

Alone During the Pandemic



Finding Answers through Zoom and other Avenues

200 Days and Nights

She's never seen an in-person meeting. A newcomer mom stays sober with her computer every single day.

Deciding to get sober was not easy. It was especially hard in March of 2020 when the COVID pandemic closed everything—including meetings. I decided on Friday, March 13 that the following Monday would be the day. Plan in hand, I had the best last drinking weekend of my life. Up to then, I never had a care when I drank because there was always someone there to pick me up, clean me up and tuck me in. That someone was always my husband.

I had my first drink at the age of 13. I thought it tasted good, and boy, it made me talk like never before. However, I did not continue to drink much after that. At 26, I got married and at 28 had my first of three children. This is when my drinking started to pick up. I began having wine with dinner regularly. My heavy drinking was reserved for parties with my family, which was quite often. We'd always be the first family to arrive and the last to leave. The only reason we would leave is because my husband would beg me to go home. Most times I would never remember the antics I pulled or what I had said. Honestly, I did not care.

The next day was spent nursing my hangover in bed. My children thought I was sick. There were times I would vomit until I needed to go to the hospital for alcohol poisoning. I would often fall down, severely hurting myself. I went from drinking one glass of wine every night to drinking two or more bottles. My turning point was when my face and body began to swell tremendously. I knew that if I did not do something about my drinking I would die. That's when I decided A.A. might help me.

But the day I set off to go to my very first A.A. meeting, everything closed down due to COVID. I was so lost and didn't know what to do. I tried to go on an online meeting, but I got yelled at (through typing) for speaking out of turn. I was so embarrassed I gave up. I spoke with my therapist, who gave me someone's phone number. Hesitantly, I called her and there began my journey with A.A. She became my first sponsor.

I have to say, virtual A.A. meetings have changed my life. I am 200 days sober as I write this. I'm praying daily now and working my Steps. My sponsor is great. I have a home group (which I still have not seen in person). My anger has subsided, and I have respect from my husband and children. I attend a virtual meeting every single day and I feel absolutely great. And starting today, I get to host a meeting for my home group once a week.

I've been through so much these past six months. Besides being locked in my house due to the pandemic and losing my job, the biggest thing I had to deal with was the loss of my best friend -- my mom -- who passed away from COVID in July. She had tears streaming down her face with joy and pride. It was a day I will never forget.

Even though I haven't been to a real live physical meeting, with the help of A.A. I got through all of this and stayed sober. Today I'm present in all my affairs. Thank God and this Fellowship for showing me this new path.

Sandy R., Whitestone, New York
First appeared in the *Grapevine*

Reprinted, with permission, from the *Grapevine*.

Distracted – He was feeling disconnected and losing interest in his virtual meetings. Then he came up with a plan.

Early last year, most of us had never heard of virtual A.A. meetings. Teleconferencing was not new to me since the technology had been in use for years in the business world. However, most A.A. members were just “feeling out” the technology for the very first time. Early on, our virtual A.A. meetings were essentially unscripted and no one other than the host or meeting lead was in charge. Importantly, we didn’t have to impress anyone or have any fear of saying the wrong thing or being happy, sad or vulnerable.

Most of us welcomed the online alternative as a safe and convenient way to stay in touch and meet. In fact, many members prefer that these online meetings remain after the COVID-19 pandemic is finally controlled and a proven vaccine is readily available.

However, in recent weeks I found that I was getting a little tired of virtual meetings. I wasn’t feeling as connected to the group, and I wasn’t hearing the things I felt I needed to support my recovery. Why was that? I had to ask myself.

In the two years I’ve been sober, I have always found the personal sharing and group dynamics to be extremely motivating. Because I had suffered some hearing loss while in the Navy, I had to really focus on a speaker’s voice during a share or a reading. By learning to focus on the speaker, I picked up a lot of wisdom, tips and relatable experiences that really helped me. So why was I not getting that same level of satisfaction from these virtual meetings anymore?

It turns out that the reason was pretty simple. Seeing everyone at once on many little multiple screens in the “gallery view,” while fun in the beginning, was actually creating a major distraction for me. Rather than listening to whoever was speaking, I was watching everybody else (including myself!), checking on participants and reading chat messages. It’s no won-

der I didn’t get anything out of the shares because I found myself not paying attention.

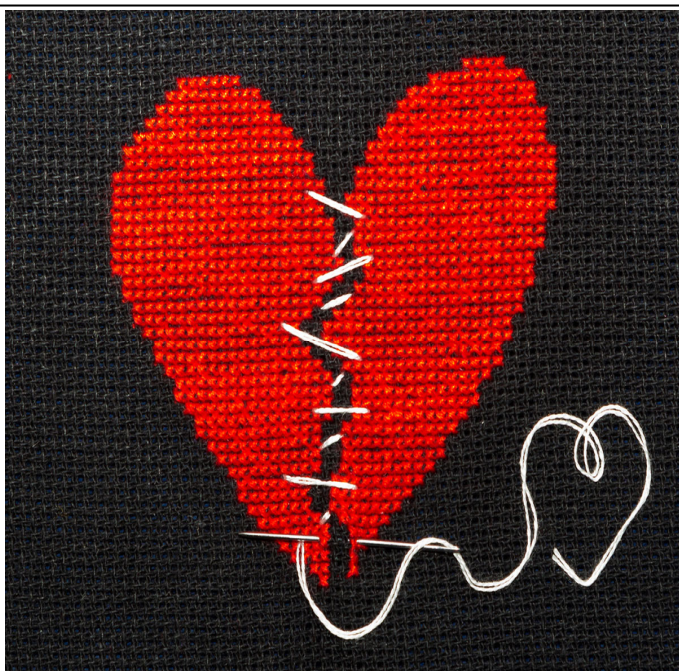
My solution? After the meeting starts, I now immediately switch to the “speaker” view for the remainder of the meeting, except for half-time and the close. This way I’m focused. It’s as if I am back in an in-person meeting watching the speakers and hearing every word they say, seeing the expressions on their faces and the emotions they are having. For me, this has restored the original enthusiasm I’ve always had for my A.A. meetings.

I look forward to my online meetings now just as I did with the in-person meetings before this pandemic started. While virtual meetings will never completely be a substitute for the in-person fellowship we’ve always enjoyed, it’s the best we can do for now.

Don S. Alexandria, VA

Thanks to the *Grapevine* for permission to use.





A Ray of Hope on Zoom During Pandemic

When we first went in lockdown I did not want to get on Zoom because it was change for me and I didn't like change. Suddenly, I lost five family members to the pandemic and I didn't know what to do. I turned on Zoom and the rest is history you all have helped me carry that grief and told me to keep coming back, that things will get better, that the grief would subside and that's what I did to stay sober during the pandemic. I kept coming back and letting you know what was going on in my head and my heart and for that I'm grateful. I was able to celebrate 33 years in the middle of a pandemic.

Denise D., Beltsville Group

I know a lot of my amends process intended to show that I could stay sober and that people could trust me again. You've got to be careful too if its going to harm someone else. Think of other people besides yourself. I made amends to my husband by showing him that by staying sober he could trust me again. I know in the beginning he would say, "Oh you've been drinking again" – and I hadn't. It took him a while to trust me. My amends to my daughter was staying sober too. When I was drinking, Tim would be the parent and she would be the mother. When I said, "You can't do that" that was tough. It took a while. Fortunately, she was a real good teenager and really excelled in school. A lot of times, and she's still this way, she'll do something first and then tell us. I don't know if that was trying to prove something or wanting approval. She's doing so well now – fortunately, after coming from a mom like me. The amend – being able to show that you're sober – means a lot to a lot of people.

Claudia
Wednesday Women's BB
Taken from the Las Vegas
Intergroup newsletter

Experience, Strength and Hope Ninth Step

I didn't know where to start. It wasn't until I was 90 days sober, and checked myself into a treatment program, that I was required to work the first 7 Steps before I could be released. During that period of controlled environment, I was able to see other people in Group Sessions & also Family Group sessions. I watched people make amends to their families, and during group sessions hearing others make amends. That took the fear out of the embarrassment and humility. From that time on I had my mother go to group sessions that I started to make amends to my mother including financial amends. What surprised me was that no one cared about my financial amends. They just wanted me to get sober and stay sober. It wasn't until I got out of treatment and did the 4th and 5th Steps that I started to see how I had harmed people outside of my family. One by one as I ran across my running buddies, I made attempts to make amends. Some were receptive and some were not. After that I went on my way.

During this period of time what happened to me is starting to see I owed my father a much longer amends. He passed away a year and a half before I got sober. That realization led me to write a letter detailing as best I could from childhood to adulthood. I wrote all the things he did for me that showed just how much he loved me. I took the letter to his grave site and read it to him. From that moment on I lost all the anger and hate and saw how it was my actions that were responsible for the distance between us. That opened the door for quicker action. It was easier. I take half the responsibility and move on.

Glynn
New Me Group
Taken from the Las Vegas
Intergroup newsletter

I celebrated my 12th sobriety anniversary in March 2020 just before COVID shut down in-person meetings. Soon I got myself a paid Zoom account to host meetings, because I could. Thanks to the power of "we", one of my home groups, a women's Steps/Big Book meeting, quickly adapted. While the classic service positions of coffee making, refreshments and room setup were no longer needed, we identified new ones such as reader arranger (versus "going around the room"), prayer leader, share wrangler (not the official title), half-time coordinator, anniversary coordinator and newcomer liaison, who hangs around after the meeting. We have a script to keep us from forgetting anything. Our chair kept her position for over a year until I recently took that over.

We chose not to make the ID and password public, but to have people contact us through a gmail account to request being added to the weekly announcement/link email. Some members had been the victims of nasty Zoom bombings and did not want to experience it again. People start in the waiting room where the host and two co-hosts admit them. The announcements get forwarded and we add new folks to the email list if they want. Eventually we felt safe enough to open up private Chats. The in-person meeting averaged 30-40 women; the virtual one around 25-30. A couple of people just phone in; that's okay. Some folks can't use Zoom, others don't want to; that's fine. For others Zoom has been a blessing; they are immunocompromised, can't get the vaccine or have other issues that make getting out and about difficult.

After a while the group conscience decided to get its own paid Zoom account rather than rely on one individual. Thanks to the program, I did not take it personally. We used to provide books for the day's reading. Now our share coordinator shares her screen with the various texts - no books required! - as well as calling on people to share ("Raised hand!"). She was even able to continue with her service while on a long road trip. The magic of technology! Someone posts information in the Chat about donating directly to New York, WAGSA, WAIA and to the group. Announcements of events are often added as well. It's certainly faster than passing flyers around.

Slowly, with frequent group consciences, we are just beginning to resume in-person contact. The church where

we meet is taking advantage of having no visitors to do some renovations this summer. They are now allowing us to have a meeting after the meeting in the church parking lot. Just a few people come, but it's great for those who do. I miss the brunch after the meeting, but that will return someday.

I also hosted another one of my regular meetings until the group decided to buy its own Zoom account. That one voted to be published, and had only one mild incident of Zoom bombing. I continue to host two non-public meetings, one of which, a Grapevine meeting, is new. Some of the women attending those are too far away for an in-person meeting (Hello PA and DE!). A monthly meeting chaired by my sponsor became a weekly meeting. I'm not the only one attending more meetings than before.

I meet with my sponsees (my account) and sponsor (her account) over Zoom. I extended my service by hosting meetings for my Condo Association Board until we were able to arrange with our master association to provide them.

As for me, I love seeing all the faces in the Gallery View, especially the ones with video on. Having names visible is wonderful, because I can't remember them very well! . Even though I live alone, I am fortunate to get my human contact fix visiting my youngest granddaughter in DC nearly every weekend (sadly, I haven't seen my North Carolina granddaughters in over a year). I retired almost five years ago, and I've been spared many of the consequences of the lockdown. I do admit I'm getting use to the "time-saver" of not having to get ready and drive to and from a meeting. My camera is close enough that no one has to see whether or not I'm in pajamas in my morning meeting. I guess that will have to change at some point...

Life happens. Since early 2020 Life has slammed us with a pace and impact no one expected. AA has allowed me to accept better what drops in my lap, like missing the every-five-years AA International Convention in 2020. I can recognize and rejoice in the benefits and adapt to the losses. That is a gift of working the Program.

Carol E.

The A.A. Group ... Where It All Began—Part 1

"My name is Lynette, and I'm an" oh my! This was my first AA meeting outside a treatment facility, and I don't really think I thought I was an alcoholic, so do I say, "I'm an alcoholic?" Sure; I listened to the best of my ability when members from H&I and others shared their experience, strength, and hope, but did I really believe I was an alcoholic? Nope, not at that first meeting, but you all said, "Keep coming back." Back then, I was required to get my meeting slip signed as a requirement for the transitional living program I was in. Truth be told, I was homeless; I didn't have a place with my name on the lease and I didn't have a key either, so what did I have to lose? In fact, I kept coming back, and since I went to my first AA meeting on Saturday, June 21, 1997, I haven't had a drink. In the beginning, I didn't give any thought to where I went or what type of meeting it was. My thought was, "Just sign my meeting slip, please, so I can get out of here." The fact of the matter is on a lot of those days, I was tired, real tired. A meeting place was somewhere I could come, sit, listen, fall asleep, and get my sheet signed. But as it says in Step Two, "Then I woke up! I had to admit that A.A. showed results; prodigious results," and because I kept coming back, I realized I hadn't taken a drink in almost six months. Eventually I began looking for a home group. The important question was, what was I looking for? I stayed sober as a result of going to meetings all right, but one day I heard someone mention some of the things that made their home group special and so I thought to myself: "Lynette, where's your home group?" One day after rushing to the back of the room to pick up my meeting slip, I realized there were two meetings going on at the same time. One was upstairs and one was downstairs. In my opinion, the one downstairs was a little bit noisier, and people kept going in and out, which made it hard for me to stay focused. I was still trying to quiet the noise that was in my head from years of drinking alcohol. The people that were coming downstairs had books in their hands and they had a sense of calm and serenity about them. I remember thinking: "Yes, please; I'd like some of what they

have," but where do I find it? "We have shown how we got out from under. You say, 'Yes, I'm willing, but am I to be consigned to a life where I shall be stupid, boring, and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?' And you said: "Yes, there is a substitute, and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you. "How is that to come about?" you ask. "Where am I to find these people?" You are going to meet these new friends in your own community!" Later, you said: "Little clusters of twos and threes and fives of us have sprung up in other communities!"* Was it possible I'd be able to find what you all were talking about in my home group? The next day, I decided to go to the meeting upstairs. They met on Saturdays at 7am It was a very small room, but it was packed. Every seat in the room was taken and people were sitting on the floor. They didn't have that many books, so when one person finished reading a paragraph or two, they'd pass it on to the person sitting next to them so they could read. I must have had that "newcomer" look on my face, because a gentleman gave me his seat and he handed me a copy of the 12 and 12. I remember exhaling. I had no idea what the name of the group was or what their format was, but I felt comfortable. I felt safe, like I was a part of something bigger than me. Every Saturday. I made a conscious decision to go to the meeting upstairs and to get there early. I liked getting a seat and a book. I remember raising my hand to read one day and staying behind to help collect books after the meeting. One day they held a group conscience, and the secretary was voted 2 out. One of the old-timers said, "I nominate Lynette," and it was unanimous! I had my first service position and I learned a lot. Eventually I even bought my own 12 & 12. Not only did I learn a lot, but I also stayed sober, and most importantly, I found a home group!

The A.A. Group - Where It All Began -Part 2

When the Cardozo Club closed in June of 1998, we realized we didn't have a place where we could meet. Members of the group wanted to remain together, to be autonomous, contribute to the General Service Office, and have representation at the Area level.

Thanks to Bill D. and Johnny A., we eventually began meeting at the 12 & 12 on Saturdays and later obtained permission to hold meetings at the McKenna House. The group held its first meeting on July 25, 1998 and voted to name the group "Saturday Morning Steps." On May 29, 2006, there was a fire at the McKenna House and we began looking for a home. Kevin W. gave us permission to return to the Cardozo Club and on Saturday,

June 3, 2006, without missing one meeting, we began holding meetings at the Reeves Club. In the latter part of 2008, groups meeting at the Reeves Group and Cardozo Club were told that they lost their lease. Lynette D. contacted the executive director of the Festival Center and the relationship began. Saturday Morning Steps met for the first time at the Festival Center on Saturday, February 7, 2009, and its sister group, Sunday Morning Joy, met at the Festival Center for the first time the next morning, Sunday, February 8, 2009.

Over the past 23 years, this group has welcomed residents from Samaritan Inns, McKenna House, Clean and Sober Sts., House of Ruth, Jubilee Housing, Christ House, Kairos House, N Street Village, Webster House, Park Road Transitional Living, and So Others Might Eat, just to name a few. On the first Saturday of each month, we give away a 12 & 12 and a subscription to the Grapevine to members celebrating their anniversary.

We have lost some friends along the way. They include Kenny R., Nick R., Will R., Freddie W., Evangeline C., Maxwell P., Edwina C., Louise C., Mary H., and James M. who were members that supported the group through service. We recognize Hazel B. as our member with the longest length of sobriety. Her sobriety date is July 17,

1981. Original members include Angie J., Dan R., David B., Edwina C., Freddie W., Greg A., James F., James M., Jerome J., Kenny R., Kenny S., Lawrence W., Lynette D., Mary H., Maxwell P., Micah J., Nick R., Sharon A., Sherron R., Stephanie B., and Will R. Later, members such as Franklin F., Vernon M., John A., Llewellyn M., Paul J., Greg C., and Charles M. joined the group.

In September of 2015, to show our gratitude for group members and to the Fellowship of Alcoholics Anonymous, the group voted to designate the last Saturday in November 3 as its "Annual Day of Thanks," and held its first celebration on Saturday, November 28, 2015. Many of the original members of the group were in attendance. Also in attendance were Carmella C., Past Delegate (Panel 63) and members of the Grapevine Committee.

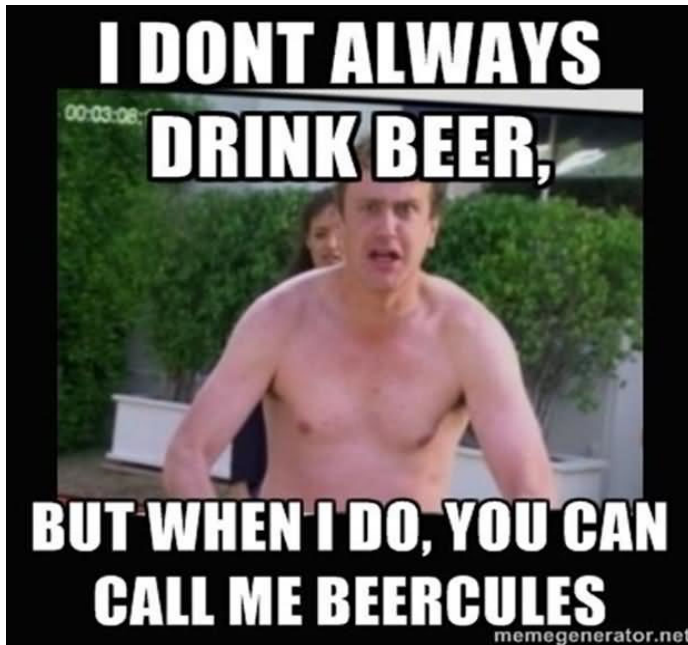
Due to the pandemic, the group voted to hold phone conference meetings which began on Saturday, August 15, 2020. We eventually moved to a zoom platform on Saturday, October 10, 2020, which is where we will meet for the next year while the Festival Center undergoes renovation.

The groups continue to be self-supporting through their own contributions. Saturday Morning Steps will turn 23 years old on July 25, 2021, and Sunday Morning Joy will turn 23 years old the following day! On Saturday, July 31 st, the group celebrated its anniversary on Zoom.

If you are anything like me and are in search of a home group where you can fit in and can feel a part of, feel free to join us on Saturdays at 8:00 a.m. or visit our sister group,

Sunday Morning Joy, which meets every Sunday at 8:00 a.m., on Zoom.

(The author celebrated her 24th anniversary on June 21, 2021!)



A guy wants a divorce. He tells the judge "I cant take it anymore she's out going from bar to bar every night way past midnight"

The judge responds "what's she doing"

The guy says "looking for me"

.....

My AA sponsor told me to stay away from places where I used to drink.
I just sold my car.

Signs you drink too much coffee

- You answer the door before people knock.
- Juan Valdez named his donkey after you.
- You ski uphill.
- You grind your coffee beans in your mouth.
- You haven't blinked since the last lunar eclipse.
- You lick your coffeepot clean.
- You're the employee of the month at the local coffeehouse and you don't even work there.
- Your eyes stay open when you sneeze.
- You chew on other people's fingernails.
- Your T-shirt says, "Decaffeinated coffee is the devil's blend."
- You can type sixty words per minute ... with your feet.

National AA Technology Workshop

**Theme: AA and Technology
in a Time of Change**



*As we emerge from the pandemic: technology lessons learned,
what worked, what didn't and where we go from here*

When: September 17-19, 2021

Friday 8pm -10pm eastern | 5pm – 7pm pacific
Saturday 11am - 8pm eastern | 8am – 5pm pacific
Sunday 11am – 6pm eastern | 8am – 3pm pacific

Where: Zoom Platform

Registration: Tickets to the event are \$5 and available here:
<https://naatw2021.eventbrite.com/> .

The National AA Technology Workshop is a group of AAs who gather and work together to share about carrying the message of AA through technology.
For more information about NAATW visit naatw.org

The Online Intergroup of A.A. (OIAA) is pleased to serve as this year's host committee.

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

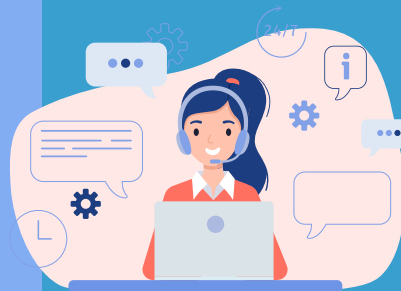
Setting Boundaries from The Start: Carry the message not the alcoholic

- 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

September 13, 2021

6:00 pm – Orientation for new GSRs and DCMs
(OPTIONAL)

7:00 pm – Area Meeting Begins

Zoom Meeting:

[https://us02web.zoom.us/j/82944514857?](https://us02web.zoom.us/j/82944514857?pwd=T2E0ZkpqMkIrdCtzSGEvQ0Fldjc4QT09)
[pwd=T2E0ZkpqMkIrdCtzSGEvQ0Fldjc4QT09](https://us02web.zoom.us/j/82944514857?pwd=T2E0ZkpqMkIrdCtzSGEvQ0Fldjc4QT09)

Join by Phone:

(US) +1 662-778-8021 (PIN: 582244691)

WAIA Monthly Board Meeting

September 14, 2021—8:00 PM

Monthly Board of Directors Meeting – 2nd Tuesday of the month (except August)

Join Zoom Meeting: 8:00 PM

[https://us02web.zoom.us/j/83460598434?](https://us02web.zoom.us/j/83460598434?pwd=VVBEEK2FNSzcxS3VXZDFVOXhMa1oxZz09)
[pwd=VVBEEK2FNSzcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEEK2FNSzcxS3VXZDFVOXhMa1oxZz09)

Meeting ID: 834 6059 8434
Passcode: 819862

One tap mobile

+13017158592,,83460598434# US (Washington DC)

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	College Park	Gay Group
AA at CUA	1920 Cosmopolitan	100 Georgetown
AA & Family Issues	Crapshooters	Glenarden
Addison Road	Creative Arts	Glen Echo
Adams Morgan Meditation	Crossroads of Recovery	172 Goldsboro
All Are Welcome	Daily Reflections, NW	30 Good News Beginners
Anacostia	99 Daily Reflections, SW	Good Shepard
780 Andrews Armed Forces	30 Daily Reflections, UnityPI	217 Grapevine Sat Women
250 As Bill Sees It, NW	Darn Good Big Book	1545 Greenbelt Step
750 As We Understood Him	968 Darnestown Men	30 Growing Group
660 Aspen Hill 5th Chapter	Day by Day	Happy, Joyous & Free
Aspen Hill Phoenix Mon.	Deanwood Women Rap	Help Wanted
20 Aspen Hill Phoenix Fri.	Deanwood Step	High Noon
750 Attitude & Action	Double Dippers	High on the Hill
Attitude Adjusters	44 Double Recovery	180 High Sobriety
Back to Basics	Dupont Circle Club	Hill Lunch
Barnesville	DC Young People	Hope Fellowship
Beginner Basics (DCC/Wed)	100 DCC Noon	60 Hope/Oxon Hill
Beginners & Winners	57 DCC Women Fri.	How It Works G'burg
Beginners are Winners	179 DCC Tues. 6PM	Hyattsville Discussion
Beltsville	1780 DCC—930 Club	Hyattsville Hope
60 Brightwood	Del Ray Acceptance	84 Informed Group
Brookland	Del Ray club	1800 Into Action, Germantown
Broad Highway	District 2	Investment
1500 BYOL	Divine Intervention	Irreverent Women
BYOL (NonSmoke)	Dunn Drinking	Jaywalkers
555 Burtonsville Big Book	Dunrobbin	30 Just Before Noon
Campus Noon	8AM Men's Big Book	Just For Today
Capitol Heights	Early Times	Kensington YP Step Study
1105 Capital Hill	1366 Epiphanies	47 Keys to Kingdom
Carmody Hill Group	Ex Libris	Kid Friendly Big Book
100 Casey Barns	Faith Fellowship	Kingman Park
Cedar Lane Women	Faith Group	540 Language of the Heart
Change of Life	52 Pick-Up	Landover Discussion
Cheltenham	Fireside Spirituality	Lanham-Seabrook
Chestnut Lodge Outreach	65 Foggy Bottom	Laurel Recovery
Chevy Chase Group	109 Foglifters	Leisure World Noon
Chinatown Big Book	Forestville Primary Purpose	Leisure World Big Book
212 Chinatown Men's	14 Promises	Let Go Let God
25 Cigar Smokers	Fourth Dimension	Life Is Good
Clarksburg AA	Free Spirits	Little House
Cleveland Park	Friday Night Fun Too	61 Lit Womxn
Clinton 45 Plus	Friday Night Big Book	Living Sober by the Book
Clinton Day	Friendly Bunch	Living Sober Unity Place
Clinton 6:30	600 Friendship	May Day
Clinton Sunday Night	Gaithersburg Beginners	Meance to Serenity
160 Coffee & Donuts	Gateway	600 Men of Dupont
Colesville Sunday Nite	Gateway/Wednesday	Men In Recovery
	Gay 18 New Castle	Men's BS Session

79 Merry Miracles	Palisades Mon. Nite	Sun. Morning Reflections-UP
170 Messengers	60 Petworth	6000 Sunrise Sobriety
308 Mideast	Phoenix Group/DC	250 Sunshine, G'burg
2742 Midtown	Pool'ville Pot Luck	Sursum Corda
Monday Winners	30 Potomac Group	360 Takoma Park Necessity
Mo.Co. Women	Potomac Eye Openers	180 Takoma Rush Hour
80 Monday Nite Women	Primary Purpose Gay	Tenley Circle
610 More Peace of Mind	360 Progress Not Perfection	60 There is a Solution-Women
Montrose Gay	125 Prospect group	TGIF
320 Moving into the Solution	147 Potomac Oaks	Thurs. Morn. Reset
Mt. Rainer	Promises Promises	Triangle Club
94 Nativity	480 Queer Women	Twelve Point Bucks
Navy Yard Nooners	Quince Orchard	Unity Noon
72 Neelsville Beginner	Radicals	120 Unlovely Creatures
109 New Hope	Read & Speak	Upper Marlboro Step
N.E. New Hope	180 Riderwood Bills	379 Uptown
NE Sunrise	120 Room with a View	User Friendly
Never Too Late	100 Rosedale Sobriety	129 VA Hospital Ctr
Never Walk Alone	Sat.Afternoon/2PM/UP	400 Victory Lights
New Avenue	200 Saturday Morning Steps	190 Virtually Sober
250 New Beginnings NW	Saturday Night Happy Hour	Vision for You
New Beginnings/Pool'ville	Saturday Night Special	110 Waters Landing
New Beginners SW	120 Scaggsville	We Care
New Beginnings-Women	Second Chance	169 Wednesday Nite Winners
New Stomping Ground	Serendipity	Welcome Group
200 New Unity Gay	Serenity House	285 Westmoreland Women
No Exclusion	120 Shepherders	50 West Side Men
No Hard Terms	Silver Spring Beginners BB	67 Westside Women
Norbeck Women Fri	Silver Spring	127 What's Happening Now
171 Norbeck Women Wed	Simplicity	When All Else Fails
Norbeck Step	Simply Sober	White Oak Steps &Traditions
185 NW Metro	Singleness of Purpose	218 Women's Lit (180 Club)
Nuts & Bolts	Six & Seventh Step	3627 Yacht Club
129 Oasis Women's BB	Soapstone	200 Yeas & Nays
Old Fashion Group	240 Sober & Alive	
Olney Farm	Spiritual Hilltop	
On the Circle	75 Sobriety Sister	
Olney Stag Rap	Southern Sobriety	
One Day at a Time	2000 Spiritual Awakening	
One Day at a Time/R'ville	St. Barnabas Womens wrap	211 Birthday
One Day at a Time/G'burg	St. Camillus	240 Faithful Fivers
One Day at a Time/Lanham	1100 St. Mary's Gay	20,223 Individuals
One Hour Back	St. Francis	600 Memorial
155 Out of the Woods	Starting Over Gaithersburg	
180 Group	Step II Group	
Open Arms	Sunday Men's Step	
Path to Healing	95 Sunday Morning Breakfast	
1400 P Street	379 Sun. Morn. Breakfast Out	
	230 Sunday Morning Joy	

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Day

Years

September 12
September 19

Ako D.
Leonard B.

New Hope Steps 123
New Hope Steps 123

2 Years
30 Years

THINGS WE CANNOT CHANGE

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

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