



There is help

**2 Came to believe
that a Power greater
than ourselves could
restore us to sanity.**

Came to Believe, Covid Year 3

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

My A.A. journey can be summed up in an old saying my first sponsor used to quote when he talked to me about going to meetings. (And boy, was it irritating every time he did. Obnoxious little man. Always trying to help me. Always willing to listen. Always with the sound, sane, balanced advice. Is it any wonder he drove me up the wall? Who needs all that? Criminy!)

Came. Came to. Came to believe.

That was the slogan.

I mean, you can see why it would piss me off, right?

Sure, sure, there was something wrong with my drinking. Fine, I could admit that. But come on, I knew that back in high school, when in a black out I wrestled my mother to the ground and bit her. (And for the record, I can take any sixty-plus year-old arthritic woman you want to throw at me.)

At first, when talking to my sponsor, I was only paying lip service to Step One.

But Step 2? What, are you talking about God with that "Power greater than myself" crap? And what's with the whole "restore me to sanity"? That sounds A) painful and B) boring and, while we're at it, C) insulting and D) like it might not apply.

Oh, and don't think you're being clever. I can see "God" in the next step down the list, Step 3, so if you think you're sneaking up on me with the 'god thing' by using a cute little euphemism in Step 2, well, I'm on to you.

That was my internal dialog when I was new to A.A., but the face I presented was one of going along with it, keeping my doubts to myself for the most part. It wasn't like I had any better ideas. Or anyplace else to go, actually.

And also, truthfully, the Steps confused me. I mean, sure, each word in the Step made sense, and I could use them in a sentence and stuff -- but the larger meaning, and how I might apply them to my drinking problem? No clue. But my first sponsor was just keeping it simple for me, and thank God, since that was about the speed I could handle then. (Ok, fine, and now, too.)

Came.

Just come to the meetings. See how much you identify with. Have some coffee. Listen to people talk about solving their problems, drinking and otherwise, through the principles of A.A.

Came to.

For me, after a while, my head stopped spinning and screaming at me and some of what people were saying actually penetrated. I could begin to connect the dots as to how my drinking -- and more frighteningly, my thinking -- was really a mess.

Came to believe.

I could see how doing the whole A.A. deal really seemed to help the people around me. And finally, I got that if I did the same A.A. deal that they were doing, then I could get the same kind of help.

So if you're new, and you struggle with understanding the first three steps, just remember that every time you come to an A.A. meeting you are in essence, on some level, already practicing them.

Because, for me, when I come to A.A. I am admitting, by virtue of the fact that I walk through the door, that there is something not right. Something wrong with my drinking, and maybe some other stuff too (That's Step 1).

It hinges on that if you're new, and you're trying to find your way -- and it hinges on that if you're not so new, since alcoholics seem to have built-in forgetters when it comes to some stuff. Not to mention that, just as my sponsor was there for me, now I have a responsibility to be there for the next guy.

For me to even think that way is a testament to how A.A. can change someone.

Damn A.A.

From: <https://mrsponsorpants.typepad.com/>



Bill Wilson on the Second Tradition

Sooner or later, every A.A. comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, but also a source of *positive direction*. Realizing that some fraction of that infinite resource is not available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he has never known before. As each day passes, our A.A. reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every A.A. group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though A.A. groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every A.A. group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produces group experience, and out of corrected experience comes custom. When a customary way of doing things is proven to be the best, then that custom forms into A.A. Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing A.A. Tradition will prove to be the will of God for us.

Many people are coming to think Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the First Tradition, it was emphasized that we have, in A.A. no coercive human authority. Because each A.A., of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for manmade rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the A.A. group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide to group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service of serve can truly be rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique.

Therefore, we of Alcoholics Anonymous are certain that that there is but one ultimate authority, “a loving God as he may express himself in our group conscience.”

(Bill Wilson in the January 1948 *Grapevine*)

WHAT IS SANITY?

I would hear in my A.A. meetings that insanity is doing the same thing over and over and expecting different results. I was still doing this about a problem with overeating nearly 30 years after I stopped drinking. But I can't recall anybody saying what sanity is. I knew it could also be called mental health. When I lived in Japan, I found that the Japanese word for what we call mental hospital could also be translated as "spirit hospital," so I suppose sanity could also be called spiritual health, as it is more a matter of spirit than intellect.

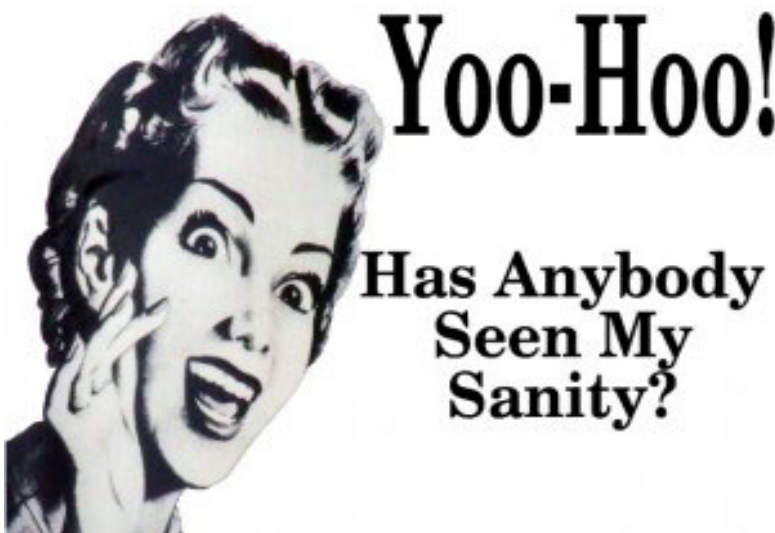
In recent years, I have come across three definitions of sanity that make sense to me and seem to be three ways of thinking about the same thing. Sanity is: 1) The ability to adjust to reality; 2) Seeing things as they really are; and 3) Living in harmony with reality.

Living in reality seemed like a horrible idea when I was drinking, as well as in early recovery. I can't say that sanity always comes hand in hand with happiness and contentment, but it offers a much better change of getting them than the alternative.

As I have become more adjusted to living in reality, the world and the people around me seem to have gotten a lot better. Living in reality means accepting things as they are, but I feel like I am living in paradise, and this has been going on for so long that I'm pretty sure I am not just deluding myself. Life happens, and most of it is something to be grateful for.

I heard an amusing saying once, that if you can't think of anything to be grateful for, start with not being on fire and work up from there.

Jim F., Tasmania
Originally appeared in the *Grapevine*



New York Post Reports: Officials are more concerned in promoting legal pot use than in helping addicts

Carl Campanile writes that “A frustrated drug-treatment provider says New York state’s officials care more about promoting marijuana than combatting substance abuse.

“Luke Nasta, founder and CEO of Camelot Counseling Centers, fumed that it takes longer to open a residential drug-treatment center than to cut ribbons on other massive glitzy projects that ex-Governor Andrew Cuomo pushed, such as legal pot.

“In 2016, Nasta was awarded funding from the state Office of Addiction Services and Supports (OASAS) to open two residential treatment facilities—including \$11.4 million for a 35-bed residential facility to help men recover from substance abuse on Staten Island. The site remains a vacant lot six years later.

“Additionally, Gov. Hochul—then lieutenant governor – visited Camelot in 2018 and participated in the announcement of a \$16.5 million, 25-bed residential program for women suffering from addiction, to be located on the grounds of Sea View Hospital Rehabilitation Center and Home in the borough, which is owned (by) NYC Health + Hospitals.

“Four years later, that facility is only in the design phase. Construction is not expected to begin until mid-2022, at the earliest.

“‘It’s just not a priority,’ Nasta told the Post. ‘Look how quickly the Javits Center was converted into a temporary hospital during the coronavirus pandemic.’

‘It feels like health discrimination against substance abusers,’ he said. ‘If opening drug-treatment facilities were a priority, they’d be open already.’

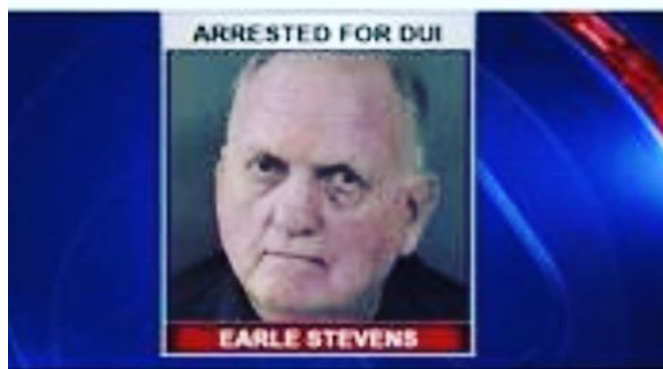
“In a newsletter to the Camelot community, Nasta said, ‘I wish I could say we opened either of our 2 residential programs, but the wheels of progress turn slowly. It may be in 2023 when we can open our doors to men, women, and children attempting to recover from the ravages of addiction.’”

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically non-existent. We are unable at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

The almost certain consequences that follow taking even a glass of beer do not crowd into the mind to deter us. If these thoughts do occur, they are hazy, and readily supplanted with the old threadbare idea that this time we shall handle ourselves like other people. There is a complete failure of the kind of defense that keeps one from putting his hand on a hot stove.

Big Book, *Alcoholics Anonymous*, Page 34

Florida man claims he
only drank at stoplights
and not while driving



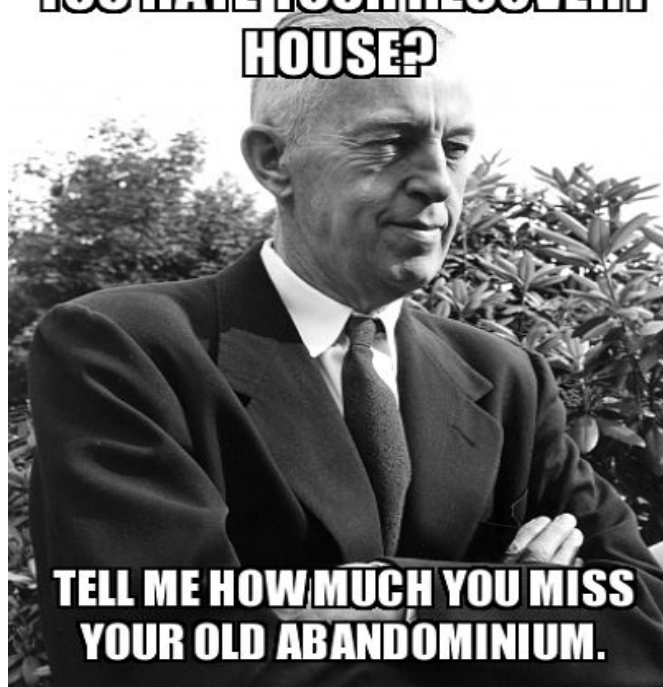
Do you ever get drunk?

☐ Yes

☐ No

X

**YOU HATE YOUR RECOVERY
HOUSE?**



**TELL ME HOW MUCH YOU MISS
YOUR OLD ABANDONINUM.**

THANK YOU, LORD!



**AS THE WORLD GETS
CRAZIER, THE NUTS GET
EASIER TO FIND!**

ifunny.co



PRESENTED BY LYN S.



TRADITIONS

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PASSWORD - 921747

SUNDAYS
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6PM UK

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2022

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Lori G. Oklahoma City, OK



The most satisfactory years of our existence lie ahead!
- AA Big Book pg 152

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Hospitality Suite Donation \$ _____

Lend a hand to those who are unable
to pay the Registration Fee:
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Total \$ _____

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Join us in the birthplace of Alcoholics Anonymous: Akron Ohio, June 10-12, 2022

Featured Speakers

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Michael D. – Sioux Fall, SD
Bob C. – Cleveland, OH
Chris H. – Parma, OH
Joe L. – Edmond, OK
Dick D. – Hamilton, Canada
Jay A. – Scarborough, Canada
Kenny D. – Seattle, WA
Mike & Diane A. – Nashville, TN

Featured Events

Twelve Step Panel
Actors Guild Play
Spanish Meetings
Historic Site Tours
Twelve Traditions
History of Our Big Book
Dance! Dance! Dance!
Spiritual Panel Meeting
Al-Anon / Alateen
Alkathon

REGISTRATION OPENS MARCH 1, 2022

Visit <https://foundersday.org>

WAGSA Area Assembly/Inventory

February 14, 2022 - 7:00 pm 2nd Monday of the month except July

Go to areal3aa.org for Zoom Meeting information.

Check the Events Page on WAIA's website for Holiday Event updates:

<https://aa-dc.org/events>

WAIA Monthly Board of Directors Meeting

February 8, 2022—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

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

441	930 Club Online	30	Good News Beginners	155	Out of the Woods
390	Alphabet Soup	217	Grapevine Sat Women	180	180 Group
1380	Andrews Armed Forces	1545	Greenbelt Step	1714	P Street
250	As Bill Sees It, NW	30	Growing Group	60	Palisades Mon. Nite
1050	As We Understood Him	105	Happy, Joyous & Free	60	Petworth
760	Aspen Hill 5th Chapter	262	High Sobriety	330	Potomac Group
62	Aspen Hill Phoenix Fri.	90	Hope/Oxon Hill	220	Potomac Eye Openers
750	Attitude & Action	120	Informed Group	29	Potomac High Noon
701	Back to Basics	2735	Into Action, Germantown	80	Potomac Village
62	Bethesda Youth	191	Investment	371	Progress Not Perfection
60	Brightwood	330	Just Before Noon	125	Prospect group
360	Broad Highway	47	Keys to Kingdom	147	Potomac Oaks
3000	BYOL	640	Kid Friendly Big Book	23	Promises Promises
20	BYOL (NonSmoke)	540	Language of the Heart	480	Queer Women
1225	Burtonsville Big Book	1282	Laurel Recovery	97	Quince Orchard
1755	Capital Hill	643	Lawyers group	606	Radicals
500	Carmody Hill Group	40	Liberty group	180	Riderwood Bills
100	Casey Barns	21	Lit Hoppers	143	Room with a View
356	Chairman's Choice	90	Lit Womxn	150	Rosedale Sobriety
212	Chinatown Men's	12	May Day	59	Sat. Morn Fire Barrel
85	Cigar Smokers	50	Men's Meeting	652	Saturday Morning Steps
25	Clinton Day	600	Men of Dupont	359	Saturday Night Happy Hour
368	Coffee & Donuts	229	Merry Miracles	120	Scaggsville
1920	Cosmopolitan	704	Messengers	240	Serenity House
445	Daily Reflections, SW	408	Mideast	240	Shepherders
30	Daily Reflections, UnityPl	3089	Midtown	50	Silver Spring
145	Darn Good Big Book	100	Miracles	282	Six & Seventh Step
1328	Darnestown Men	43	Mitchellville	15	Soapstone
44	Double Recovery	296	Mo.Co. Women	240	Sober & Alive
210	DCC Noon	720	Monday Winners	3861	Spiritual Awakening
134	DCC Women Fri.	80	Monday Nite Women	292	St. Barnabas Women's wrap
248	DCC Tues. 6PM	797	More Peace of Mind	1100	St. Mary's Gay
3428	DCC—930 Club	487	Moving into the Solution	250	St. Francis
24	Del Ray Sun Wome	94	Nativity	45	Starting Over Gaithersburg
124	Double Dipper	154	Neelsville Beginner	897	Sunday Morning Breakfast
44	Double Recovery	161	New Hope	484	Sun. Morn. Breakfast Out
72	Dunrobbin	299	NE Sunrise	530	Sunday Morning Joy
1590	Epiphanies	50	Never Give Up	6874	Sunrise Sobriety
775	Ex Libris	540	New Avenue	407	Sunshine, G'burg
126	Faith Group	250	New Beginnings NW	50	Survivors Group
65	Foggy Bottom	140	New Beginnings/Pool'ville	600	Takoma Park Necessity
109	Foglitters	200	New Unity Gay	180	Takoma Rush Hour
240	14 Promises	201	Norbeck Women Wed	60	There is a Solution-Women
15	Fourth Dimension	185	NW Metro	125	The Last Stop
600	Friendship	199	Oasis Women's BB	120	Unlovely Creatures
210	Georgetown	41	Olney Women	418	Uptown
321	Glen Echo	150	On Awakening	129	VA Hospital Ctr
172	Goldsboro	11	Olney Hombodies	900	Victory Lights
		775	Olney Stag Rap	45	Village Idiots

281 Virtually Sober
110 Waters Landing
700 We Are All Beginners
247 Wednesday Nite Winners
285 Westmoreland Women
107 Westside Women
305 What's Happening Now
50 Women's Lit (180 Club)
1654 Yacht Club

786 Birthday
360 Faithful Fivers
41,697 Individuals
900 Memorial

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Day

Years

2/19

Jimmy B.

Forestville Primary Purpose

38 Years

THINGS WE CANNOT CHANGE

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.

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

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FEBRUARY 2022