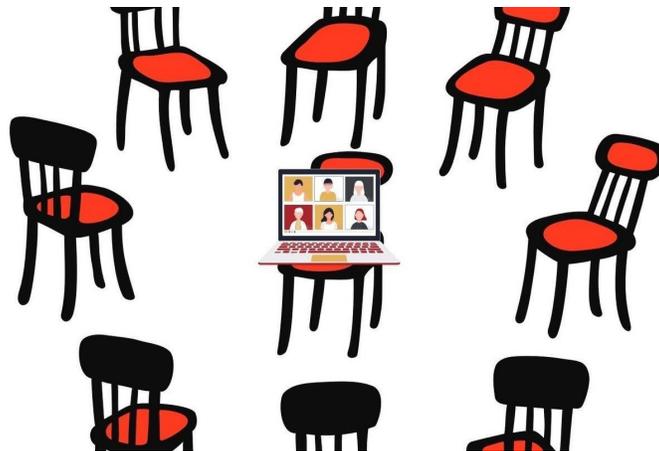


The Scary Pandemic. . .



And Recovery Answers



The Miracle of Recovery continues

The Covid Apocalypse

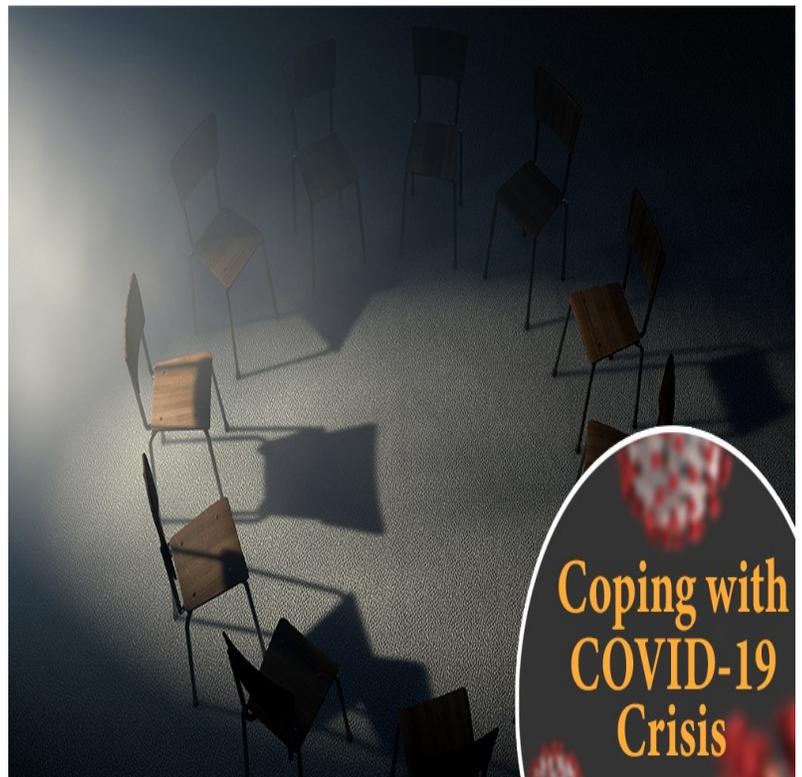
The COVID-19 pandemic hit in March 2020; it felt like an apocalypse. My friend and I each lived alone so we decided to become “COVID-roommates.” We consoled each other that it was normal to drink during a time like this. Liquor stores never had a shutdown.

There was a repeated cycle of binge drinking, feeling remorse, self-pity, and hopelessness, and buying more alcohol to assuage these negative emotions and thoughts. I blacked out only to wake up feeling that I may not come out of this pandemic alive.

I was desperate and saw a psychologist. He suggested I try A.A. Zoom meetings. I did since it was a “doctor’s” order. I shut off my camera because I was ashamed. I listened and shared sometimes, often ending in tears. Kind people put their contact info in the chat. I contacted one after another binge. That lady became my sponsor and suggested I call her daily and attend as many Zoom meetings as possible. I followed her advice. I asked my friend to return to her house because I realized she was a huge trigger. I began to heal and feel better as I attended meetings, talked to my sponsor, psychologist, and positive people in the program.

A year has passed, and my life is completely different. My body is healing, and my spirit is peaceful, joyous, and free from the shackles of my addiction, despite this ongoing pandemic. Thank you, God and A.A., for saving my soul!

J.Y.



Learning How to Learn: Returning to School Sober

When I first considered the idea of returning to school to earn a master's degree, I was skeptical about the likelihood of my success. Despite three years of sobriety, I could only think back on my record as an undergraduate and wonder if I wouldn't repeat all the same mistakes. At this time, more than a decade earlier, I had created an embarrassing record for myself.

After starting out as a freshman with a nearly perfect GPA, my grades as a junior were so bad that I was placed on academic probation and forced to take a semester off from school. The reasons for this downward progression were hard to explain, even to myself. I had not spent much time drinking (that came later) nor had I encountered material beyond my ability. I had somehow lost the ability to meet deadlines and to apply myself to my coursework in a systematic fashion. I found myself in the dean's office semester after semester requesting extensions for research papers. Even when such extensions were granted, nearly all of the work I submitted was incomplete in some way. Unable to grasp the nature of my problem and find a solution for it, I became resigned to the idea that I would repeat this pattern endlessly. My only hope, as I could see it then, was to get out of school and put the whole experience behind me.

Thanks in large part to the awareness brought by the program, I know today that the demon with which I was grappling was perfectionism. Having set myself the unattainable standard of immediate success in every endeavor, I became afraid to engage in any activity in which a favorable outcome was not assured at the outset. I can now see that this pattern severely undermined my ability to learn, for it made me afraid of the natural learning process which consists of gradual improvements in one's skills.

I'd like to say that I took this insight and thoroughly applied it to my graduate studies. If I had, I have little doubt today that those years would have been immeasurably enhanced. But the truth is that I wasn't able to let go of that character defect entirely while in school. My hours spent rewriting sentences in final papers is testimony enough to that. With the help of my sponsor and regular meetings, however, I was able to let go of the most crippling aspects of the defect and learn once again to submit assignments on time. I was able to experience first-hand the wisdom underlying the program's assertion that it is progress, not perfection that matters. For I found that this simple idea enabled me to let go of my anxieties about the outcome and to simply give the work my best shot. In short, this idea gave me back my capacity to learn.

Of course, anyone who's spent any time at all in the program can point to a dozen other tools of recovery which would be useful to the recovering alcoholic as she or he returns to school. The concept of approaching a problem one day at a time was enormously helpful to me as I prepared for my comprehensive exam, as was the reminder that we need only do the "next right thing." The idea that an alcoholic is no better or worse than others, but simply a worker among workers was also helpful as I struggled with classmates. And, most important of all, the Steps enabled me to remain sober. Without that foundation, school or any other serious endeavor – would be impossible.

Cindy L, WHC-L Chayim Group
New Reporter, Washington DC.

Redemption (A poem)

Twisting turning writhing back on itself
The dark maze surrounds, confounds
Lurching spinning writhing we fear for ourselves
The maze enfolds, controls

The thorns reach out with greedy hands
The branches betray us, delay us
Staggering away from day to next day
The pain connects, rejects

What's that scent? Over the pain?
Somewhere ahead, somewhere through
What's that sight? Up in the heights?
A bloom seen yet unseen

Climb! Climb, though the thorns tear your skin
Pierce your cheek, when you reach
Climb! Climb, through the baffling hurt
Though you are scared, reach for the clear air

Somehow, some way, some when
There are roses, blooms, on these thorns
There's no defeat, the smell so sweet
In those hard to reach heights so right

The maze of the past is a crooked mirror cast

A spell to break, a shackle to shake
These and many more are the ways we describe
How the past from us and our future divides

Bursting blooming opening in riotous color
The rose of redemption rises above the maze
Rise up! Seize the day, seize sun's rays
The bloom unfolds, enfolds you

Rest your hands on the petals
Heal your heart - make a new start
Feast your eyes on the rose
Then, let your teary eyes close

You may fall - twisting, turning back

(For the maze is jealous of its children)
Keep in your soul, the part hidden from all
The rose that you found, to which you are bound

Resting, growing, blooming in your soul
Hold tight as the maze starts to fight
When you can strike when your fire is alight Reach
above the below and find the sun's glow –

Striving, surviving, and then thriving, we'll be
Above the maze, above the haze
It hurts! Oh, it hurts to get there
But in the sun we will meet as one

A day long ago a man shouted "You below!"
Helped me to climb to a rose I could find
Today though I fall I treasure that call
Today I can cope - I can offer new hope

The scars twist, encircle, ensnare my hands
For my journey was not easy nor kind
The maze lurks within, the painful dead sin
I seek my rose each day, for help I must pray

On good days I shout "You below! Look above!"
My battered hands are yours to command
For our thorns are our own
But the maze is shared – I can help, I can reach, I
can care

Tony V
Sunrise Serenity
Del Ray Club



24 Ways

“When I was starting in the program, you showed me how and suggested I keep coming back. When I thought you were crazy, you showed me patience. When I shared with you that I might be crazy, you understood. When I didn’t think sobriety was possible, you introduced me to my Higher Power. When I got sketchy, you showed me ways to avoid the slip. When I thought being sober was enough, you introduced me to serving others. When I was patting myself on the back, you told me about character defects. When I thought I was serving others, your examples showed me I could go a lot further.

When I was down, your door was open. When I plateaued and got into a lull in the program, you re-introduced me to my Higher Power.

When I forgot what life was like when I first came in here, you sent me to a First Step meeting. When I let things become overwhelming, you showed me the better way was to keep it simple. When I began to attend fewer meetings, you asked me if I was cured. When I said ‘I’ve got this now,’ you laughed and said I’d better get to a meeting. When I asked you to save my life, you just asked me for a dollar— if I had it.

When I worried, you suggested I turn it over. When I was stuck in my head, you introduced serenity. When I came to meetings, you didn’t judge. When I was judging others, you forgave me. When I still do things the wrong way, you call me on it and remind me to do the next right thing.

You have shown me what eyes look like we reach rock bottom and what they can look like three months later. When I said, I’ve never done that,” you said, “. . . yet.”

When I got my chip, you threw down some mojo. When you share with me, I learn what I didn’t know I couldn’t live without.”

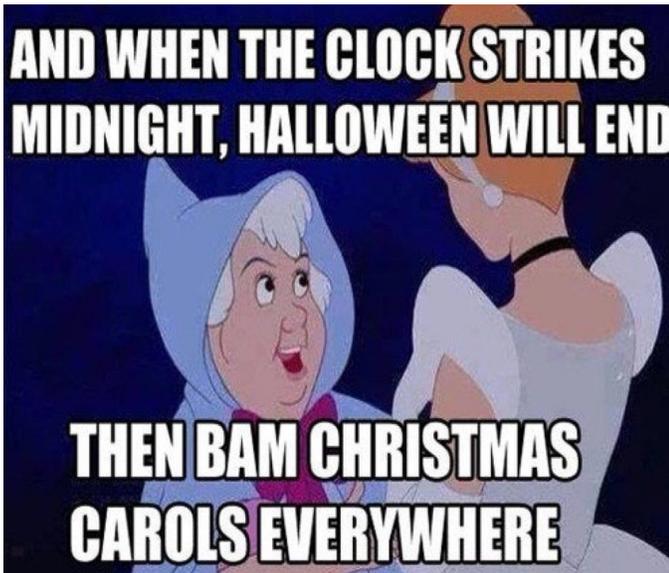
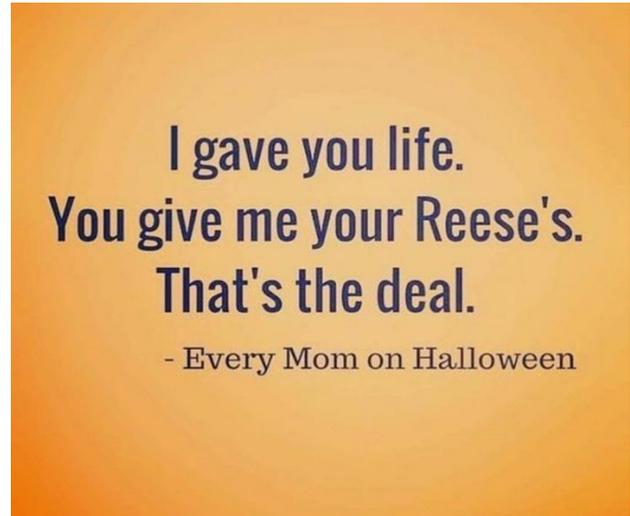
J.F., Oconomowoc, WI
Appeared in the Silver Streak,
Las Vegas Intergroup

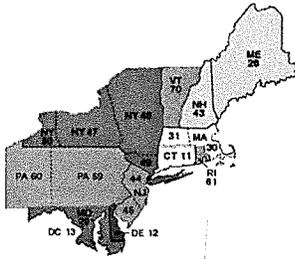
THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away

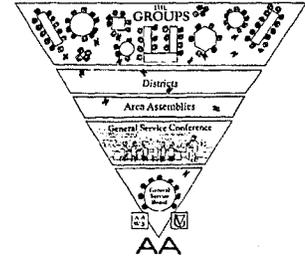


Eat, Drink and be Scary!





**Northeast Regional Trustee
7th Tradition Letter of Appreciation
August 24, 2021**



Washington Area Intergroup Association (WAIA)
4530 Connecticut Avenue, NW Suite 11
Washington, DC 20008-4310

Dear WAIA:

It is with sincere gratitude, to acknowledge your recent significant contribution to our General Service Office (\$10,000.⁰⁰ of August 13, 2021).

I see that the WAIA Office is currently open to volunteers (and public) - with appropriate precautions in place. We've all been through a lot these past two years and it is especially inspiring to see that your Office has safely re-opened. Thank you for your service.

Also, from your website, it pleases me to learn that WAIA volunteers are answering the "AA phones" 12 hours a day - with night calls re-routed to Night Watch volunteers. On a personal note, in early sobriety, I regularly called the Nassau Intergroup phone service (in New York) for good orderly direction. As such, it was a real thrill for me, a few years later, to staff the overnight service from time to time. So, thanks for reviving those fond memories.

Next month's Grapevine magazine, September 2021, page 50, announces the start of our annual photo contest www.aagrapevine.org/photocontest . Please consider sending along any photos of Montgomery and Prince George's Counties, MD, as well as Washington, DC, for consideration.

On behalf of all of us here on the General Service Board, thank you again for practicing the 7th Tradition. It is because of voluntary contribution(s), such as yours, that all alcoholics who reach out for help have a place to turn for hope.

Together we can,
Francis G.

Northeast Regional Trustee and AA Grapevine Director
AA World Services, Inc. = (212) 870-3400
AA Grapevine, Inc. = (212) 870-3018



*The group conscience
will, in the end, prove
a far more infallible
guide for group affairs
than the decision of
any individual group
member. . . .*

THE AA PREAMBLE: BACKGROUND INFORMATION

THE PREAMBLE was introduced in the June 1947 issue of the AA Grapevine magazine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the Big Book, *Alcoholics Anonymous*.

In those early years, the Grapevine had just begun to circulate among nonalcoholics, and the Preamble was intended primarily to describe for them what AA is and is not. It is still often used for public information purposes. As time passed, it began appearing in all Conference-approved publications, and many AA groups now use it to open meetings.

The original version differed in two ways from the familiar form we all know: 1) It stated that the only requirement for membership is an *honest* desire to stop drinking,” and 2) it contained only the very brief statement “AA has no dues or fees.”

People often ask why the word “honest” was deleted. At the 1958 General Service Conference, a delegate asked about the words “honest desire to stop drinking,” suggesting that since “honest” does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA, the phrase had been dropped from common usage. The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble has read simply “a desire to stop drinking.”

At the same time, the phrase “AA has no dues or fees” was clarified to read as it presently does: “There are no dues or fees for AA membership; we are self-supporting through our own contributions.” The current version of the Preamble appears on page one of every issue of the Grapevine.

At the 71st General Service Conference in 2021, after a series of votes, a final Advisory Action requested that “The Preamble revision replacing the words ‘men and women’ with the word ‘people’ be presented to the General Service Board for approval as the new revised A.A. Preamble.” The revised A.A. Preamble first appeared in the July 2021 AA Grapevine and the July/August La Viña, and afterwards throughout Grapevine and A.A.W.S. literature and other media.

When reprinted, the Preamble should carry the following credit line: Copyright © The AA Grapevine, Inc. Reprinted with permission.

AA PREAMBLE©

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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Back To Basics

The Alcoholics Anonymous Beginners' Meetings

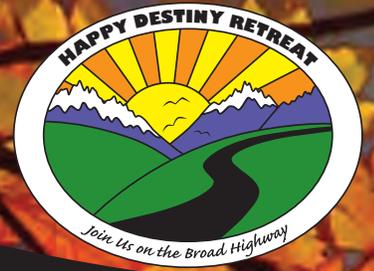
"Here are the steps we took . . ."
in Four One-Hour
Sessions

**10 AM Saturday October
2nd, 9th, 16th, and 23rd**

Laurel Recovery

368 Main Street Laurel MD 20707

laurelrecovery.org



Happy Destiny Retreat
Presents The 14th Annual

Fall Bonfire

Saturday, October 9, 2021

Rain Date October 23, 2021, Check Website to confirm.

Suggested Donation is \$5

- Live Music
- 50/50 Raffle
- **BRING YOUR OWN PICNIC DINNER**
Light Snacks and Drinks Provided
- Fun for the Whole Family

**4:00 pm – Dinner, Music,
Fellowship & Festivities**

7:00 pm – AA Meeting

For More Info or Service Opportunities:

Email: happydestinyretreat@gmail.com

Call or Text: Jack C. 301-908-8396

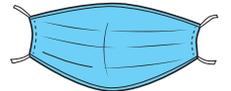
Website: happydestinyretreat.org

RSVP

Please fill out this online form so we may keep you updated. We will follow Howard County's mandated covid safety protocols.

<https://tinyurl.com/hdbonfire>

MASK POLICY



Masks are highly encouraged when gathering close to others outside of your household. Please practice safe distancing.

WHAT TO BRING

- A mask
- A Newcomer
- Your Own Picnic Dinner
- Chair/Blanket/Flashlight
- Warm Clothes/Jacket for After Dark

NO PETS PERMITTED

**Located at Greenbank Farm
7158 Brooks Rd, Highland, MD**

From the Montgomery County area, head EAST on 108 toward Howard County. After you cross the Patuxent River into Howard County go about a mile. Take a LEFT onto BROOKS RD, then turn into the FIRST DRIVEWAY on the LEFT.





.....*Taking the Path of Freedom from the Bondage of Self*.....

“FREEDOM FROM BONDAGE” (Big Book) Seminar

In-Person Meeting Only

**WHERE: Church of the Assumption – Basement
3401 Martin L. King Avenue, SE WDC, 20032**

Two Sessions

**WHEN: Saturday, October 23, 2021 1:00- 3:00pm
Saturday, October 30, 2021 1:00- 3:00pm**

Please Bring Your Big Books With You to Sessions:

**Presenters: Terry R.
Tiffany R.
Carmella D.**

(Please Pass This On)

COVID19 PROTECTIONS:

YOU MUST WEAR A MASK WHILE IN THIS MEETING ROOM.

SEATING WILL BE APPROPORIATELY SPACED FOR YOUR SAFETY.

THE ROOM WILL ALSO BE WELL-VENTILATED FOR YOUR SAFETY.

Thank you, Jeretha G.

SAVE THE DATE
JOIN US FOR AREA 13'S

ANNUAL GRATITUDE BREAKFAST

35TH ANNUAL

NOVEMBER 14, 8:30 AM
ZOOM INFO TBD



SAFETY CARD FOR A.A. GROUPS

The General Service Office has made this optional card available as an A.A. service piece for in-person/online groups that wish to use it. Please feel free to utilize, choose a section(s) or adapt the text to your group's needs.

Tradition Five states: Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

Any person seeking help with a drinking problem is welcome at this group. No A.A. entity determines an individual's membership in Alcoholics Anonymous. It is this group's conscience that if any person endangers another individual or disrupts the group's efforts to carry A.A.'s message, the group may ask that person to leave the meeting.

This group strives to safeguard the anonymity of A.A. members and attendees; however, keep in mind that anonymity in A.A. is not a cloak for unsafe and illegal behavior. Addressing such behavior and/or contacting the proper authorities when appropriate, does not go against any A.A. Traditions and is meant to ensure the safety of all in attendance.

The short form of Tradition One states: "Our common welfare should come first; personal recovery depends upon A.A. unity." Recognizing the importance of group unity, our group wishes to create a safe meeting environment in which alcoholics can focus on achieving sobriety.

Additional Sharing:

- Safety is a topic within A.A. that groups and members can address. Developing workable solutions to help keep meetings safe can be based on the principles of A.A. In discussions about safety, keep the focus on our primary purpose, our common welfare, and placing principles before personalities.
- Predatory behaviors and unwanted sexual advances are in conflict with carrying the A.A. message of recovery and with A.A. principles.
- A.A. does not provide medical advice or detox services; it has no opinion on outside issues, including medication. Medical advice should come from a qualified physician.
- The only requirement for A.A. membership is a desire to stop drinking. Groups and members strive to create a safe environment for the alcoholic who still suffers.
- If safety concerns arise, individuals can speak with a sponsor, members of the group, a trusted friend and/or a professional to address the concern.
- Service entities, such as areas, districts and intergroup/central offices, are available to help provide A.A. services and shared experience. All groups and entities in A.A. are autonomous. There is no government within A.A. and no central authority to control or direct its members, but we do share our experience, strength and hope.

*For more information on this topic, see the service piece
“Safety and A.A.: Our Common Welfare” (SMF-209) at aa.org.*

WAGSA Area Committee Meeting

October 11, 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)

14th Annual Happy Destiny Retreat Fall Bonfire

Saturday, October 9, 2021

Bring your own Picnic Dinnr

4pm—Dinner, Music, Festivities and Fellowship

7pm—AA Meeting

Suggested Donation: \$5.00

Website: happydestinyretreat.org

WAIA Monthly Board Meeting

October 12, 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=VVBEBK2FNSzcxS3VXZDFVOXhMa1oxZz09)
[pwd=VVBEBK2FNSzcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEBK2FNSzcxS3VXZDFVOXhMa1oxZz09)

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

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	296	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
1050 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	2344	DCC—930 Club		Hyattsville Hope
60 Brightwood		Del Ray Acceptance	84	Informed Group
Brookland		Del Ray club	1800	Into Action, Germantown
349 Broad Highway		District 2	191	Investment
1500 BYOL		Divine Intervention		Irreverent Women
BYOL (NonSmoke)		Dunn Drinking		Jaywalkers
778 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	1511	Epiphanies	47	Keys to Kingdom
Carmody Hill Group		Ex Libris		Kid Friendly Big Book
100 Casey Barns		Faith Fellowship		Kingman Park
Cedar Lane Women	126	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	Fogliffers		Leisure World Noon
Chinatown Big Book		Forestville Primary Purpose		Leisure World Big Book
212 Chinatown Men's	240	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	74	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
College Park		Gay 18 New Castle		Men's BS Session
		Gay Group	79	Merry Miracles

170	Messengers	Phoenix Group/DC	250	Sunshine, G'burg
308	Mid east	Pool'ville Pot Luck		Sursum Corda
2742	Midtown	330	360	Takoma Park Necessity
	Monday Winners	Potomac Group	180	Takoma Rush Hour
	Mo.Co. Women	Potomac Eye Openers		Tenley Circle
80	Monday Nite Women	Primary Purpose Gay	60	There is a Solution-Women
610	More Peace of Mind	360		TGIF
	Montrose Gay	125		Thurs. Morn. Reset
320	Moving into the Solution	Prospect group		Triangle Club
	Mt. Rainer	147		Twelve Point Bucks
94	Nativity	Potomac Oaks		Unity Noon
	Navy Yard Nooners	Promises Promises	120	Unlovely Creatures
72	Neelsville Beginner	480		Upper Marlboro Step
109	New Hope	Queer Women	379	Uptown
	N.E. New Hope	Quince Orchard		User Friendly
299	NE Sunrise	Radicals	129	VA Hospital Ctr
	Never Too Late	Read & Speak	400	Victory Lights
	Never Walk Alone	180	281	Virtually Sober
	New Avenue	Riderwood Bills		Vision for You
250	New Beginnings NW	120	110	Waters Landing
140	New Beginnings/Pool'ville	Room with a View		We Care
	New Beginners SW	100	169	Wednesday Nite Winners
	New Beginnings-Women	Rosedale Sobriety		Welcome Group
	New Stomping Ground	Sat.Afternoon/2PM/UP	285	Westmoreland Women
200	New Unity Gay	345	50	West Side Men
	No Exclusion	Saturday Morning Steps	67	Westside Women
	No Hard Terms	Saturday Night Happy Hour	127	What's Happening Now
	Norbeck Women Fri	Saturday Night Special		When All Else Fails
171	Norbeck Women Wed	120		White Oak Steps &Traditions
	Norbeck Step	Scaggsville	218	Women's Lit (180 Club)
185	NW Metro	Second Chance	3627	Yacht Club
	Nuts & Bolts	Serendipity	200	Yeas & Nays
129	Oasis Women's BB	120		
	Old Fashion Group	Serenity House		
	Olney Farm	Sheepherders		
	On the Circle	Silver Spring Beginners BB		
	Olney Stag Rap	Silver Spring		
	One Day at a Time	Simplicity		
	One Day at a Time/R'ville	Simply Sober		
	One Day at a Time/G'burg	Singleness of Purpose		
	One Day at a Time/Lanham	Six & Seventh Step		
	One Hour Back	Soapstone		
155	Out of the Woods	240		
180	180 Group	Sober & Alive		
	Open Arms	Spiritual Hilltop		
1594	P Street	75		
	60 Palisades Mon. Nite	Sobriety Sister		
	60 Petworth	Southern Sobriety		
		2000		
		Spiritual Awakening		
		St, Barnabas Womens wrap	223	Birthday
		St. Camillus	270	Faithful Fivers
		1100	20,878	Individuals
		St. Mary's Gay	600	Memorial
		St. Francis		
		Starting Over Gaithersburg		
		Step II Group		
		Sunday Men's Step		
		95		
		Sunday Morning Breakfast		
		431		
		Sun. Morn. Breakfast Out		
		230		
		Sunday Morning Joy		
		Sun. Morning Reflections-UP		
		6000		
		Sunrise Sobriety		

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Day

Years

October

3 Diane H.

New Hope Steps 123

33 Years

THINGS WE CANNOT CHANGE

Freddy C., August 26, 2021, Serenity House, 36 Years Sober

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