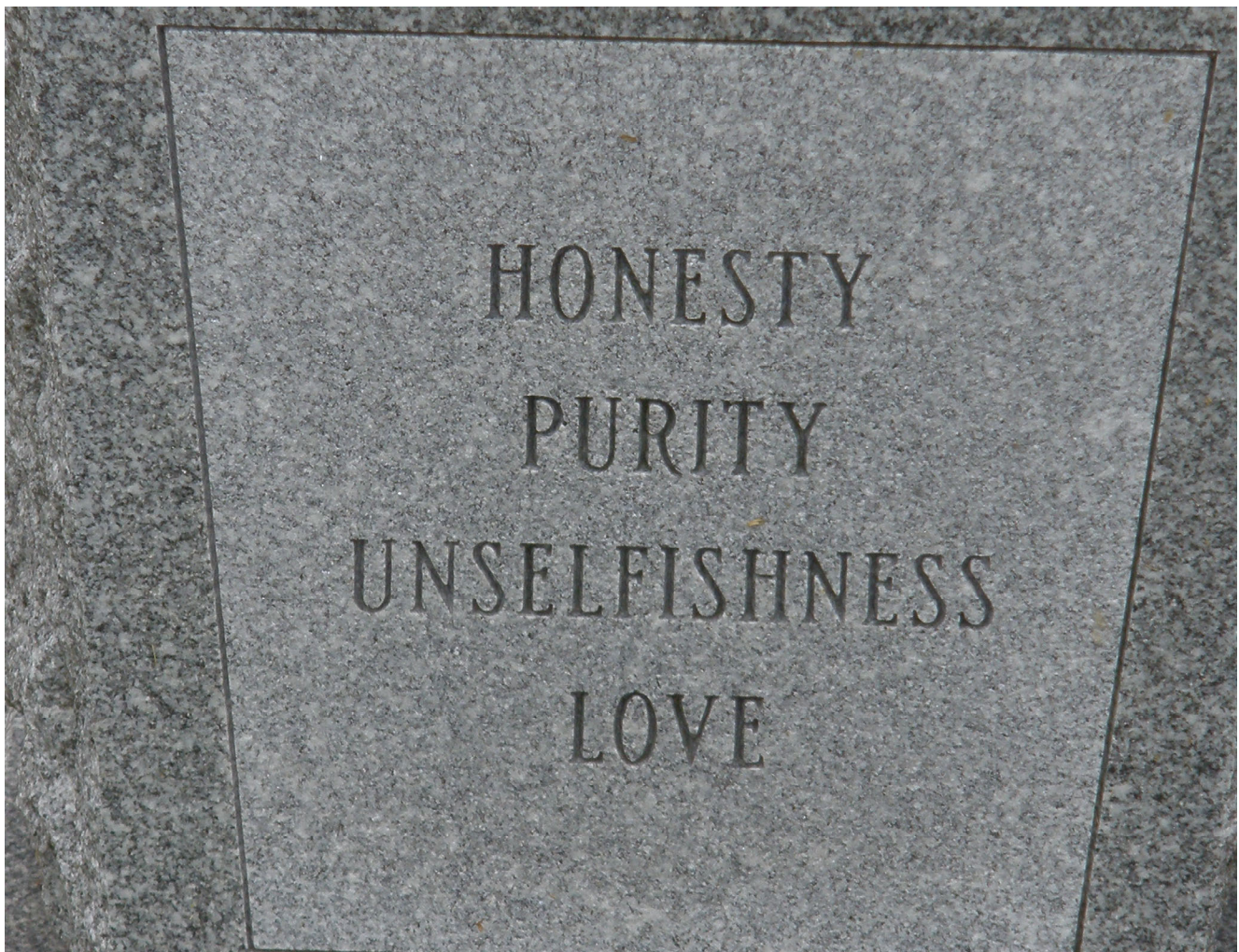


The Eighth Step and How to Do it



Big Book, Coffeepot & Me

When I had just eight months sober, I was stationed onboard a Naval communications facility located in a small Philippine town. There was one “live” A.A. meeting I could get to by boarding a rattletrap bus and going about 27 miles down the road. Our group met Saturdays at noon. It was a small but solid group. Our attendance varied depending on which ships had made port and which had gotten underway.

One meeting a week isn’t enough for a newcomer, but that’s what there was. I’m happy to note that today there are many meetings in the Philippines.

During the week, I shared by mail with the A.A. Loners-Internationalists Meeting and that was a lifesaver. During my one weekly meeting one Saturday, I was bemoaning the lack of an A.A. group nearer my station and I was told, “Well, you’re eight months sober, so you can start up an A.A. group.”

What an idea! Naturally, it hadn’t occurred to me. I was on fire with the thought once it had been put in my head. I talked to the chaplain and was given a key to his outer office. It was an excellent space for a meeting. I picked a night and time, put the word out in different spots and hoped the fledgling group would be packed to the rafters. It didn’t happen. For the two months, I’d show up Wednesday nights at the appointed time, unlock the space, make coffee and sit there and read. Big Book, coffeepot and me.

After an hour, I’d dump the coffee. I’d turn out the lights, lock the place up and trudge back to my quarters. I was getting discouraged.

One meeting day, I had done my required physical-training test and I was a bit sore. My head talked to me, saying ‘Nobody’s going to show up, nobody ever does, why bother?’

Well, God can put thoughts in a head too, because then another thought came up, saying, ‘What if someone needed to and you weren’t there for them?’

I cleaned up, suited up, grabbed the keys and my Big Book and, mentally kicking and screaming all the way there, I trudged to the chaplain’s office. Outside the door, a tall, chipper-looking sailor was walking around kicking at the gravel.

“Is this the A.A. meeting?” he asked.

I was flabbergasted. “Yeah, it sure is,” I said. “Come on in.”

Thus, I met my friend Paul, who had a good number of years of sobriety under his belt. What if I had given into negative thoughts?

Paul and I met regularly for the rest of my time at that duty station. He was a good guy and I learned so much from him. Then it came time to head back to sea . . . but that’s another story.

Greg H.
Park Forest, Ill.
Reprinted, with permission, from the *Grapevine*.

What Is Step 8 of AA?

“Made a list of all persons we had harmed and became willing to make amends to them all.”

What Is the Purpose of This Alcoholics Anonymous Step 8?

In Step 8 of Alcoholics Anonymous, you identify the wrongs of your past so that you can repair the damage you’ve done. Then, you devise a plan for creating healthy relationships moving forward.

How Do You Complete Alcoholics Anonymous Step 8?

Realize that you hurt others as well as yourself with your drinking.

- *Discover how many people you have hurt and how you’ve hurt them.*
- *Make a list of everyone you’ve harmed.* Also, pay attention to what you discover about yourself and your problems along the way.
- *Don’t be defensive and blame people for how they’ve treated you.* Forgive them, because without forgiving others, you cannot forgive yourself.

What Are Some Tips for Completing This Step?

- Don’t minimize your faults and failures by focusing on the faults of others.
- Realize that you hurt others as well as yourself with your drinking.
- Look beyond your obvious defects and do a thorough examination of your flaws.
- Avoid judgments of others. Be objective when evaluating your defects as well as those of others.

What Are Some Myths About Step 8?

- *Your drinking hasn’t harmed anyone but yourself.* People often think that if the damage isn’t extreme and noticeable, then there isn’t anything beneath the surface. This is a dangerous misconception and something AA calls “purposeful forgetting.” You can’t get the most out of the 12 steps if you aren’t willing to be vulnerable and incredibly honest—even if what you discover about yourself and others is painful to accept.

Thanks to Recovery.org for this content.

NEXT STOP FREEDOM

In my second full month of sobriety, I thought I would challenge myself by taking a trip. I planned to visit an old friend in Boston. So, on a very hot August day in 1995, I boarded the train in Wilmington, Delaware. I was nervous and sweaty passenger.

At the stop in Philadelphia, several travelers entered our car. A young man looked around the half empty car and his eyes settled on me.

Damn, here he comes, I thought as I tried to shrink into my seat. Despite this, he sat down, he sat down next to me, full of energy, with his backpack on his lap. From the moment he sat, I knew he was a talker. I tried to stare out the window and avoid engaging, but eventually we made eye contact. Immediately, he turned toward me and pulled out a *Daily Reflections* book.

“Do you know this book?” He asked. “Yes,” I replied brusquely. “How?” he pressed. “My neighbor gave me one,” I answered. This was a true statement since my neighbor was my first sponsor.

“Why would a neighbor give you this book?” he asked. He would not be easily dissuaded. I gave in and explained that I was very new in recovery and, in fact, this was my first experience leaving home since getting sober.

The young man gave me a big smile. He explained that he was on his way to Boston to make amends to his mother. He needed to review this part of inventory to clarify exactly what he was making amends to his mom for. Although I reminded him that I was very new in the Fellowship, he asked if I would listen. I reluctantly agreed.

He talked. He shared his story throughout the wait at the stop in New York City, all across Connecticut and up into Rhode Island. Finally, he sighed and said he was done, adding that he knew what to say for his amends. “What next?” he asked me.

Panicked, I thought of what I heard in the rooms and from my sponsor. “Pray,” I replied quickly. We held hands and said a prayer.

We said goodbye to each other in Boston. We exchanged phone numbers, but this was before mass cell phone usage and social media. I have not seen or heard from him since. I watched him walk away that day with a bounce in his step. That man was truly happy.

I was a wreck, not sure of what had just happened. It took me weeks to fully process the experience, but I did learn one important lesson immediately: Alcoholics who work the Steps are happy people.

When I got home from my trip, I called my sponsor and committed to beginning my Fourth Step to the best of my ability. I will never forget this angel who was placed in my path on that day. And I thank my Higher Power for the willingness to take chance and listen to a total stranger.

Sally T.
Wilmington, DE
Thanks to the
Grapevine for this entry.



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Dreamstime.com

02141094
Candace Images/Dreamstime.com

Brain Surgery Helps Man Stay Sober

The Washington Post reports that a man received brain surgery and was relieved of his addictions; the following is an excerpt, used with permission:

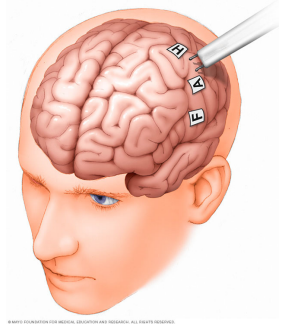
“Morgantown, W.VA. – After nearly two decades of hardcore drug addiction – after overdoses and rehabs and relapses, homelessness, and dead friends and ruined lives – Gerod Buckhalter had once choice left, and he knew it.

He could go on the same way and die you in someone’s home or a parking lot, another casualty in the drug epidemic that has claimed nearly 850,000 people like him.

Or he could let a surgeon cut two nickel-sized holes in his skull and plunge petal-tipped electrodes into his brain.”

The story goes on to report that Mr. Buckhalter had the surgery, a new procedure called “deep brain stimulation” and, as of the writing of the article, which appeared on June 20, Mr. Buckhalter has not found it necessary to use.

For the complete story, go to: <https://www.washingtonpost.com/health/2021/06/18/deep-brain-stimulation-addiction/>



Among the Land of the Living

I am a grateful member of Alcoholic Anonymous named Greg whom have seemingly recovered from an utterly hopeless state of body and mind and it’s really good to be amongst the land of the living and for that alone I am eternally grateful and by way of service work I exemplify that gratitude, Thank GOD for step work and sponsorship through these trying hours of pandemic I have actually been blessed with some additional time to myself which have honestly afforded Me the means reconnect with the GOD of My understanding to strengthen Our relationship embrace some fearless and moral inventory making peace with Myself and going on with the rest of the program with willingness and brotherly love again thank GOD for sponsor guidance first and foremost I had to be reminded that I am not only powerless over alcohol but also over a host of life on life situations such as Pandemic, Real simple If I don't pick it up it won't bother Me I have now again learned to follow simple instructions (State of Emergency) is clear enough for a complicated alcoholic like Me therefore I sit still with self-Practicing social distancing as best I can, Not a perfect program, Wear My masks around groups of people and as result I'm blessed with the Gift of Life to have had both vaccines, to work from home and embrace another level of service in A-A as G.S.R. of My homegroup and being blessed on that same note to return the benefit to a lot of Men and some Women as well and to a newfound fellowship that guides Me One-day-at-a-time with an awesome Responsibility to reach out and extend My hand to the still suffering and offer the same to this gigantic program and fellowship of A.A. and for that alone I am again eternally grateful.

Alcoholic Named Greg M.

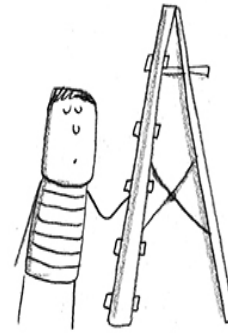
and thanks for allowing Me to serve. ☮

**A "shortcoming"
is like a flat tire.
A "character
defect" is like
driving on it.**



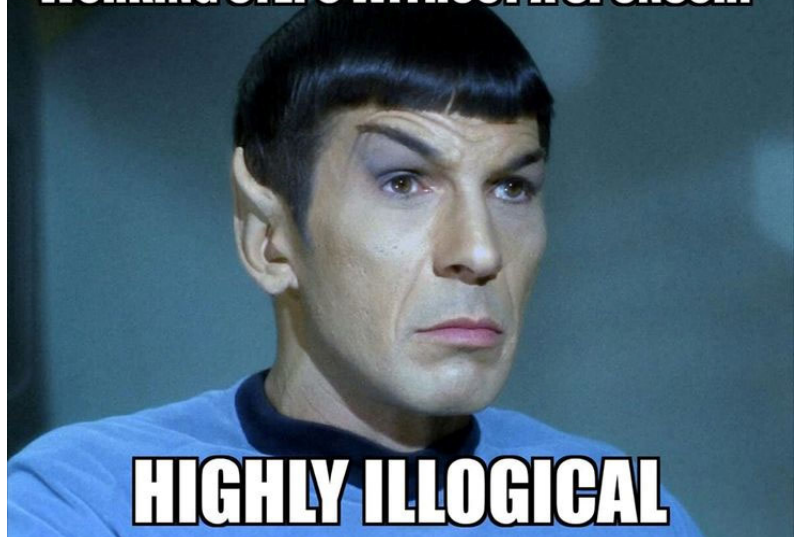
***"SURE I ATE MY SPONSOR
BUT DID I DRINK OVER IT?"***

This is my step ladder.



I never knew my real ladder.

WORKING STEPS WITHOUT A SPONSOR?



HIGHLY ILLOGICAL



Guys trying to impress newcomers after the meeting





40 years of marriage

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy godmother appeared on their table. She said, "For being such an exemplary married couple and for loving each other for all this time, I will grant you each a wish."

The wife answered, 'Oh, I want to travel around the world with my darling husband. The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: "Well, this is all very romantic but an opportunity like this will never come again. I'm sorry, my love, but my wish is to have a wife 30 years younger than me. The wife, and the fairy were deeply disappointed, but a wish is a wish.

So, the fairy waved her magic wand and poof! ... the husband became 92 years old. The moral of this story: Men who are ungrateful should remember that fairy godmothers are female.

FAIRFAX DISTRICT ANNUAL



**VAN DYCK PARK – 3720 OLD LEE HIGHWAY, FAIRFAX VA
SUNDAY, AUGUST 29, 2021
11:30 AM – 3:00 PM**



2 PM SPEAKER MEETING!

**BURGER, HOT DOGS, CHICKEN,
POTLUCK SIDES, SALADS & MORE
MUSIC & DANCING
SOBRIETY COUNTDOWN
50/50 RAFFLE
FRIENDS & FAMILIES WELCOME**



**PLEASE BRING A SIDE DISH,
SALAD OR DESSERT!**

**FOR MORE INFORMATION CONTACT:
DCMFAIRFAXDISTRICT5@GMAIL.COM**

NAATW 2021 Virtual Workshop

The 2021 National AA Technology Workshop will host our annual Workshop on the weekend of Sep 17-19, 2021. Expect two full days of content.

The workshop will be online only. While we hoped to be in person this year, the Steering Committee concluded that the health and financial risks were just too high. Given the organizing time it takes to put on an event, we needed to make this decision now and chose the safe road.

We are excited to see how we have grown and thrived. Join us as we share and explore where technology has changed, and stayed the same, this year.

Stay tuned for an email request for volunteers, which we will send out shortly.

Doug G
NAATW 2021 Chair
chair@naatw.org

AA Sponsorship Conference 2021



Saturday, September 25, 2021
via Zoom
9 am to 5 pm

No Registration Is Required

If you would like a reminder for the conference please go to:
aa-dc.org/sponcon2021 for the zoom link and additional information.

Meeting ID: 870 3526 0092 Passcode: 805174

Spanish Interpretation will be available and Closed Captioning will be provided.
Costs for the conference will be covered by WAIA—the Washington Area Intergroup Association.

No Registration Is Required

If you would like a reminder for the conference please go to:
aa-dc.org/sponcon2021 for the zoom link and additional information.

Meeting ID: 870 3526 0092 Passcode: 805174

Save the Date and Pass It On

Questions? Email Will R. at sponsorshipconference@aa-dc.org



Classic Sponsorship: When do I need a sponsor?

- By the book (AA Sponsorship Pamphlet, p-15)
- And/or "old" style sponsorship (sit down, shut up, listen, and on and on)
- How can I tell if I'm ready to sponsor someone

Setting Boundaries from The Start: Carry the message not the alcoholic

- How to build a network that supplements guidance from a sponsor
- How to deal with the alcoholic who keeps going back out
- 13th Stepping
- You're "fired." When and how. Words matter?



Sponsorship with an International Flavor: Lessons from other countries

The Latin American Experience, Great Britain, Scotland, Ireland, Australia, Caribbean, Africa, Asia



Service Sponsorship: What? Why?

- Introducing sponsees to service
- GSR, WAIA, and DCM representatives
- Traditions



New Age Communications: Sponsorship in a virtual world

- Text, email, phone, face-to-face
- Staying connected in sobriety
- Sponsorship during a pandemic/age of zoom



Striving For Common Ground: Special strokes for certain folks

- Newly sober for the first time
- Fresh out of treatment
- Still relapsing/slipping
- Sponsees with long term sobriety
- Mental health issues/dual addiction/special needs



WAGSA Area Committee Meeting

August 9, 2021

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 ID: 84124400416, Zoom Meeting Passcode: 6970mc

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

WAIA Annual Finance Committee Budget

August 10, 2021 (No regular WAIA monthly Borad Meeting Tonight)

The WAIA Finance committee will present the draft 2022 WAIA Budget. Corporate and Service committee chairpersons can request adjustments to the budget during this session. The budget will be presented to the board for review in September or October and be approved no later than the November 2021 board meeting, per WAIA's by laws. All AA members are welcome to attend.

Join Zoom Meeting: 7:00 PM

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

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

Meeting ID: 834 6059 8434

Passcode: 819862

One tap mobile

+13017158592,,83460598434# US (Washington DC)

If you have any questions, please reach out to Cassandra S, Finance

Chair cassandra.s@aa-dc.org

CHECK OUT OUR EVENTS CALENDAR

Events are updated
regularly!

If you would like to
submit an event, send an
email to events@aa-dc.org.
A pdf flyer may be attached

930 Club		
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		
750 As We Understood Him		
480 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		
1500 BYOL		
BYOL (NonSmoke)		
555 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		
25 Cigar Smokers		
Clarksburg AA		
Cleveland Park		
Clinton 45 Plus		
Clinton Day		
Clinton 6:30		
Clinton Sunday Night		
160 Coffee & Donuts		
Colesville Sunday Nite		
College Park		
720 Cosmopolitan		
Crapshooters		
Creative Arts		
Crossroads of Recovery		
Daily Reflections, NW		
99 Daily Reflections, SW		
Daily Reflections, UnityPI		
Darn Good Big Book		
968 Darnestown Men		
Day by Day		
Deanwood Women Rap		
Deanwood Step		
Double Dippers		
44 Double Recovery		
Dupont Circle Club		
DC Young People		
100 DCC Noon		
57 DCC Women Fri.		
122 DCC Tues. 6PM		
1780 DCC—930 Club		
Del Ray Acceptance		
Del Ray club		
District 2		
Divine Intervention		
Dunn Drinking		
Dunrobbin		
8AM Men's Big Book		
Early Times		
1066 Epiphanies		
Ex Libris		
Faith Fellowship		
Faith Group		
52 Pick-Up		
Fireside Spirituality		
65 Foggy Bottom		
109 Fogliffers		
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		
100 Georgetown		
Glenarden		
Glen Echo		
172 Goldsboro		
30 Good News Beginners		
Good Shepard		
217 Grapevine Sat Women		
1545 Greenbelt Step		
30 Growing Group		
Happy, Joyous & Free		
Help Wanted		
High Noon		
High on the Hill		
180 High Sobriety		
Hill Lunch		
Hope Fellowship		
60 Hope/Oxon Hill		
How It Works G'burg		
Hyattsville Discussion		
Hyattsville Hope		
Informed Group		
1800 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		
540 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		
61 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	1400	P Street Palisades Mon. Nite	230	Sunday Morning Joy Sun. Morning Reflections-UP
198	Mideast	60	Petworth Phoenix Group/DC	6000	Sunrise Sobriety
2742	Midtown Monday Winners Mo.Co. Women	30	Potomac Group Potomac Eye Openers Primary Purpose Gay	250	Sunshine, G'burg Sursum Corda
80	Monday Nite Women	360	Progress Not Perfection	360	Takoma Park Necessity
610	More Peace of Mind Montrose Gay	125	Prospect group	180	Takoma Rush Hour Tenley Circle
320	Moving into the Solution Mt. Rainer	147	Potomac Oaks Promises Promises	60	There is a Solution-Women TGIF
94	Nativity Navy Yard Nooners	480	Queer Women Quince Orchard Radicals		Thurs. Morn. Reset Triangle Club
72	Neelsville Beginner	180	Read & Speak	120	Unlovely Creatures
109	New Hope N.E. New Hope NE Sunrise	120	Riderwood Bills Room with a View	379	Upper Marlboro Step Uptown
	Never Too Late Never Walk Alone New Avenue	100	Rosedale Sobriety Sat.Afternoon/2PM/UP	129	User Friendly VA Hospital Ctr
250	New Beginnings NW New Beginnings/Pool'ville	200	Saturday Morning Steps Saturday Night Happy Hour	400	Victory Lights
	New Beginners SW New Beginnings-Women	120	Saturday Night Special Scaggsville	190	Virtually Sober Vision for You
	New Stomping Ground	120	Second Chance Serendipity	110	Waters Landing We Care
200	New Unity Gay No Exclusion	120	Serenity House	169	Wednesday Nite Winners Welcome Group
	No Hard Terms Norbeck Women Fri	120	Shepherders Silver Spring Beginners BB	285	Westmoreland Women
171	Norbeck Women Wed Norbeck Step		Silver Spring Simplicity	50	West Side Men
185	NW Metro Nuts & Bolts		Simply Sober Singleness of Purpose	31	Westside Women
	Oasis Women's BB Old Fashion Group		Six & Seventh Step Soapstone	127	What's Happening Now When All Else Fails
	Olney Farm On the Circle	240	Sober & Alive Spiritual Hilltop		White Oak Steps & Traditions
	Olney Stag Rap One Day at a Time	75	Sobriety Sister Southern Sobriety	218	Women's Lit (180 Club)
	One Day at a Time/R'ville One Day at a Time/G'burg	2000	Spiritual Awakening St, Barnabas Womens wrap	3627	Yacht Club
	One Day at a Time/Lanham One Hour Back	1100	St. Camillus St. Mary's Gay	200	Yeas & Nays
155	Out of the Woods 180 Group		St. Francis Starting Over Gaithersburg		
	Open Arms Path to Healing	95	Step II Group Sunday Men's Step	172	Birthday
		379	Sunday Morning Breakfast Sun. Morn. Breakfast Out	210	Faithful Fivers
				19,829	Individuals
				400	Memorial

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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



Day

Years

August 3

**Mike A.
Moses S.**

Brightwood

**28 Years
43 Years**

THINGS WE CANNOT CHANGE

Pat McMurray, May 30, 2021, 39 years sober, Sunday Morning Breakfast

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.

VOLUNTEER

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

AUGUST 2021