"Our real purpose is to fit ourselves to be of maximum service to God and to the people about us."

• Digital NEW REPORTER • Alcoholics Anonymous, 4th Ed, p 77

WASHINGTON AREA INTERGROUP ASSOCIATION

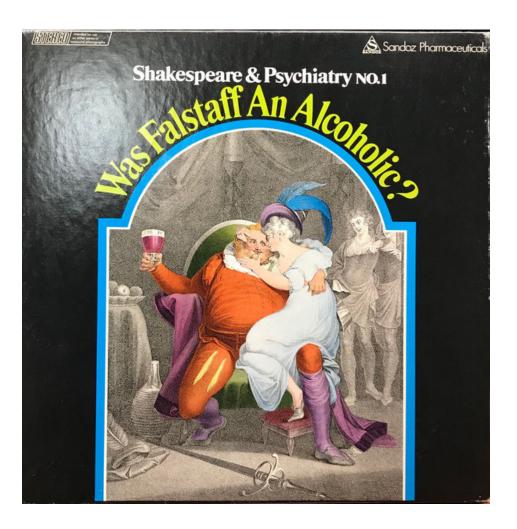
VOLUME 59

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NUMBER 1

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JANUARY 2022



Covid, the 1st Step and Powerlessness And Falstaff to boot!

WASHINGTON AREA INTERGROUP ASSOCIATION

VOLUME 59

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NUMBER 1

JANUARY 2022

Was Falstaff an Alcoholic?

Note to reader – your intrepid editor also happens to be a devoted vinyl record collector. Recently he was out looking at records and came across the record featured on this month's first page.

According to No Sweat Shakespeare.com, "Sir John Falstaff is one of Shakespeare's most popular characters. He was that in Shakespeare's time and subsequently over the next four hundred years, and he still fits that bill. He is arguably the most famous comic character in all English drama. Shakespeare and his audience enjoyed Falstaff so much that Shakespeare placed him in four plays, although, in *The Merry Wives of Windsor*, in a different context in time and place than in <u>Henry IV Part</u> <u>1</u>, <u>Henry IV Part 2</u> and <u>Henry V</u>. In *The Merry Wives* Falstaff is a different person but he is, in all respects, the same fat, vulgar, disgusting old man – in other words, the same character.

On our vinyl record, two academicians, Bernard C. Meyer, psychiatrist and professor, Professor Norman Holland the author of *Psychoanalysis and Shakespeare* (1966), and Morris Carnovsky, a leading Shakespearean actor all discuss the issue of whether this fictional character is an alcoholic.

Dr. Meyer, responded to the question thus: "I would say that Falstaff's drinking represents but one facet of a rather complicated personality structure and behavior. To the extent that he consumes apparently large quantities of alcohol, not hard liquor, but wines and particularly sherry, that he drinks a great deal between meals and that he shows a certain dependence upon alcohol in order to raise his spirits, particularly when they are depressed. I suppose that to this extent, one has to recognize a certain alcoholic trend in Falstaff."



Mr. Carnovsky, who has played Falstaff as an actor, had this to add: "Certainly he uses alcohol as a palliative, a necessity but then he uses everything that happens in life in the same way. Everything is grist for the mill to the central idea that I as an actor look for. And therefore, let us prolong that phase in ourselves as long as possible. To this end, he uses liquor just as he uses women, the company of young boys and so on to make the act of living more vital and free.

I don't see him as an alcoholic. I see Falstaff as coming out along the lines of W.C. Fields. Who you might think of as having a drinking problem, but you could also think of as an imaginative spirit."

All three of these experts, speaking in 1970, agreed that they would like to have Falstaff as a friend. "One thing about Falstaff is that he is the kind of person you always hope to meet in a bar."

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Step One can be understood as a stage of acceptance. The most valuable phases of this First Step are: "Powerless"

"Unmanageable"

This step is structured around the belief that one is "powerless" over one's chronic disease.

AA co-founder Bill Wilson likely based this concept heavily on the work of Dr. William Silkworth. Silkworth was <u>among the first to approach alcoholism as a</u> <u>disease</u>.

Addiction is not viewed here as a behavior controlled by willpower. Step One aims to relabel the addiction of any affected individuals as a disease similar to a lethal allergy.

Admitting that addiction cannot be cured by pure behavioral will is the first hurdle. This lack of control must be understood before a member can proceed with recovery.

Constant triggering of the addiction disease has caused life to be "unmanageable." Like any incurable recurring disease, addiction steals total control of one's wellness.

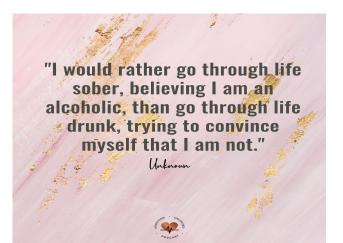
"We admitted we were powerless over alcohol—that our lives had become unmanageable."

I am concerned I have a drinking problem

Is A.A. for You?

Only you can decide whether you want to give Alcoholics Anonymous a try—whether you think it can help you. We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism. We decided to try to face up to what alcohol had done to us. Here are some of the questions we tried to answer *honestly*. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

See the next page for the questions.



WASHINGTON AREA INTERGROUP ASSOCIATION

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7 Has your drinking caused

Yes

No

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- 1 Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days? Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. A.A. said: "Just try not to drink today." (If you do not drink today, you cannot get drunk today.)
- 2 Do you wish people would mind their own business about your drinking stop telling you what to do? In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we got into, and how we stopped. We will be glad to help you, if you want us to.
- 3 Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank *anything* with alcohol in it, we usually got drunk eventually.

4 Have you had to have an eye-opener upon awakening during the past year?

Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking "socially."

- **5** Do you envy people who can drink without getting into trouble?
 At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.
- 6 Have you had problems connected with drinking during the past year?

Yes No

trouble at home? Before we came into A. A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.

8 Do you ever try to get "extra" drinks at a party because you do not get enough?

Most of us used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go someplace else to get more.

- 9 Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
 Many of us kidded ourselves into thinking that we drank because we wanted to. After we came into A.A., we found out that once we started to drink, we couldn't stop.
- **10** Have you missed days of work or school because of drinking?
 Many of us admit now that we "called in sick" lots of times when the truth was

11 *Do you have "blackouts"?* A "blackout" is when we have been drinking hours or days that we cannot remember. When we came to A.A., we found out that this is a pretty sure sign of alcoholic drinking.

that we were hungover or on a drunk.

12 Have you ever felt that your life would be better if you did not drink? Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A.,



Surrender

A moment on a winter day reminds him that id we just let go and give up fighting, we can let others help us fly again. (Taken from the Grapevine, January 2021)

On a snowy day in late December, I noticed a large bird walking among the trunks of the pine trees in the yard of my rural Wisconsin home. While I watched the bird, an A.A. friend arrived and excitedly identified it as a bald eagle with an injured wing. We watched the eagle struggle in the deep snow, exhausted from his attempts to fly. We called Patrick, a friend who is a certified raptor rehabilitator. Within five minutes, Patrick was on his way to help the injured bird.

As the three of us surrounded the eagle, he tried desperately to flap his way out of our tightening circle. His last great effort to escape was a panicked and ferocious display of talons and flapping wings. We finally were able to throw our blankets over him and he was safely contained. Patrick, his hands protected by thick leather gloves, slowly and gently untangled the eagle from the blankets and spoke to him in soft and soothing tones.

Surprised at how quickly the bird had calmed down and surrendered to the reality of his situation, I asked Patrick, "He seems so relaxed, is the fight over already?"

"These birds seem to understand the help concept," Patrick replied while stroking the head of the alert but docile eagle. "Since he was in your yard, we'll call him Howard," Patrick added, looking up at me with a smile.

We put the eagle into a dog crate with a blanket and "Howard the eagle" and Patrick headed to the veterinarian's office.

My thoughts returned to Patrick's words, "They seem to understand the help concept." For years I had fought and resisted the help concept and refused to acknowledge or surrender to the reality of my alcoholism. When I arrived at my bottom and all avenues of escape had finally closed, I reluctantly entered the doors of A.A. There, I found the help I so desperately needed in the power of a "we" program.

The "we" that helped Howard consisted of me, my A.A. friend, Patrick, the veterinarian and raptor rehabilitation volunteers and specialists. The "we" that's helping me recover from my alcoholism are the people at meetings, the Twelve Steps, a sponsor, sponsees, A.A. fellowship and a spiritual connection to a Higher Power.

In early May, the Raptor Rehabilitation Center reported that Howard was beginning to fly short distances in the flight cage and that he might soon be ready to reenter the world of eagles.

That June, Patrick opened the door of the dog crate and Howard stepped out of captivity into the sunshine of the release site. Turning to the large gathering of well-wishers, he tilted his eagle head back and made loud raspy clucks as if to say, "Thank you all for helping me recover."

After lingering for a few unsure moments, Howard lifted in the warm summer sky and flew effortlessly across the wide Wisconsin River into the freedom and happiness of his new life. Like Howard, I to am thankful for my new life.

Howard O. Cambridge, Wisconsin

• MAKES ME LAUGH •

WASHINGTON AREA INTERGROUP ASSOCIATION

VOLUME 59

NUMBER 1

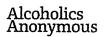
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- Harrison Ford just turned up at my AA meeting. I've never seen Han so low.
- What were the last words of the fish at the AA meeting? "Hello, I'm a fish and I'm dry."
- My brother went to his AA meeting drunk, then he tripped down the stairs. He's been having lots of trouble with the steps lately.
- Why did the anvil get sent to AA? He was always getting hammered.
- AA is the biggest 'Lost and Found' department in the world.





General Service Board of Alcoholics Anonymous, Inc.

www.aa.org

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Please direct all communications to: Grand Central Station, P.O. Box 459, New York, NY 10163 Fax: (212) 870-3003

Dear A.A. Friends,

First and foremost, thank you for your participation in our Seventh Tradition with contributions to the General Service Board. Our co-founder Bill W. posed the question, where do A.A.'s services fit into our scheme of things and why should we provide these functions with money? His answer was simple and still holds true today, that "Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office...or the world service Headquarters." It is with this spirit that the General Service Office (G.S.O.) supports your efforts to carry the message of hope to the still-suffering alcoholic.

For decades, all correspondence to G.S.O., including our contributions, have been sent to Box 459, Grand Central Station, New York, NY 10163. Over the years, Box 459 became such an integral part of A.A. that we named the G.S.O. newsletter after it.

Now, your office and board are excited to announce that we are embracing a new method of processing our Seventh Tradition contributions that will reduce costs, ultimately allowing for more investment in services to members and groups. To this end, we are excited to announce that **a separate post office box has been established for Seventh Tradition contributions only**. This change will enable us to process contributions much more efficiently and at a significant savings to the Fellowship.

Effective immediately, please send contribution checks to:

Post Office Box 2407 James A Farley Station New York, NY 10116-2407

Over the next few months, we will be updating and reprinting our contribution envelopes and literature to reflect this change. To help this change be embraced as fully and quickly as possible, we ask for your assistance in sharing this information with fellow A.A. members and groups.

We have tried to anticipate and answer questions you may have about this change. If you do not see your question below, please contact our Member Services team for assistance at <u>memberservices@aa.org</u> or 212-870-3023.

GRAPEVINE News

What's New For January 2022



Be A Part of Grapevine's Audio Project!

We're back collecting stories from the Fellowship in the form of audio recordings, and we'd love to hear yours! Learn more here.





Follow Grapevine and La Viña on Instagram!

Pass

lt. Along!

Get inspiration from our cofounders, see clips from our YouTube channel and more! @alcoholicsanonymous qv @alcoholicosanonimos Iv

Check out the new audio on our YouTube Channel!

The Grapevine "A New Life" and La Viña "hitting bottom" story playlists are available now! To learn more, visit: youtube.com/aagrapevine.org

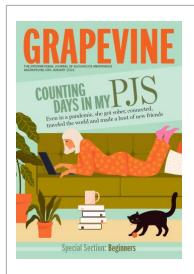
Grapevine Rep Resources Page

Download GVR service resources, tools, postcards, subscriptions forms, and much more! To learn more please visit aagrapevine.org/gvr-resources

Are you looking for the New AA Preamble Card?

The AA Preamble was composed by an editor of Grapevine and introduced in the June 1947 issue. Visit store.aagrapevine.org

What's New in Print and Online



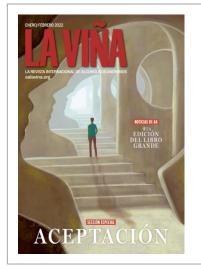
Grapevine Current Issue Spotlight:

This month's featured section is for "**Beginners**." Members start the year sharing about the tools and suggestions that helped them when they were new in AA.

Submit Your Story for Upcoming Issues:

- Annual Prison Issue We're looking for stories of hope about AA in prisons and jails and those who bring AA meetings to them. Did you find AA in jail? Are you involved in correspondence service or prison sponsorship? Tell us your story. (stories due Jan. 15, 2022)
- **Sober Travel** How do you stay sober while on the road, on vacation, in airports, on business trips or moving to another town? How did you find meetings? Have you had any close calls? What helped you stay sober? (stories due Feb. 15, 2021)

Important: We're looking for stories of experience with **each Step** and **each Tradition!** (Pick a Step or pick a Tradition and write about your experience!) We're also looking for **jokes**!



La Viña

Current Issue Spotlight:

This month's Special Section is "Acceptance in AA."

Submit Your Story for Upcoming Issues:

- Newcomer Issue
- The Three Legacies
- No Matter What (stories due by Feb. 2, 2021)
- We are always looking for stories on individual steps and traditions!

Visit La Viña online store, click here!



AAGrapevine.org

Make your plans and add your events to our online calendar at www.aagrapevine.org/share

Grapevine is always looking for stories, photographs, and illustrations. Please visit www.aagrapevine.org/share to learn more about how you can participate with Grapevine.

To listen to a free La Viña audio story (in Spanish), visit: www.aalavina.org.

DCC New Year's Events

December 31 @ 10:00 pm

Regular Meeting Schedule plus the following:

Online

Join DCC for a News Year's celebration hosted by our "Zoom Newbies!" We are so impressed by these (no-longer) newcomers who got sober during the pandemic. They are ready to take on the celebration and throw DCC a virtual party for the New Year!!

Join Zoom Meeting

https://us02web.zoom.us/j/81471678491?pwd=Y241ZDRtQWVSLytDbUpIMCtGcmhxUT09 Meeting ID: 814 7167 8491 Passcode: 446849

New Year's Eve, December 31 10:00pm Eastern – Midnight!

In-Person

Start your new year with fellowship and DONUTS at the Club! After the first meeting of the day, the Spiritual Awakening Group (SAG), the Club will be offering free coffee and donuts! New Year's Day, January 1 After the 8:30am SAG meeting, ~9:30am Eastern

Triangle Club New Year's Eve Meetings December 31, 2021 @ 10:00 pm - January 1, 2022 @ 1:00 am

Triangle Club New Year's Eve Meetings

Join your friends and fellows for the Triangle Club's annual New Year's Eve meetings.

Meetings will be held in-person at the clubhouse at 1638 R Street NW starting on the hour at 10pm, 11pm, 12am, and 1am on December 31st and January 1st.

If you would like to volunteer to chair a meeting, please contact board@triangleclub.org.



New Years Marathon Meetings

NEW YEARS EVE FRI DEC 31st 2021

> 7:00am 12:00pm 4:00pm 6:00pm 8:00pm 10:00pm Midnight

NEW YEARS DAY SAT JAN 1st 2022

> 8:00am 10:00am 12:00pm 2:00pm 4:00pm 6:00pm 8:30pm



Questions? Send us an email at RMCinc.help@gmail.com RockvilleMetroClub.org *All Fellowships Welcome*

Rockville Metro Club 12319 Washington Avenue Rockville, Maryland 20852

200pm to 12:30am Fri Dec 31st 2021

NOT BE ALC

Presents

CIU

\$10 suggested donation MASKS REQUIRED

Games Food Pot Luck Drinks 50/50 Raffle Desserts

> 8:30 AA Meeting 9:30 Entertainment 12:30 Goodbye



Del Ray Club (held upstairs) Bethesda Presbyterian 7611 Clarendon Road Bethesda, MD 20814 (301) 718-7769 delrayclub.org



The Alcohilics Anonymous Beginner's Meetings

Here are the Steps We Took.... In FOUR One Hour Sessions

Saturday @10 AM JANUARY 8, 15, 22, 29

368 Main Street Laurel MD 20707 Laurel Recovery. Org



To register scan the QR Code above or go to https://www.surveymonkey.com/r/AAsponsor

Registration for the workshop is not required, but it will really help us to get a sense of how many people plan to attend and where they are zooming in from. Plus, we include a question that we will present the answers to during the workshop! (Also, if you want to provide your email, we'll send you a reminder but that is 100% optional).

VIRGINIA'S FAIRFAX DISTRICT 5 AND SPRINGFIELD DISTRICT 21 PRESENT:

Sailing the SponsorSHIP To Recovery

A Sponsorship Workshop FOR SPONSORS, SPONSEES, AND ANYONE WANTING TO KNOW MORE ABOUT SPONSORSHIP

JANUARY 22, 2022 3 – 5PM

Held on Zoom Meeting ID: 858 0389 8571 Passcode: Service

a sponsor, followed by three breakout rooms for three pairs of speakers – a sponsor The workshop will include three primary speakers who will share their experience as and their sponsee

Each pair of speakers will discuss how they work the steps together, with one breakout room focused on the Early Steps (1 - 3), Action Steps (4 - 9), and Maintenance Steps (10 – 12).

There will be an Ask-It-Basket and poll questions during the workshop

Mala

• CALENDAR • DIGITAL REPORTER

VASHINGTON AREA INTERGROUP ASSOCIATION VOLUME 59	NUMBER 1 JANUARY 2022						
WAGSA Area Assembly/Inventory							
January 10, 2021 - 7:00 pm 2nd Monday of the month except July	Check the Events Page on WAIA"s website for Holiday Event updates: https://aa-dc.org/events						
Join Zoom Meeting https://us02web.zoom.us/j/83565638123? pwd=SS9uZVVjdkRwSFhnMXRJQWhOeDVQUT09 Meeting ID: 835 6563 8123 Passcode: 6970mc One tap mobile							
WAIA Monthly Board of Directors Meeting	CHECK OUT OUR EVENTS CALENDAR						
January 11, 2021—8:00 PM 2nd Tuesday of the month except August Join Zoom Meeting: https://us02web.zoom.us/j/83460598434? pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09 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						

VJala

• CONTRIBUTIONS •

JANUARY 01- DECEMBER 22, 2021

ASHIN	GTON AREA INTERGROUP ASSO	CIATION	VOLUME 59	NUMB	ER 1 • JANUARY 2022		
		1920	Cosmopolitan		Gay Group		
	AA at CUA		Crapshooters	100	Georgetown		
	Addison Road		Creative Arts		Glenarden		
200	All Are Welcome		Crossroads of Recovery		Glen Echo		
390	Alphabet Soup		Daily Reflections, NW	172	Goldsboro		
700	Anacostia	296	Daily Reflections, SW	30	Good News Beginners		
	Andrews Armed Forces		Daily Reflections, UnityPl		Good Shepard		
	As Bill Sees It, NW		Darn Good Big Book	217	-		
	As We Understood Him		Darnestown Men	1545	Greenbelt Step		
66U	Aspen Hill 5th Chapter		Day by Day	30	Growing Group		
	Aspen Hill Phoenix Mon.		Deanwood Women Rap		Happy, Joyous & Free		
	Aspen Hill Phoenix Fri.		Deanwood Step		Help Wanted		
/50	Attitude & Action		Double Dippers		High Noon		
	Attitude Adjusters	44	Double Recovery		High on the Hill		
	Back to Basics	••	Dupont Circle Club	180	High Sobriety		
	Barnesville		DC Young People	100	Hill Lunch		
	Beginner Basics (DCC/Wed)	210	DCC Noon		Hope Fellowship		
	Beginners & Winners	134	DCC Women Fri.	60			
	Beginners are Winners	248	DCC Tues. 6PM		How It Works G'burg		
	Beltsville	3202	DCC—930 Club		Hyattsville Discussion		
60	Brightwood	ULUL	Del Ray Acceptance		Hyattsville Hope		
	Brookland		Del Ray club	156	Informed Group		
	Broad Highway	24		1860	Into Action, Germantown		
	BYOL	27	District 2	191	Investment		
	BYOL (NonSmoke)		Divine Intervention	171	Irreverent Women		
789	Burtonsville Big Book	44	Double Recovery		Jaywalkers		
	Campus Noon		Dunn Drinking	330	-		
	Capitol Heights		Dunrobbin	550	Just For Today		
1105	Capital Hill		8AM Men's Big Book		Kensington YP Step Study		
	Carmody Hill Group		•	47	Keys to Kingdom		
100	Casey Barns	1500	Early Times	4/			
	Cedar Lane Women	775	Epiphanies Ex Libris		Kid Friendly Big Book		
	Change of Life	//5	Faith Fellowship	540	Kingman Park		
356	Chairman's Choice	104	Faith Group	540			
	Cheltenham	120	-		Landover Discussion Lanham-Seabrook		
	Chestnut Lodge Outreach		52 Pick-Up Eirocido Spirituality				
	Chevy Chase Group	15	Fireside Spirituality		Laurel Recovery		
	Chinatown Big Book	65	Foggy Bottom		Leisure World Noon		
212	Chinatown Men's	109	Foglifters		Leisure World Big Book		
25	Cigar Smokers	040	Forestville Primary Purpose		Let Go Let God		
	Clarksburg AA	240	14 Promises		Life Is Good		
	Cleveland Park		Fourth Dimension		Little House		
	Clinton 45 Plus		Friday Night Fun Too	21	Lit Hoppers		
	Clinton Day		Friday Night Big Book	74			
	Clinton 6:30		Friendly Bunch		Living Sober by the Book		
	Clinton Sunday Night	600	Friendship		Living Sober Unity Place		
160	Coffee & Donuts		Gaithersburg Beginners		May Day		
	Colesville Sunday Nite		Gateway	50	Men's Meeting		
	College Park		Gateway/Wednesday		Meance to Serenity		
	-		Gay 18 New Castle	600	Men of Dupont		

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CONTRIBUTIONS

JANUARY 01— DECEMBER 22, 2021

			JANUART UT		K ZZ, ZUZT	
VASHING	TON AREA INTERGROUP A	SOCIATION	VOLUME 59	NUMBE	R1 ●	JANUARY 2022
	Men In Recovery	60	Palisades Mon. Nite		Sursum Co	rda
	Men's BS Session	60	Petworth	540	Takoma Po	ark Necessity
79	Merry Miracles		Phoenix Group/DC	180	Takoma Ru	ush Hour
340	Mensy Mildeles Messengers		Pool'ville Pot Luck		Tenley Circ	cle
308	Mideast	330	Potomac Group	60	There is a S	Solution-Women
2742	Midtown		Potomac Eye Openers		TGIF	
	Miracles		Primary Purpose Gay		Thurs. Mori	n. Reset
100	Mo.Co. Women	371	Progress Not Perfection		Triangle Cl	ub
80	Monday Nite Women	125	Prospect group		Twelve Poi	nt Bucks
	More Peace of Mind	147	Potomac Oaks		Unity Noor	ı
012	Montrose Gay		Promises Promises	120	Unlovely C	Creatures
320	Moving into the Solution	480	Queer Women		Upper Mar	Iboro Step
520	Moving into the solonom Mt. Rainer	97	Quince Orchard	418	Uptown	
94	Nativity	606	Radicals		User Frienc	lly
/4	Navy Yard Nooners		Read & Speak	129	VA Hospito	al Ctr
108	Neelsville Beginners	180	Riderwood Bills	400	Victory Lig	hts
100	New Hope	120	Room with a View	45	Village Idi	ots
299	NE Sunrise	150	Rosedale Sobriety	281	Virtually Sc	ober
2//	Never Too Late		Sat.Afternoon/2PM/UP		Vision for Y	lou
	Never Walk Alone	452	Saturday Morning Steps	110	Waters Lar	nding
540	New Avenue	132	Saturday Night Happy Hou	r 600	We Are All	Beginners
250			Saturday Night Special		We Care	-
140	New Beginnings/Pool'ville	120	Scaggsville	169	Wednesda	ıy Nite Winners
140	New Beginners SW		Second Chance		Welcome	Group
	New Beginnings-Women	120	Serenity House	285	Westmorel	and Women
	New Stomping Ground	120	Sheepherders	50	West Side	Men
200			Silver Spring Beginners BB	107	Westside V	Vomen
200	No Exclusion		Silver Spring	285	What's Ha	opening Now
	Norbeck Women Fri		Simplicity		When All E	lse Fails
171	Norbeck Women Wed		Six & Seventh Step		White Oak	Steps & Traditions
171	Norbeck Step	15	Soapstone	50	Women's L	.it (180 Club)
185	NW Metro	240	Sober & Alive	963	Yacht Club)
105	Nuts & Bolts		Spiritual Hilltop		Yeas & Na	ys
129	Oasis Women's BB	75	Sobriety Sister			
127	Old Fashion Group		Southern Sobriety			
	Olney Farm	2000	Spiritual Awakening			
150	On Awakening		St, Barnabas Womens wrap	o 753	Birthday	
150	On the Circle		St. Camillus	360	Faithful Fiv	/ers
	Olney Stag Rap	1100	St. Mary's Gay	37044	Individual	S
	One Day at a Time		St. Francis	700	Memoria	l
	One Day at a Time/R'ville	45	Starting Over Gaithersburg			
	One Day at a Time/G'burg		Step II Group			
	One Day at a Time/Lanha	m	Sunday Men's Step			
	One Hour Back	897	Sunday Morning Breakfast			
155	Out of the Woods		Sun. Morn. Breakfast Out			
	180 Group	330	Sunday Morning Joy			
100	Open Arms		Sun. Morning Reflections-U	P		
		1000	Constant Calentales			

6000 Sunrise Sobriety

310 Sunshine, G'burg

1666 P Street



If you would like to receive to the **hard copy** of New Reporter, make check payable to WAIA and

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

A free digital copy of the New Reporter is posted every month to our website at: https://aa-dc.org/new-reporter

To receive an email with the link each month, sign up using this form :

http://eepurl.com/U30BT or email newreporter@aa-dc.org



Have a story about your recovery in AA? Tell us your stories about how you're saying sober in these difficult times.

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WASHINGTON AREA		TION	VOLUME 59	•	NUMBER 1	•	JANUARY 2022
Day						Years	
1/9	Donna C.	Andrev	v's Armed F	orce	s Group		19 Years
1/9	Lauren S.		ope Steps 1				3 Years
1/23	Maria F.	New Ho	ope Steps 1	23			29 Years

THINGS WE CANNOT CHANGE

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