The Fifth Step is a Big Step
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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!)
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!
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 out 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.”

Step 5 – From Joe McQ (Big Book Study Tapes)
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=YnNaa01Ld1orRFFsdXJDWTdjWVv2QT09

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
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

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

Join Zoom Meeting:
https://us02web.zoom.us/j/83460598434?
pwd=VVBEK2FNSzcS3VXZDFV0XhMa1oxZz09

Meeting ID: 834 6059 8434
Passcode: 819862
One tap mobile
+13017158592,,83460598434# US (Washington DC)s

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
AA at CUA
AA & Family Issues
Addison Road
Adams Morgan Meditation
All Are Welcome
Anacostia
780 Andrews Armed Forces
250 As Bill Sees It, NW
320 As We Understood Him
300 Aspen Hill 5th Chapter
Aspen Hill Phoenix Mon.
20 Aspen Hill Phoenix Fri.
750 Attitude & Action
Attitude Adjusters
Back to Basics
Barnesville
Beginner Basics (DCC/Wed)
Beginners & Winners
Beginners are Winners
Beltsville
60 Brightwood
Brookland
Broad Highway
900 BYOL
BYOL (NonSmoke)
233 Burtonsville Big Book
Campus Noon
Capitol Heights
1105 Capital Hill
Carmody Hill Group
100 Casey Barns
Cedar Lane Women
Change of Life
Cheltenham
Chestnut Lodge Outreach
Chevy Chase Group
Chinatown Big Book
212 Chinatown Men's
Clarksburg AA
Cleveland Park
Clinton 45 Plus
Clinton Day
Clinton 6:30
Clinton Sunday Night
160 Coffee & Donuts
Colesville Sunday Nite
College Park
Cosmopolitan
Crapshooters
Creative Arts
Crossroads of Recovery
Daily Reflections, NW
Daily Reflections, SW
Daily Reflections, Unity Pl
Darn Good Big Book
199 Daily Reflections, SW
DCC Noon
DCC Women Fri.
DCC Tues. 6PM
DCC—930 Club
Del Ray Acceptance
Del Ray club
District 2
Divine Intervention
Dunn Drinking
Dublin
8AM Men's Big Book
826 Early Times
Epiphanies
Ex Libris
Faith Fellowship
Faith Group
52 Pick-Up
Fireside Spirituality
65 Foggy Bottom
Fogglers
Forestville Primary Purpose
14 Promises
Fourth Dimension
Free Spirits
Friday Night Fun Too
Friday Night Big Book
Friendly Bunch
600 Friendship
Gaithersburg Beginners
Gateway
Gateway/Wednesday
Gay 18 New Castle
Gay Group
Georgetown
Glenarden
Glen Echo
172 Goldsboro
30 Good News Beginners
Good Shepard
1545 Greenbelt Step
30 Growing Group
Happy, Joyous & Free
Help Wanted
High Noon
High on the Hill
60 High Sobriety
Hill Lunch
Hope Fellowship
30 Hope/Oxon Hill
How It Works G'burg
Hyattsville Discussion
Hyattsville Hope
Inform Group
Into Action, Germantown
Investment
Irreverent Women
Jaywalkers
30 Just Before Noon
Just For Today
Kensington YP Step Study
47 Keys to Kingdom
Kid Friendly Big Book
Kingman Park
Language of the Heart
Landover Discussion
Lanham-Seabrook
Laurel Recovery
Leisure World Noon
Leisure World Big Book
Let Go Let God
Life Is Good
Little House
29 Lit Womxn
Living Sober by the Book
Living Sober Unity Place
May Day
Meance to Serenity
600 Men of Dupont
Men In Recovery
Men's BS Session
79 Merry Miracles
Messengers
198 Mideast
Midtown
Monday Winners
Mo. Co. Women
80 Monday Nite Women
202 More Peace of Mind
Montrose Gay
Moving into the Solution
Mt. Rainer
Nativity
Navy Yard Nooners
36 Neelsville Beginner
73 New Hope
N.E. New Hope
NE Sunrise
Never Too Late
Never Walk Alone
New Avenue
250 New Beginnings NW
New Beginnings/Pool’ville
New Beginners SW
New Beginnings-Women
New Stomping Ground
New Unity Gay
No Exclusion
No Hard Terms
Norbeck Women Fri
171 Norbeck Women Wed
Norbeck Step
185 NW Metro
Nuts & Bolts
Oasis Women’s BB
Old Fashion Group
Olney Farm
On the Circle
Olney Stag Rap
One Day at a Time
One Day at a Time/R’ville
One Day at a Time/G’burg
One Day at a Time/Lanham
One Hour Back
125 Out of the Woods
180 Group
Open Arms
Path to Healing
1400 P Street
Palisades Mon. Nite
Petworth
Phoenix Group/DC

Pool’ville Pot Luck
30 Potomac (Step/Tradition)
Potomac Eye Openers
Primary Purpose Gay
360 Progress Not Perfection
Promises Promises
480 Queer Women
Quince Orchard
Radicals
Read & Speak
60 Riderwood Bills
120 Room with a View
Sat. Afternoon/2PM/UP
160 Saturday Morning Steps
Saturday Night Happy Hour
Saturday Night Special
60 Scaggsville
Second Chance
Serenity House
120 Sheepherders
Silver Spring Beginners BB
Silver Spring
Simplicity
Simply Sober
Singleness of Purpose
Six & Seventh Step
Soapstone
240 Sober & Alive
Spiritual Hilltop
75 Sobriety Sister
Southern Sobriety
2000 Spiritual Awakening
St. Barnabas Women’s Wrap
St. Camillus
St. Mary’s Gay
St. Francis
Starting Over Gaithersburg
Step II Group
Sunday Men’s Step
95 Sunday Morning Breakfast
190 Sunday Morning Joy
Sun. Morning Reflections-UP
6000 Sunrise Sobriety
190 Sunshine, G’burg
Sursum Corda
360 Takoma Park Necessity
Takoma Rush Hour
Tenley Circle

60 There is a Solution-Women
TGIF
Thurs. Morn. Reset
Triangle Club
Twelve Point Bucks
Unity Noon
120 Unlovely Creatures
Upper Marlboro Step
113 Uptown
User Friendly
129 VA Hospital Ctr
Victory Lights
95 Virtually Sober
Vision for You
Waters Landing
We Care
Wednesday Nite Winners
Welcome Group
285 Westmoreland Women
50 West Side Men Westside Women
127 What’s Happening Now
When All Else Fails
White Oak Steps & Traditions
218 Women’s Lit (180 Club)
2301 Yacht Club
200 Yeas & Nays

Birthday
120 Faithful Fivers
16,581 Individuals
400 Memorial
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[http://eepurl.com/U30BT](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
<table>
<thead>
<tr>
<th>Day</th>
<th>Name</th>
<th>Location</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 6</td>
<td>Stan C.</td>
<td>Cosmopolitan</td>
<td>25</td>
</tr>
<tr>
<td>April 6</td>
<td>Bob Z.</td>
<td>Cosmopolitan</td>
<td>41</td>
</tr>
<tr>
<td>May 2</td>
<td>Walter W.</td>
<td>Serenity House</td>
<td>40</td>
</tr>
<tr>
<td>May 14</td>
<td>Simon</td>
<td>Prospect</td>
<td>43</td>
</tr>
<tr>
<td>May 28</td>
<td>Jeretha G.</td>
<td>As We Understood Him</td>
<td>40</td>
</tr>
</tbody>
</table>

**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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