend.

Sponsorships available. Information on website.

Outstanding Speakers!
Fellowship!
AA & Al-Anon Workshops & Meetings!
Sobriety Countdown!
Hospitality Suite!
On-site Recovery Store! T-Shirts!
AND MORE!

Holiday Inn Solomons
Conference Center & Marina
155 Holiday Drive, Solomons, MD 20688
Located 1hr South of Washington, D.C.
Room Rate - $104/night
Be sure to use reservation # RU2
Rates good for 3 days prior & 3 days after event 1-800-HOLIDAY or 410-326-6311
www.holidayinn.com

For conference information, please visit:
www.southernmarylandroundup.org
or email: Info@somdroundup.com
For information about the area: www.solomonsmaryland.com

2020 A VISION FOR YOU
**WAGSA Area Committee**

2nd Monday

No Committee Meeting in February.
(Winter General Assembly February 8 at Holy Cross Hospital)

Silver Spring Presb. Church
580 University Blvd East

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**WAGSA 2020 WINTER ASSEMBLY**

Sat, February 8, 2020
8:00 AM—3:30 PM
Holy Cross Hospital
1500 Forest Glen Rd
Silver Spring MD

Free neighborhood parking or $8.00 to park (reimbursable via Area 13 Treasurer)
www.area13aa.org
Email chair@area13aa.org for more information

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**DC Young People's 8th Group Anniversary**

Saturday, Feb 8, 2020
6:00PM—8:00 PM
Augustana Lutheran Church
2100 New Hampshire Ave, NW
Washington, DC

Potluck at 6:00 PM
Meeting at 7:00 PM
Child Care & ASL interpretation will be provided

We’re raising $ to pay ASL for 2020. Bring cash or venom@DC-YP

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**WAIA Monthly Board Meeting**

February 11, 2020
8:00 PM
The Church in Bethesda
5033 Wilson Ln
Bethesda, MD 20814

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

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**The Joy of Living Workshop**

Saturday, February 15, 2020
A Free AA Workshop on steps 6-12 hosted by the All are Welcome Group
9:00 AM—3:30 PM
No Chevy Chase Christian
8814 Kensington Parkway
Chevy Chase MD

All are Welcome!

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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
Digital New Reporter  Page 17

WASHINGTN AREA INTERGROUP ASSOCIATION

VOLUME 57  \ NUMBER 2  \ FEBRUARY 2020

228  A Way of Life
600  AA at CUA
125  AA & Family Issues
40  Addison Road
365  All Are Welcome
150  Among Women
185  Anacostia
920  Andrews Armed Forces
428  As Bill Sees It, NW
457  As We Understood Him
1267  Aspen Hill 5th Chapter
60  Aspen Hill Phoenix Mon.
137  Aspen Hill Phoenix Fri.
2095  Attitude & Action
1388  Back to Basics
120  Barnessville
210  Beginners Basic (DCC/Tue.)
69  Beginner Basics (DCC/Wed)
444  Beginners & Winners
9  Bethesda Youth
107  Big Book Study
90  Big Book Thumpers
300  Brightwood
201  Brookland
301  Broad Highway
4983  BYOL
248  BYOL (NonSmoke)
1122  Burtonsville Big Book
       Campus Noon
100  Capitol Heights
1854  Capital Hill
200  Carmody Hill Group
575  Cedar Lane Women
561  Change of Life
174  Cheltenham
519  Chinatown Big Book
254  Chinatown Men’s
78  Cleveland Park
43  Clinton 45 Plus
121  Clinton Day
459  Clinton 6:30
278  Clinton Sunday Night
599  Coffee & Donuts
300  Colesville Sunday Nite
485  College Park
1111  Cosmopolitan
241  Crapshooters
148  Creative Arts
231  Daily Reflections, SW
55  Daily Reflections, UnityPl
281  Darn Good Big Book
648  Darnestown Men
120  Deanwood Women Rap
110  Double Dippers
139  Dupont Circle Club
188  DC Young People
78  DC Women Fri.
336  District 2
286  Divine Intervention
687  Dunn Drinking
305  8AM Men’s Big Book
255  Early Times
782  Epiphannies
59  Ex Libris
87  Faith Fellowship
267  Faith Group
619  52 Pick-Up
40  Fireside Spirituality
265  Forestville Primary Purpose
361  14 Promises
15  Fourth Dimension
806  Friday Night Fun Too
255  Friday Night Big Book
25  Friendly Bunch
500  Gateway
771  Gateway/Wednesday
91  Gay 18 New Castle
615  Gay Group
250  Georgetown
506  Get It Off Your Chest
600  Glenarden
133  Glen Echo
19  Goldsboro
119  Good News Beginners
13  Good Shepard
1520  Greenbelt Step
315  Growing Group
5  Help Wanted
101  High Noon
77  High Sobriety
1348  Hill Lunch
202  Hope/Oxon Hill
472  How It Works G’burg
132  Hyattsville Discussion
586  Hyattsville Hope
114  Informed Group
2025  Into Action, Germantown
648  Investment
360  Irreverent Women
550  Jaywalkers
3516  Just Before Noon
230  Just For Today
1200  Kensington Big Book
48  Kensington YP Step Study
254  Keys to Kingdom
304  Kid Friendly Big Book
100  Kingman Park
226  King St. Recovery
850  Language of the Heart
100  Landover Discussion
104  Lanham-Seabrook
151  Last Chance
3108  Laurel Recovery
90  Leisure World Big Book
427  Leisure World Noon
50  Let Go Let God
48  Liberty
90  Life Is Good
60  Life Saver/Big Book
20  Living Sober by the Book
48  Living Sober Unity Place
86  May Day
184  Meance to Serenity
1664  Men of Dupont
570  Men’s BS Session
1059  Messengers
295  Mideast
455  Midtown
247  Misery is Optional
38  Mitchellville
1000 Monday Winners
418 Mo. Co. Women
310 More Peace of Mind
149 Moving into the Solution
176 Mt. Rainer
442 Nativity
215 Neelsville Beginner
434 N.E. New Hope
595 NE Sunrise
507 Never Too Late
213 Never Walk Alone
1297 New Avenue
    New Beginnings NW
    70 New Beginnings/Pool ’ville
466 New Beginnings SE
120 New Beginners
292 New Hope
175 New Slomping Ground
300 New Way Recovery
23 No Hard Terms
Norbeck Women Fri
Norbeck Women Wed
390 Norbeck Step
56 Nuts & Bolts
60 NW Metro
217 Oasis Women’s BB
20 Old Fashion
Old Town Bowie BB
1062 Olney Farm
608 Olney Stag Rap
688 Olney Women’s group
678 On the Circle
73 On the Move
116 One Day at a Time/SE
200 One Day at a Time/R’ville
One Day at a Time/
G’burg
    355 One Day at a Time/
Lanham
    918 180 Group
    900 Open Arms
    215 Out Of the Woods
2341 P Street
475 Palisades Mon. Nite
357 Petworth
Phoenix Group/DC
100 Pool ’ville Pot Luck

50 Possum Pike
430 Potomac Eye Openers
1170 Potomac High Noon
956 Potomac Oaks
60 Potomac Village
74 Potomac Women
1167 Potomac Speakers
1337 Primary Purpose Gay
750 Progress Not Perfection
92 Promises Promises
240 Prospect
700 Queer Women
308 Quince Orchard
2110 Radicals
50 Read & Speak
155 Riderwood Bills
650 Room with a View
100 Rosedale Sobriety
212 Sat. Afternoon/2PM/UP
105 Sat Morn Fire Barrel
830 Saturday Morning Steps
192 Saturday Night Happy Hour
28 Saturday Night Special
332 Scaggsville
Second Chance
500 Seed of Hope
Serenity
163 Serious Business
190 Sheepherders
522 Silence is Golden
3028 Silver Spring
8 Silver Spring Women
120 Simplicity
200 Simply Sober
82 Singleness of Purpose
2282 Six & Seventh Step
148 Soapstone
Sober & Alive
187 Sobriety Sisters
50 Souls Arising
Southern Sobriety
3783 Spiritual Awakening
30 St. Barnabas Womens wrap
562 St. Camillus
45 St. Francis
150 St. Mary’s Gay
164 Starting Over (SS)
43 Starting Over Gaithersburg
Step Sisters
88 Steps To Sobriety
887 Step II Group
127 Sunday Men’s Step
623 Sunday Morning Breakfast
830 Sunday Morning Joy
108 Sun. Morning Reflections-UP
3822 Sunrise Sobriety
1777 Sunshine, G’burg
200 Sursum Corda
818 Takoma Park Necessity
100 Takoma Rush Hour
1411 Tenley Circle
22 The Away Group
1185 There is a Solution
194 TGIF
60 Thurs. Morn. Reset
Triangle Club-Sat. 7:15PM
Triangle club-Tues. 7:15PM
Trusted Servants
160 Tue. Nite Men’s Big Book
77 Twelve Point Bucks
38 Unity Noon
323 Unlovely Creatures
15 Upper Marlboro Big Book
50 Upper Marlboro Step
237 Uptown
86 Victory Lights
Vision for You
1320 We Care
366 Wednesday Nite Winners
56 Welcome Group
762 Westmoreland Women
552 Westside Beginners
219 Westside Men
261 Westside Women
300 What’s Happening Now
240 White Oak Steps & Traditions
782 Yacht Club
Yeas & Nays
665 Birthday
60 Faithful Fivers
7745 Individuals
1500 Memorial
If you would like to receive the **hard copy** of New Reporter, make check payable to WAIA and

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Mail to: WAIA  
4530 Connecticut Ave, NW, Suite 111  
Washington, DC 20008  
$15.00 Year  
$28.00 Two Years  
$12.00 Group Rate
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A free digital copy of the New Reporter is posted every month to our website at: www.aa-dc.org/NewReporter

To receive an email with the link each month, send a request to newreporter@aa-dc.org

Have a story about your recovery in AA?

Why not share it with all of us? If you’d like to contribute to the *New Reporter*, please send in your material to:

newreporter@aa-dc.org
Anniversaries should be called into WAIA (202) 966-9783 as early as possible, by the 1st of the preceding month at the latest.

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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!

**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

**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