Fear of people and of economic insecurity will leave us

Have a safe and Sober Halloween!
“Fear of people and of economic insecurity will leave us.”

When we were deep into our alcoholism, we were afraid of people, especially those who loved us. We were terrified that we would not have the necessities of life. And we usually lost both.

Alcohol so warped our minds, we were constantly fantasizing dangers from sources we could not identify or bring into focus. These fantasies became our reality. All the “ghosts that never were” could be faced to one major fear: that of the unknown. We distrusted people, places and things.

Now we welcome them. Our new friends, surroundings, and tools for living are life saving. Now when “fear knocks, faith answers – and now one is there.” Alcoholics Anonymous teaches us to trust ourselves, others, and out Higher Power. The rest takes care of itself.

The only thing we used to trust was alcohol. When we began to put our trust in the Program and our Higher Power, the destruction stopped and the recovery began.

■ Easy Does It February 24th

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**Daily Reflections**

**MATERIAL AND SPIRITUAL WELL-BEING**

**Fear . . . of economic insecurity will leave us.**

ALCOHOLICS ANONYMOUS, p. 84

Having fear reduced or eliminated and having economic circumstances improve, are two different things. When I was new in A.A., I had those two ideas confused. I thought fear would leave me only when I started making money. However, another line from the Big Book jumped off the page one day when I was chewing on my financial difficulties: "For us, material well-being always followed spiritual progress; it never preceded." (p. 127). I suddenly understood that this promise was a guarantee. I saw that it put priorities in the correct order, that spiritual progress would diminish that terrible fear of being destitute, just as it diminished many other fears.

Today I try to use the talents God gave me to benefit others. I've found that is what others valued all along. I try to remember that I no longer work for myself. I only get the use of the wealth God created, I never have "owned" it. My life's purpose is much clearer when I just work to help, not to possess.

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A Fear of People and of Economic Insecurity Promise Kept

When I first came into the rooms and heard the 9th Step Promises, I thought they were great but didn’t see how some of them could ever come true. Some things were so deeply ingrained in me that the only way of riding myself of them, in my eyes, was to not exist. More specifically, the fear of people and economic insecurity.

My relief from this started a few months ago when I was at a meeting and somebody pointed out that it is the fear that will leave, not the economic problems. We may still have issues with money, in my case owing a ton of money, but we won’t be afraid of it any longer. We will be “ok” with it and be able to work towards correcting it.

When, late last week, an amazing and astonishing thing happen. Actually, let me go back a little further. After making my list of people that I needed to make amends to, my sponsor had me write the first five that I’ll be making amends to. Being that I have a good deal of financial amends to make, she also had me write down my financial amends, with the dollar amounts, and then put them in order from the smallest to the largest. Having this new momentum in me, that I had never obtained while doing my steps in the past, I made my lists that night. Due to circumstances beyond my control, this was weeks ago and I still have yet to meet with my sponsor again. As it turns out, the circumstances where there for a reason. This past Friday night I was cleaning out my mail bin and came across, well not really came across as it was all that was in there, a bunch of letters from collection agencies, a large portion of which were medical bills.

Turns out my list was not actually only 13 amends long, it was 28 amends long. The best part of writing my new list? I didn’t have that sinking feeling in my chest that I always have when thinking about how much debt I have. Not only that but, while making the list that stretches from $19.95 to just under $30,000, I didn’t add up how much I owe as a whole!

Another large step in the right direction happen yesterday. I have had my car for 5 months and I had only made one payment on it. I had been avoiding answering calls that I know are from the bank. Yesterday, I called them to let them know I would be making a payment and that I would be working on paying down how much I owe in past due payments. They stopped the repossession call that was out for my car, I had no clue it was that bad. Today, I called them and made the payment I promised. The real thing that happened that was big for me though was not that. It was the fact that yesterday and today I answered my phone when numbers that weren’t saved in my phone were calling. That is something I’ve been afraid to do for years.

Is it true then what they say? Will the fear of people and economic insecurity leave? I am living proof that if you put in the work, honestly, then yes, this promise will too come true for you. From the I am Anonymous Blog, used with permission.
Let’s not forget about the 10th Step

Family Negligence Headed the List, by Rick R.

I was serving in the Navy, living like a fleet sailor, in a rocky marriage, with one child, in and out of port, drinking and quarreling a lot with my wife, and circling the drain. One day my ship pulled into port and tied up to the pier. I grabbed my essentials and went to my home in the navy housing facility to find the place empty and deserted.

Gone was my wife, my son, my furniture, my car, my marriage and my pride. I returned to my ship, shamed and humiliated and absolutely crushed. I spent the next two years crying in my beer and looking for sympathy. I stared across the bar at myself in the mirror wondering if everyone in the bar knew how much pain I was in.

I began to have problems getting back to my ship on time in the morning, and after the third such episode, when I woke up at 9 am, I was already two hours late for muster. I called the local A.A. fellowship and found my way there. That was on Oct. 15, 1969, and I have been sober ever since.

A little over a year after I got sober, I was remarried to my current wife of 47 years. About a year into that marriage I remember waking up in the middle of the night, sitting up in bed and my wife asking me, “what’s wrong?” I replied, “I can’t do this anymore.” She asked me what I was talking about and I replied, “I have to stop bad mouthing my first wife.” From that day until now, my wife and I have been treating her with kindness, respect, empathy, understanding and love. That is where I started getting into making amends and family negligence headed the list.

There are many areas in our lives where we need to repair damaged relations, but there’s no more important place to start than at ground zero. Our families have been on the receiving end of our errant behavior for years, and it will take time to regain their trust. They were not the problem, we were, and they don’t owe us anything.

Until we gain some credibility, we can’t make any demands. Credibility is doing what you say you’re going to do, and not making any promises we can’t keep. A whole bunch of credibility leads to the beginning of integrity.

We can repair other relations as we spiral outward from our families to our close friends then to our work mates and our fishing buddies and so on. Being a good husband/wife, a good father/mother, or a good sister/brother, I think, should hold top priority, as our families need us.

About twelve years ago, after living in the same community for 24 years, at the time, and attending meetings daily I made a statement at a meeting that I would give anyone $100.00 if they had ever heard me say one negative thing about my first wife, and nobody could collect on it, including my wife, and that one I thought I had lost.

As I think back on the incident, I realize that it was the seed that fashioned my whole attitude about how I practice my principles. Now tell me, if I say that I never say anything bad about my first wife, but I am still gossiping and being critical about other people, am I not a hypocrite?

I cannot be selective about who I apply these principles to. Principles are not flexible. They are the solid bedrock that my credibility and integrity rest upon. Learning how treat my family makes it much easier to repair the damage to those outside the family circle and my family will be witness to my credibility and my integrity.

Reprinted, with permission, from The Central Bulletin, Cleveland, OH
Grapevine Daily Quote

From October:

October 1, 2019
Self-restraint: Nothing pays off like restraint of tongue and pen. We must avoid quick-tempered criticism and furious, power-driven argument. The same goes for sulking or silent scorn. These are emotional booby traps. When we are tempted by the baited with pride and vengefulness. Our first job is to sidestep the traps. When we are tempted by the bait, we should train ourselves to step back and think. Twelve Steps and Twelve Traditions, (Step 10) p. 91

October 2, 2019
“Keeping a Tenth Step journal about my day-today life, my relations with other people, and the stuff that still roiled around in my head helped me see patterns in my thoughts and behavior, which I could discuss with my sponsor. And once I began to sit quietly, reflect on what I’d written, and pray, I began to sleep peacefully for the first time in my life.”
Manchester, New Hampshire, “Peace at Last,” A.A. Grapevine

October 3, 2019
“My understanding of a Higher Power is still subject to shifts. Sometimes, I think of it as The Unknowable, or as the Great What Is. Often, I envision it as an indifferent force, something like an electrical current, that is available and generosity and acceptance. The one thing I feel sure of is that it’s more powerful than my will.”

October 3, 2019
Daily Inventory: More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong. Twelve Steps and Twelve Traditions, (Step Ten), p. 88

October 4, 2019
“I can’t walk on water, but with my Higher Power and my A.A. friends, I can keep my head just above it.

October 7, 2019
“Through doing the Steps and receiving love from my A.A. family, my perception of life has changed. Once my thoughts changed, so did my actions, even, finally, the results.”
Susanville, California, December, 2007, “Craving to Live,” A.A. Grapevine
Hamm's; the beer refreshing

A Washington state library's mystery section was found to contain a real-life enigma when removing a corner panel revealed a stash of beer and chewing gum from the 1980s. The Walla Walla Public Library said employees have been performing renovations at the facility during the COVID-19 shutdown, and they recently removed a corner panel from the shelf housing the mystery book section and found a disintegrated paper bag containing five unopened cans of Hamm's beer and an opened back of Godzilla Heads gum. Library officials said their research determined Godzilla Heads gum dates from the 1980s and the Hamm's beer cans don't include health warnings that were required from 1988 on, leading staff to believe the snack stash is more than 30 years old. "It looked like somebody had just stashed it there and maybe thought they could get it later ... but there was no way to get it out," library director Erin Wells said. The abandoned relics now reside in the Sudbury Landfill.

ENGLISH for TOURISTS

Cocktail lounge, Norway: "LADIES ARE REQUESTED NOT TO HAVE CHILDREN IN THE BAR."

On an Athi River highway: "TAKE NOTICE: WHEN THIS SIGN IS UNDER WATER, THIS ROAD IS IMPASSABLE."

In a City restaurant: "OPEN SEVEN DAYS A WEEK AND WEEKENDS.

Hotel, Japan: "YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID."

In the lobby of a Moscow hotel across from a Russian Orthodox monastery: "YOU ARE WELCOME TO VISIT THE CEMETERY WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS, AND WRITERS ARE BURIED DAILY EXCEPT THURSDAY."

Taken from a menu, Poland: "SALAD A FIRM'S OWN MAKE; LIMPID RED BEET SOUP WITH CHEESY DUMPLINGS IN THE FORM OF A FINGER; ROASTED DUCK LET LOOSE; BEEF RASHERS BEATEN IN THE COUNTRY PEOPLE'S FASHION."

Supermarket, Hong Kong: "FOR YOUR CONVENIENCE, WE RECOMMEND COURTEOUS, EFFICIENT SELF-SERVICE."

From the "Soviet Weekly": "THERE WILL BE A MOSCOW EXHIBITION OF ARTS BY 15,000 SOVIET REPUBLIC PAINTERS AND SCULPTORS. THESE WERE EXECUTED OVER THE PAST TWO YEARS."

On the door of a Moscow hotel room: "IF THIS IS YOUR FIRST VISIT TO MOSCOW, YOU ARE WELCOME TO IT."

A laundry in Rome: "LADIES, LEAVE YOUR CLOTHES HERE AND SPEND THE AFTERNOON HAVING A GOOD TIME."
How to Contribute to WAIA, GSO and WAGSA

Contributions to the Washington Area Intergroup Association (WAIA), the General Service Office (GSO), and the Washington Area General Service Assembly (WAGSA) cannot be made in person at this time, but you may contribute by mail and online using the information below. You must be a member of AA to contribute. Per our 7th tradition we are self supporting, declining outside contributions.

If you are an individual the maximum you may give is $5000 per year. If you wish to make a large contribution, please contact the WAIA office beforehand. We thank you for your support.

WAIA—Check payable to: WAIA

Mail to:
Washington Area Intergroup Association (WAIA),
4530 Connecticut Ave, NW, Suite 111
Washington, DC
Online: https://aa-dc.org/contribute-online

GSO - Check payable to: General Service Board

Mail to:
General Service Office
Box 459 Grand Central Station
New York, N.Y. 10163
Online: https://contribution.aa.org/

WAGSA - Make check payable to:

Mail to:
Washington Area General Service Assembly
P.O. Box 5673
Friendship Station
Washington, D.C. 20016
Online: https://www.area13aa.org/contribute
New online contributions experience to launch September 9, 2020

Dear A.A. friends,

We are very pleased to announce the launch of a newly redesigned online contributions experience available to all groups and members in the United States and Canada on Wednesday, September 9, 2020.

This new redesign comes with significant improvements. Working in tandem with the team of experts assisting us with our webstore, we have created what we hope is an experience that is appealing and inviting to use for all contributors.

Our hope is to provide the most accessible and streamlined experience possible on all web-ready devices, including the ability to contribute without registering for an account and to receive instant email acknowledgments. For members who choose to register an account, both their contribution and webstore details will be available in one unified view.

We deeply thank you for your continued support and invite you to visit the new online contributions experience by visiting contribution.aa.org.

With all best A.A. wishes and sincere gratitude,

G.

Greg T.
General Manager
CONTRA STUDY
October 1, 2020 through February 11, 2021
Thursdays from 9:00 PM to 10:00 PM Eastern Standard Time
Presented by the Mustard Seed Group of Alcoholics Anonymous, Baltimore, Maryland, U.S.A.
Moderated by Panel 68, Area 29 (Maryland) Past Delegate Don B.

Zoom Meeting ID: 859 1018 9586
Passcode: 330331
Dial-in number for phone callers: +1-301-715-8592

We invite all A.A. members to this virtual study of our CONcepts, TRAditions & A.A. Service Manual

Oct 1, 2020 – Registration & Orientation
Oct 8, 2020 – Traditions 1, 2 & 3
Oct 15, 2020 – Traditions 4, 5 & 6
Oct 22, 2020 – Traditions 7, 8 & 9
Oct 29, 2020 – Traditions 10, 11 & 12
Nov 12, 2020 – Service Manual, Chapters 1, 2 & 3
Nov 19, 2020 – Service Manual, Chapters 4, 5 & 6
Nov 26, 2020 – No Meeting
Dec 3, 2020 – Service Manual, Chapters 7, 8 & 9
Dec 10, 2020 – Service Manual, Chapters 10, 11 & 12
Dec 24, 2020 – No Meeting
Dec 31, 2020 – No Meeting
Jan 7, 2021 – Concepts 1, 2 & 3
Jan 14, 2021 – Concepts 4, 5 & 6
Jan 21, 2021 – Concepts 7, 8 & 9
Jan 28, 2021 – Concepts 10 & 11
Feb 4, 2021 – Concept 12, Warranties 1, 2 & 3
Feb 11, 2021 – Concept 12, Warranties 4, 5 & 6

CONTRA Study Materials (provided via email upon request):
*Twelve Steps and Twelve Traditions*
*AA Grapevine Traditions Checklist, November 2018 revision*
*2020 CONTRA Study Service Manual Questions*
*A.A.W.S. Concepts Checklist, 08/18 edition*

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be asked to read their answers to the group. All others are welcome to join the meeting and listen.

For more information, contact:
2020contrastudy@gmail.com
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 #

Credit Card #

Expiration Date

Cvv number

Billing Address (if different than subscription address)

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

Signature:

WAIA
4530 Connecticut Ave, NW, Suite 111
Washington, DC 20008
WAGSA Area Committee meeting

For More Info go to: Area13aa.org
chair@area13aa.org

Virtual CONTRA Study

A Study of our CONcepts, TRAditions & A.A. Service Manual

October 1, 2020—February 11, 2021
Thursdays from 9:00 PM to 10:00 PM
Presented by Mustard Seed Group of AA.
Area 29 (MD) Moderated by Past Delegate Don B.,
Meeting ID: 859 1018 9586 Passcode: 330331
Dial-in number for phone callers: +1-301-715-8592
2020contrastudy@gmail.com Zoom

WAGSA GRAPEVINE COMMITTEE MEETING

Monday October 5, 2020
Join the Zoom Meeting: https://us02web.zoom.us/j/6118663262?
pwd=TWQzRS8wc21mMkhU
MW5WOfRVTk9VZz09
One tap mobile: +13017158592,,6118663262#,,1#
Email: Grapevine@area13aa.org

WAIA Monthly Board of Directors Meeting

October 13, 2020—8:00 PM
The second Tuesday of month (except August)

Join Zoom Meeting

https://us02web.zoom.us/j/81414786358?
pwd=Z0luRFFpY3BScmF4MytuZTBrb2VwQT09

Meeting ID: 814 1478 6358
Password: 11261885
One tap mobile+13017158592,,81414786358#

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.
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Phoenix Group/DC
Pool'ville Pot Luck
Possum Pike
Potomac Eye Openers
Potomac High Noon
Potomac Oaks
Potomac Village
Primary Purpose Gay
Progress Not Perfection
Promises Promises
Prospect
Queer Women
Quince Orchard
Radicals
Read & Speak
Riderwood Bills
Room with a View
Sat. Afternoon/2PM/UP
Sat Morn Fire Barrel
Saturday Morning Steps
Saturday Night Happy Hour
Saturday Night Special
Scaggsville
Second Chance
Serenity
Sheepherders
Silence is Golden
Silver Spring Beginners BB
Silver Spring
Silent Spring Women
Simplicity
Simply Sober
Singleness of Purpose
Six & Seventh Step
Soapstone
Sober & Alive
Sobriety Sisters
Souls Arising
Southern Sobriety
St. Barnabas Womens
St. Camillus
St. Mary's Gay
St. Francis
Starting Over (SS)
Starting Over Gaithersburg
Steps To Sobriety
Step II Group
Sunday Men's Step
Sunday Morning Breakfast
Sunday Morning Joy
Sun. Morning Reflections-UP
Sunrise Sobriety
Sunshine, G'burg
Sursum Corda
Survivor's
Takoma Park Necessity
Takoma Rush Hour
The Away Group
There is a Solution
TGIF
Thurs. Morn. Reset
Triangle Club
Twelve Point Bucks
Unity Noon
Unlovely Creatures
Upper Marlboro Big Book
Upper Marlboro Step
Uptown
User Friendly
Victory Lights
Vision for You
We Care
Wednesday Nite Winners
Welcome Group
Westside Women
What's Happening Now
When All Else Fails
White Oak Steps &Traditions
Women's Lit (180 Club)
Yacht Club
Yeas & Nays
Birthday
Faithful Fivers
Individuals
Memorial
If you would like to receive the hard copy of New Reporter, make check payable to WAIA and

Mail to: WAIA  
4530 Connecticut Ave, NW, Suite 111  
Washington, DC 20008  
$15.00 Year  
$28.00 Two Years  
$12.00 Group Rate

A free digital copy of the New Reporter is posted every month to our website at: 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
THINGS WE CANNOT CHANGE

Olivia Newsome, August 27, 2020, 90 years old, 47 years sober
Past WAIA Chair, co-founder (with Ed V.) of Old timer’s meeting.
Home groups, Bethel, Glenarden, New Hope

Anniversaries should be called into WAIA (202) 966-9783 as early as possible, by the 1st 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.

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

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