

The results are in:



DON'T DRINK ALCOHOL!

WAIA September 2022 Announcements

Update from the Finance Committee:

The Washington Area Intergroup Association (WAIA) needs your support. **Contributions this year are 20% below budget.** Please help ensure that the office can continue to serve as AA's DC headquarters; answering calls 24/7, maintaining a current record of all meetings in the area, and providing other essential services to the still sick and suffering alcoholic. You can make a contribution directly on the WAIA website: <https://aa-dc.org/give>, or via Venmo to @WAIADC. Checks can be mailed to WAIA, 4530 Connecticut Ave, NW Ste 111, Washington DC 20008. Thanks for getting the word out. Our contributions are trending upward and we're almost to our goal of a balanced budget.

Share [this print out/script](#) with all your groups!

Please join us for the [September board meeting](#) if you are interested in joining our **Outreach** or **Finance** committees to help WAIA prepare for a big November outreach drive focused on Gratitude Month. If you have design, organizational skills or a strong AA network in the region, we want you!

Calls for Service

Open Position: WAIA is still looking for a Volunteer to serve as the **Hispanic Liaison Representative**. Contact chair@aa-dc.org if you are interested.

Office Volunteers: The available open slots for answering phones in the office are Wednesday 1p-4p, Thursday 1-4, Friday 10a-1p, Saturday 1p-4p, Saturday 4p-7p and Sunday 10a-1p (other slots open up frequently). Call 202-966-9783 and ask for Clo'via or Luella for more information or email help@aa-dc.org

Nightwatch Volunteers: Volunteers needed for the Thursday 10pm-6am shift. Slots open up frequently and we are in need of substitute volunteers for all shifts. Every day of the week either 10pm-6am or 6am-10am.

H&I: Facility Request for an AA meeting

The Need: A group or Individual to bring a meeting weekly

Where: The Dorm (a young adults behavioral treatment facility)

When: Monday nights at 7 p.m.

Location: Dupont Circle

Start: As soon as possible

Contact: Eryn C 301-651-4942 or hni@aa-dc.org

Outreach and Finance Volunteers: Help WAIA get the word out for Gratitude Month! We need volunteers to join our Finance and Outreach efforts to raise awareness on the support WAIA needs to continue to carry the message to alcoholics in our region! Contact the Finance or Outreach Chairs for committee meeting times: Teresa R tlkaiser3@aol.com or Kelly W kelly.w@aa-dc.org.

Sobering new study says that those under age 40 shouldn't drink alcohol at all *Research published in The Lancet shares the health risks of drinking for those under 40*

By Deirdre Reilly | Fox News

A new study shares surprising recommendations for people under age 40. The study is essentially encouraging young people to put down that gorgeous summer cocktail or delicious beer right this minute.

They shouldn't drink alcohol at all.

People under 40 suffer [significant health risks from drinking](#), according to the research from the Institute for Health Metrics and Evaluation (IHME) at the University of Washington in Seattle.

The research was published on July in The Lancet, a British medical journal. Health risks associated with imbibing include auto accidents, injury and even murder, according to the study.

Also, those under age 40 receive no health benefits at all from drinking alcohol, the study found.

People 40 or older may benefit from a limited consumption of alcohol — a glass of red wine occasionally, for example — as long as they have no [underlying health risks](#). The benefits of small amounts of alcohol include potentially reducing the risk of developing [heart disease](#), ischemic stroke and/or diabetes, according to the Mayo Clinic's website. (None of these outcomes are guaranteed with moderate drinking.)

This new study, which comes from the authors of the Global Burden of Diseases project, based at [the University of Washington in Seattle](#), ana-

lyzed the drinking habits of people in 204 coun-



tries and territories. The number of people consuming harmful amounts of alcohol increased to 1.34 billion in 2020, it found.

Nearly 77% of these people were male — with almost 60% of the harmful consumption happening among individuals between 15 and 39 years old.

Fox News Digital reached out to Dr. Emmanuela Gakidou, senior author of the study and professor of health metrics sciences at University of Washington, and was directed by the IHME to the press release on its website.

The release says, in part: "Our message is simple: Young people should not drink, but older people may benefit from drinking small amounts."

"While it may not be realistic to think that young people will abstain from drinking," the statement continues, "we do think it's important to communicate the latest evidence so that everyone can make informed decisions about their health."

Amends vs Apologies

So it (once again) comes down to the "three A's"- awareness, acceptance, and action. The 8th step seems like such a dreadful exercise of rehashing old wounds and revisiting disasters. In reality, this healing venue affords us forgiveness from the horrors of guilt and shame. I was reminded that it was just a simple LIST of harms I had done. Make no mistake: every one of us knew exactly what harms we did long before our 4th step. Perhaps our sponsors helped us fine tune the list and become more willing to address those wrongs, but we all had embarrassing (if not horrifying) memories of our past.

Before coming to AA, the only term I knew close to "amend" was when you change a document or contract. The word "amend" actually is defined as "to make better, improve". The ninth step allows me to walk the earth a free man, beholden to no one. I have amended my behavior and (hopefully) each broken relationship with people I had wronged. The phrase "to make amends" simply means to make "reparation or compensation for a loss, damage, or injury of any kind". The Latin root comes from the verb "to correct", and that is the exact purpose of these two steps.

Many sponsors point out the (obvious) fact that making amends is NOT a simple apology. Clearly, most of us had feeble and redundant "apologies" on a regular basis, followed by more bad behavior. I was told to make it short and to the point - state why I am there, what harms I did, and ask how I can make them right. Thank God for sponsorship because Step 9 can go terribly wrong without good guidance. For instance, my sponsor suggested that I relinquish all contact with some "old flames" that I had listed in Step 8 (under that principle of "do no harm").

Since, in the realm of my older family members my "harms done" involved not actively participating, making formal amends was only a start. I started being an active member of the family, remembering birthdays and anniversaries, showing up for holidays, calling on a regular basis. Most of my family has passed away since then, and we were on the best of terms.

For this I am forever grateful, and especially glad that my sponsor did not allow much hesitation with those amends!

- Anonymous

Editorial on the 9th Step

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

This one sounds simple. And, true, it does not involve some of the more complicated mental probing required by several of the other Steps.

Having already made a list, in applying the 8th Step, "of all persons we had harmed, and became willing to make amends to them all," the path is clearly defined with all stops plainly marked. All we have to do now is start doing.

But the "doing" is not easy. It takes considerable courage to confess a wrong, even in private, and much more courage to confess it to the person against whom the wrong was committed.

The list very likely includes one or two previous employers whom we deceived in one way or another; friends whose friendship we abused; relatives whose sense of blood obligations we exploited; the mate whose trust, patience and persistent hopes we flaunted. To each we owe a debt, large or small, and merely saying "we're sorry" does not discharge the debt. In fact, we actually do not have the right to the inward ointment that comes from saying we're sorry, unless we also have within us a sincere willingness to repay in full, whatever effort this may cost, and an equally sincere determination not to repeat the wrongs against anyone.

Most of us, by the time we reach A.A., have been going around for a great many years saying "we're sorry" after each wrong and lightly thinking that these words made everything all right again. We've been annoyed if someone did not seem to accept our apologies as meaning much. How many can hark back and hear himself saying, petulantly, "What's the matter with him? I said I was sorry, didn't I?" The 8th and the 9th Steps call for something more substantial, more tangible, more meaningful than words spoken casually. If it's money that is owed, it has to be paid back to the limit of ability to pay. If it's a debt of meanness, it has to be paid off with kindness. If it's neglect, as it is so often of one's family, then it can be balanced only by consideration and thoughtfulness. And let's not forget that debts of this kind--of neglect, thoughtlessness, mistreatment--have been piling up for years. They can't be paid off in two weeks. The qualifying phrase, "except when to do so would injure them or others," should prevent anyone from being righteously bullheaded, or stupidly "noble" about this. We are scarcely making amends if we dig something out of the past in which we had a part that will hurt someone else. The privilege of confession does not extend that far. A helpful guide in the application of the 9th Step is the reminder that by making amends, where we can, we are doing no one else a favor; a favor is done us if those we have wronged accept our offer.

The *Grapevine* July, 1947

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They Kept Coming Back: # 4 Dennis B. Manchester, Brighton & London

After leading a meeting in England, your intrepid editor was offered the work of John M., archivist, South East Region, UK. He offers a book that consists of interviews with 16 A.A. members in the UK who have reached 50 years of sobriety. The fourth interview was with Dennis B., whose sobriety date is January 5, 1962.

What follows are excerpts from his 13-page interview: My name is Dennis and I am an alcoholic. For starters that is something I never knew when I was drinking. I started drinking when I was a kid, drinking from my dad's beer coming back from the off license on a hot summer's day. He couldn't prise my hands off the big two-pint jug. I understand I always didn't feel right. I always felt inadequate.

At school I always wanted to be the centre of attraction and my idea of the centre of attraction was behaving badly, getting into fights and being in front of the class when the teacher came in and getting the cane. Morally there was always something wrong with me. I was always dysfunctional. Whether it came from my family system I don't know. We were brought up in Bolton during the War and things were tough then but I got resentments and my biggest resentment was, believe it or not, towards my Mum and Dad because they were always looking out the window at our neighbors and saying things like, "Look at her. She's got a new coat. What's she been doing to get a new coat like that?", and that sort of thing. So I got caught up in all that stuff and it really affected my life. Also, there was this woman looking after me. She had twenty-two kids but she had no patience or tolerance with me. She would tie me up to the middle door and beat the hell out of me with a big belt and that affected me in my life and played a big part in my alcoholism later in life.

When I turned fifteen, I started to do week-end drinking. I always thought the main thing about drink was that it made you more of a man. When I was about fifteen or sixteen, I could drink six pints. I started working in the coal mines and, like most people in the mining community, I drank. A good night out for us was to get sloshed with some fish and chips or pudding at the end of it. And that went on for a while and then I started to get in trouble with the police. Eventually, I got done be being drunk and disorderly, for assaulting the police and members of the Public, all because of my drinking.

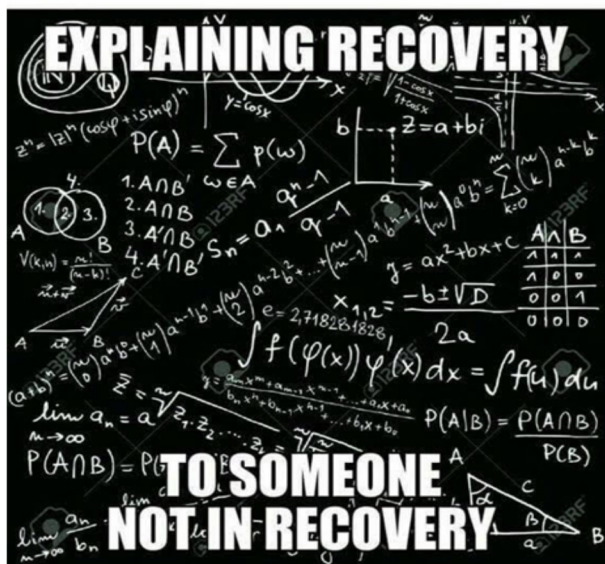
I was told about this 'scrumpy' (draught cider) and people said 'leave it alone' but I was a good alcoholic, still am but recovering, so I got on it and this is when I experienced DT's for this first time. One day I pulled out of one of these DT's and said to myself I'd got to get myself together and I tried to pull myself out of it and that's when I got these terrors and hallucinations. I just went on with it with the 'scrumpy'. **I remember one night in Bristol I woke up in the middle of the night and I saw these rats running over my bed and I knew it was DT's and I knew there was something badly wrong.**

Then one day, I decided to phone A.A. up. A woman answered the phone and I asked for Alcoholics Anonymous. After I phoned, I went to the office of A.A., which at the time, was in Redcliffe Gardens, but I didn't go to Redcliffe Gardens, I went into the pub across the street, the Radcliffe Arms. I've heard that many alcoholics had their last drink in the Redcliffe Arms and that's where I had my last drink as well.

Then I went across to the London Service Office in Redcliffe Gardens and I met this guy, I don't remember who he was. **He looked at me and he said 'Oh, Yes, you've got a drinking problem' and he said that there was a meeting at night at First London in Crawford Street and he asked if I wanted go. I said 'How do I get there?' So he gave me directions on a piece of paper and four shillings in old cash and I thought 'Hello, Four shillings.'** I still had my alcoholic thinking but I (went to the meeting) but I could hardly sit still. **The madness was still dominant in my head.**

So, I began to get myself together and I eventually got married in 1987 and I went up to London and got myself a flat. I had been in the Fellowship over twenty years and felt I was getting a bit stale so I thought I would sit back service-wise. I had always done a lot of service and I thought I should have a rest but I found I couldn't sit back so I started up three meetings -- **Service Keeps You Sober.**

Whenever I've been abroad, I've gone to meetings. I've been to meetings in Brazil. My wife is Brazilian and I've been to meetings in Germany, France, Sweden, Belgium and Denmark and other places.



An alcoholic is sitting at a bar

He orders two shots. He proceeds to pour out the first one all over the bar, downs the second one and then orders two more. He pours out the first one on the bar, downs the second one and orders two more.

The bartender asks him why he keeps pouring out the first shot all over the bar.

The alcoholic replies with "My AA group said all I need to do is avoid that first drink"

Do you ever get drunk?

☐ Yes

☐ No

X



**Please direct all
communications to:**

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

STORY SOLICITATION FOR A.A. MEMBERS WHO GOT SOBER LATER IN LIFE DEADLINE FOR SUBMISSION: September 23, 2022

In response to a committee consideration from the Cooperation with the Professional Community-Treatment/Accessibilities Committee of the 72nd General Service Conference that the pamphlet "A.A. for the Older Alcoholic" include sharing from a broader and more diverse representation of A.A. experiences, the trustees' committee on Treatment/Accessibilities has reopened a call for recovery stories to add to the pamphlet.

A.A. member experience being requested includes the following:

- Finding recovery at the age of 60 and over
- Mental health and diverse abilities
- Attending online meetings
- Diverse ethnicities, cultures and languages (including immigrant experiences)
- LGBTQ+ communities
- Diverse spiritual pathways

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all submitters will be observed whether your story is selected for publication or not.

Instructions for submitting your story:

Deadline: Please submit on or before September 23, 2022.

Email: access@aa.org

Subject Line: A.A. for the Older Alcoholic.

Postal Mail: Attn: Access Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163.

Please direct all
communications to:

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

2025 International Convention

MEMBER ENGAGEMENT SURVEY

As many of you may know, planning is already underway for the 2025 International Convention that will be held July 3-6, 2025, in Vancouver, B.C., Canada.

Given the impact and uncertainty of the Covid-19 virus, it is vital that we obtain feedback from the Fellowship as it relates to domestic and international travel, attendance at large events, and thoughts regarding an in-person event with a partial, limited virtual component, and incorporate the feedback in our planning. We anticipate that the following survey will be one of several dispatched during the planning process so that we may remain current with the thoughts of the Fellowship.

Kindly take a few minutes and answer the questions below. Your responses are of great value in helping us to better plan for the International Convention. (All responses are anonymous.) **Please respond by October 31, 2022**

<https://survey.zohopublic.com/zs/UhCs6p>

Thank you.



REBOS SOCIAL CLUB PRESENTS



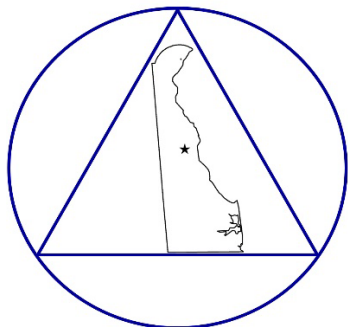
12 Step Dance



FEAT.
DJ GO GLOW

SEPT. 17TH // 3 - 7 P.M.
\$3 IN COSTUME // \$5 SOLO // \$8 COUPLES
50/50 RAFFLE // BRING A DISH TO SHARE

12902 OCCOQUAN ROAD
WOODBIDGE, VA 22192



12th Annual **Blue Hen Roundup**

Hosted By Central Delaware Intergroup

Date/Time: Saturday, October 1, 2022 (*Lunch Included*)

Location: St. Andrew's Lutheran Church - Great Hall
425 North DuPont Hwy Dover, DE

Schedule

- 8:00 am Registration, coffee, donuts, fellowship
- 9:00 am Al-Anon Speaker DeSiree C., Springfield, VA
- 10:30 am AA Speaker Christa V., Ocean City, MD
- 11:30 am Break
- 12:00 pm Invocation - Lunch and music
- 2:00 pm AA Speaker Turpy, Washington D. C.
- 3:30 pm Break
- 4:00 pm Sobriety Countdown AA and Al-Anon
- 4:30 pm Ticket Drawing for Gifts



Blue Hen Roundup Conference Registration for Saturday, October 1, 2022

Cost: \$20.00

Name: _____ E-mail: _____

Address: _____ Phone: _____

City _____ State: _____ Zip: _____

\$20.00 per person. Mail registration form and check or money order payable to:

Central Delaware Intergroup

PO Box 853

Dover, DE 19901

Please include your phone number on your check or money order.

For additional info/special requests, e-mail us at support@cdiaa-de.org

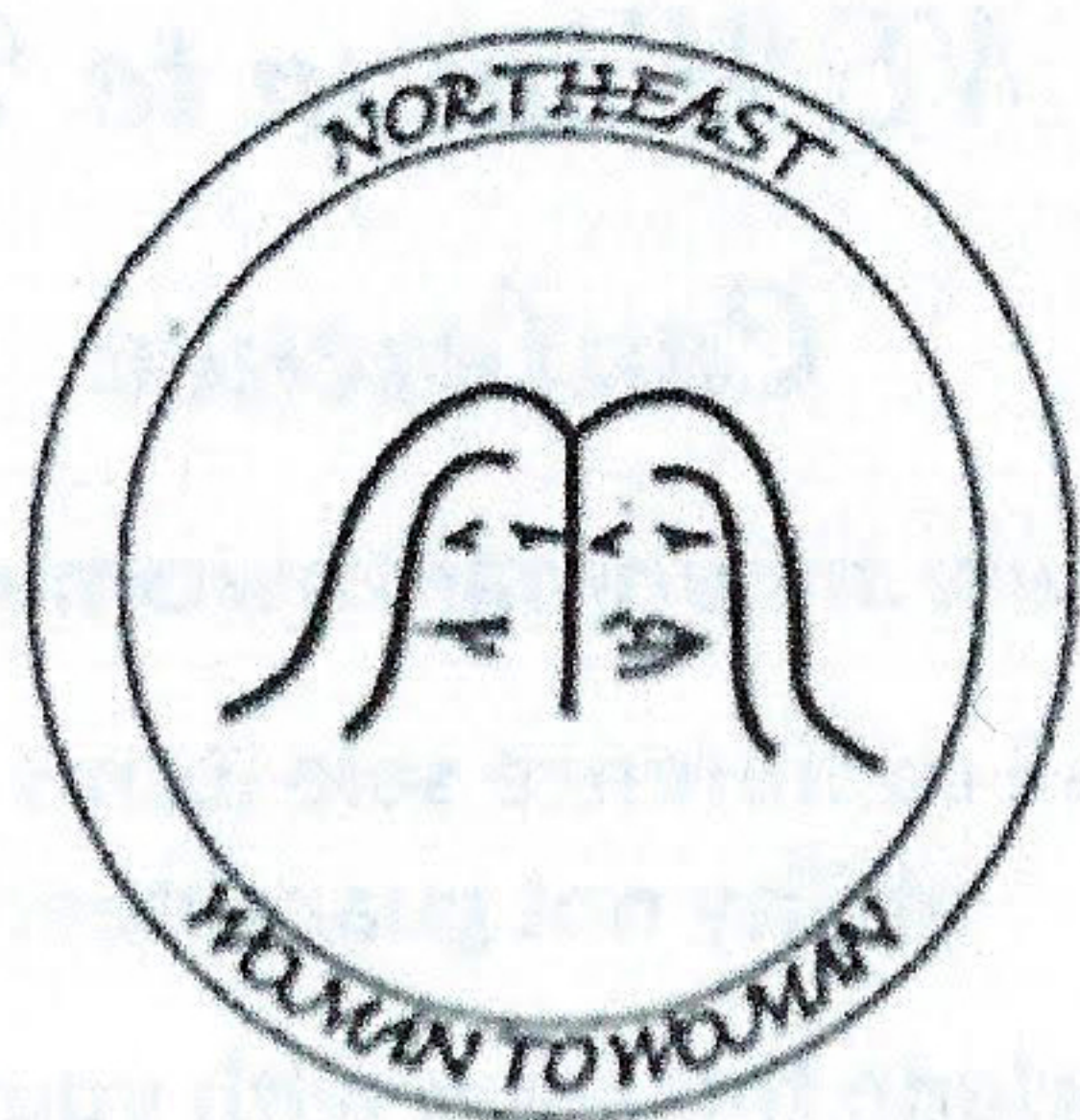
Please remember all children require adult supervision.



Women of Grace & Dignity



34th N.E. W2W Conference



34th Annual Northeast Woman to Woman Conference

October 7-9, 2022

*Crowne Plaza
Philadelphia-
King of Prussia
260 Mall Blvd.
King of Prussia, PA 19406*

**Crowne Plaza
Philadelphia-King of Prussia
260 Mall Blvd.
King of Prussia, PA 19406**

For Reservations:

Toll free: 1-877-424-2449

Hotel Phone: 610-265-7500

Room Rate \$129.00+Tax

Single/Double/Triple/Quad

**Mention: NE Woman to Woman
Conference**

Hotel reservation must be made by:

Wednesday, September 21, 2022

**Our room rate is available three days before
and three days after the conference**

Hotel Amenities & Services:

Free Parking

Business Center open 24 hours

Fitness Center

More Conference Information:

Registration Chair:

Deborah H. 215-941-4436

Email: Lucys13th@gmail.com

Registration Co-Chair:

Tanjia F. 215-528-0953

Email: Service1212Tanjia@gmail.com

Chairperson:

Diane M. 267-825-0320

Email: MERCERS_99@msn.com

Co-Chairperson:

Romaine B. 347-683-7671

Email: mrsro49@yahoo.com

24th Women's Weekend

OCTOBER 21-23 2022

CAMP WABANNA

101 LIKES ROAD, EDGEWATER, MD 21037



Share a weekend of fellowship, 12 step study
and a sense of belonging

Cost for the weekend is \$175 for Lodge accommodations or \$150 for Dorm accommodations.
Deposit of \$50 due at time of registration to reserve your spot. Lodge spaces are first come
first serve. All meals, excluding Friday, are included in the cost for the weekend.

Balances are due in full by September 18, 2022.

Register by scanning QR Code below.

Scholarships are available. Please contact Rachel W. for registration information

Venmo, Cash and Checks accepted. Please make checks payable to Women's Weekend.

Contact Gen Z. for questions regarding payment at email below.



RACHEL W. (301) 801-4292 📞

@WWTREASURY 📧

WWTREASURY@GMAIL.COM 📧

Area 13 WAGSA District Committee Meeting

August 8, 2021

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

7:00 pm - Area Meeting Begins

For more information, please visit: area13aa.org or email:
chair@area13aa.org

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

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

WAIA Monthly Board of Directors Meeting

September 13, 2022—8:00 PM 2nd Tuesday of the month
except August

Join Zoom Meeting:

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

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

Meeting ID: 834 6059 8434

Passcode: 819862

One tap mobile

+13017158592,,83460598434# US (Washington DC)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

120	14 Promises	1200	Into Action	575	Rose Park Group
132	12 Point Buck	616	Just Before Noon	100	Rosedale Sobriety
864	930 Club Online	202	Kid Friendly Big Book	144	Sat. Afternoon 2PM/UP
100	Anacostia Group	120	Language of the Heart	240	Saturday Morn Steps
330	Andrews Armed Forces	25	Leisure World Noon	300	Sat. Night Happy Hour
678	As Bill Sees It NW	25	Let Go Let God	480	Sat. Night Special
400	As We Understood Him	72	Lit Hoppers	120	Serenity House
400	Aspen Hill 5th Chapter	130	Lit Womxn	588	Serenity Speakers
17	Aspen Hill Phoenix—Mon	620	Messengers	163	Serious Business
30	Aspen Hill Phoenix-Fri	689	Mideast	675	Silver Spring Beginners BB
2193	Attitude & Action	6193	Midtown	600	Silver Spring Group
249	Beginners Are Winners	100	Mircles	180	Simplicity
100	Bethesda Youth	60	Misery is Optional	454	Six & Seventh Ste
250	Birds of A Feather	120	Mo.Co. Women	71	Soapstone
1260	B.Y.O.L (103154)	289	More Peace of Mind	350	Sober Sat. Matinee
520	Back to Basics (CB)	283	Moving Into Solution,Women	268	Sobriety Sisters
540	Broad Hwy Big Book	240	N.E. Sunrise	436	Southern Sobriety
1083	Burtonsville Big Book	120	N.W. Metro	4500	Spiritual Awakening
50	Campus Noon	120	Never Walk Alone	92	Spiritual Hilltop
938	Capitol Hill Group	100	Navy Yard BB	180	St. Bartholomew
87	Capital Hill Reminders	408	New Avenue	750	St. Francis Group
66	Chinatown BB	63	New Beginners SW	1200	Starting Over
97	Cigar Smokers	158	New Hope 123	240	Sunday in the Park
75	Clinton Day	178	New Stomping Ground	26	Sunday Men's Step
160	Coffee & Donuts	290	No Hard Terms	720	Sunday Morn Breakfast
100	College Park Group	400	Norbeck Women-Fri	336	Sun. Morn. Breakfast Out
1079	Cosmopolitan	256	Norbeck Women-Wedn	240	Sun. Morning Joy
50	Daily Reflections UP	175	Oasis Women's BB	3510	Sunrise Sobriety Zoom
236	Darne Good Big Book	30	Old Fashion	418	Sunshine, G'burg
869	Darnestown Men	184	Olney Women	360	Takoma Park Necessity
524	DCC 930 Club	292	On Awakening	1650	Tenley Circle Men's
748	Del Ray Club	3275	P Street	10	The Away Group
296	District 2	360	Palisades Mon. Nite	402	There Is A Solution
171	Divine Intervention	120	Petworth	283	Uptown
360	Dunrobbin Group	196	Pillars in the Park	240	Victory Lights
960	Epiphanies	198	Poolesville Potluck	34	Village Idiots
12	Ex-Libris	90	Poolesville Beginnings	360	We Are All Beginners
330	Eye Opener-Potomac	261	Potomac EyeOpener	262	Westside Beginners
883	Fireside Spirituality	250	Potomac Men BB	148	West Side Women
250	Foggy Bottom	925	Potomac Oaks	344	Westmoreland Women
91	Georgetown Happy Hour	1038	Potomac Women	265	What's Happening Now
53	Glam Lot Women	304	Progress Not Perfection	156	Women's Grapevine
100	Goldsboro Group	282	Promises Promies		
120	Grace Rd Big Book	305	Prospect group		
60	High Sobriety	240	Quince Orchard	992	Birthday
30	Hope Group	345	Read & Speak	240	Faithful Fivers
10	Hyattsville Hope	290	Riderwood Bills	27055	Individuals
103	Informed Group	267	R'ville Steps & Traditions	250	Memorial
		204	Room with a View		

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, email **newreporter@aa-dc.org**



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

Why not share it with all of us? If you'd like to contribute to the *New Reporter*, please send in your material to:

newreporter@aa-dc.org



Day

Years

August

Michael A

Cosmopolitan

44

THINGS WE CANNOT CHANGE

Randy Fletcher, August 3, 2022 Greenbelt Step Club, 27 years sober

The **NEW REPORTER** is a monthly publication of the W.A.I.A., Inc., 4530 Connecticut Avenue, N.W. Washington, D.C. 20008. Printed Subscriptions are \$15.00 per year and Digital Subscriptions are **FREE**. Articles and event information are encouraged from members of the Fellowship and its friends.

VOLUNTEER

Guess who it really
Helps?

Call 202-966-9783

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

SEPTEMBER 2022