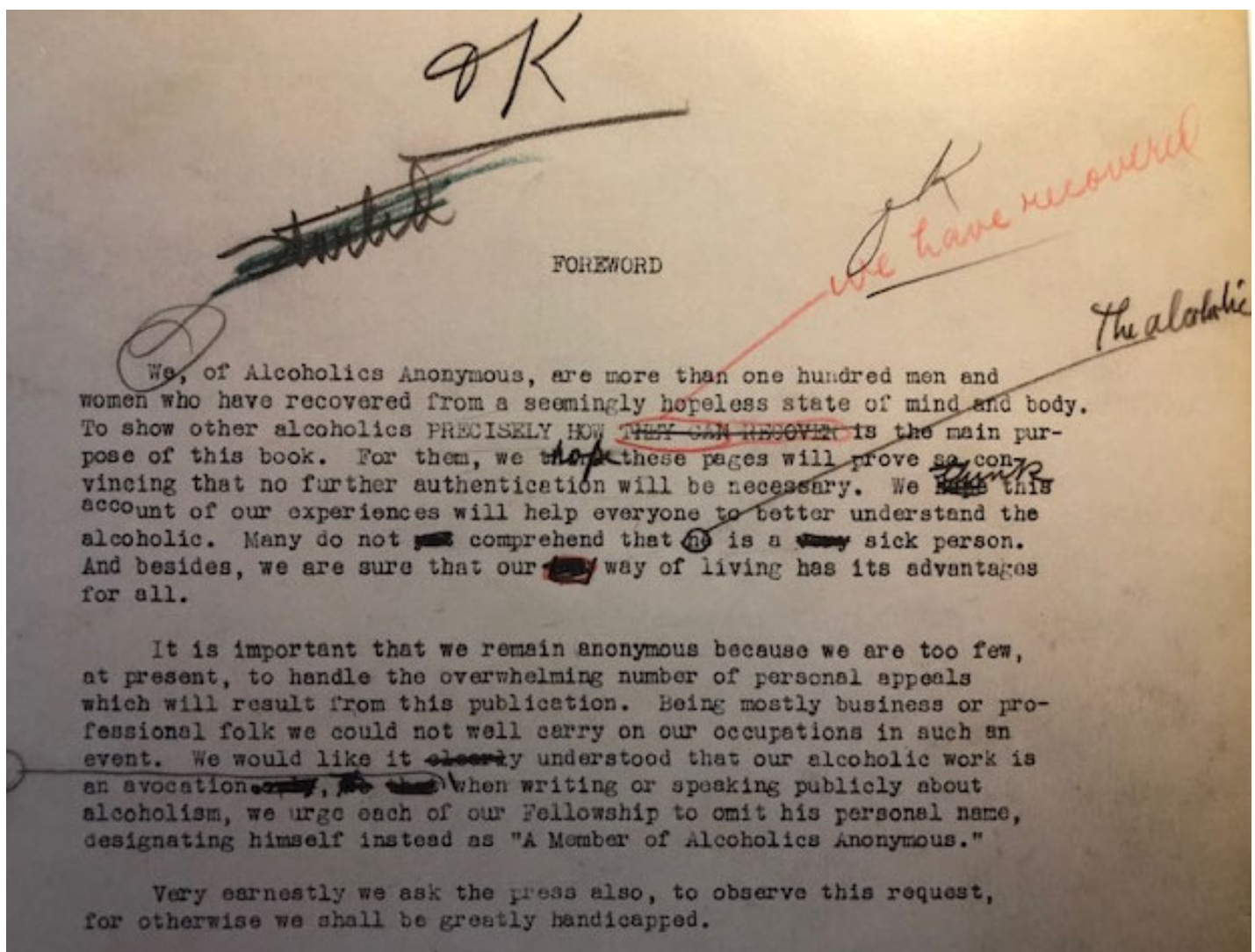


Original copy of Big Book on display at Dr. Bob's!



NOTES FROM WAIA

NIGHTWATCH:

Nightwatch volunteers receive calls from those seeking the hand of AA for themselves or family and friends. The level of desperation is as varied as members of fellowship. Sometimes the call is for meeting information and sometimes the calls are from people who are at the precipice of relapse. As active members of Alcoholics Anonymous we are responsible to extend our hand to the fellow alcoholic in need.

Nightwatch volunteers answer the phones when the WAIA office is closed. The service positions are available Monday - Sunday from 10pm-6am and 6am-10am. If you are interested in becoming a Nightwatch volunteer please e-mail nightwatch@aa-dc.org!

I recently spoke with a long time Nightwatch volunteer about her most significant interaction while doing Nightwatch service work.

Our volunteer received a call from a member of the fellowship that had less than a year of sobriety. He had been traveling on business for approximately 3 weeks and felt that it was getting harder and harder to resist the urge to have a drink. All he wanted was to make it to his business meeting the next morning without taking a drink.

The caller, young in his sobriety, did not even think he could resist the temptation of the hotel's in-room mini-bar. To ease his distress our Nightwatch volunteer suggested that he do three things:

1. If he couldn't ignore the minibar, call the hotel's front desk and ask them to remove the contents of the mini bar.
 2. Pray
- Get in the shower and call back after he is done.

The caller took a shower, and much calmed, called back. Our volunteer prayed with the caller and wished him a good night's sleep. The next morning the Nightwatch volunteer received a call from the man saying that he was sober and on his way to his business meeting.

WHY SHOULD A GROUP HAVE A GROUP REP?

From page 162 of the A.A. Service Manual (Source: A.A. Guidelines: Central or Intergroup Offices Rev. 9/17)

GROUP REPRESENTATION AT AN INTERGROUP/CENTRAL OFFICE:

Service centers usually have no authority on their own account; they derive it from the participating groups. Central/intergroup offices are essentially A.A. service entities, "directly responsible to those they serve," as described in Tradition Nine. Local group representatives reflect the groups' conscience in the service center operations. In most communities, a central/intergroup office committee or steering committee is set up to handle the administrative activities of the service office. The steering committee holds regularly scheduled meetings and deals with general policy and plans. Periodically, the steering committee reports to group representatives on central/intergroup office problems and accomplishments. It is extremely important to keep a two-way flow of information going between the central/ intergroup office and groups.

Original manuscript of The Big Book added to the collection at Dr. Bob's Home!

Dr. Bob's home announces that one of the original manuscripts of the Big Book is now on display in the dining room at 855 Ardmore Ave! Dr. Bob gave this manuscript to an early member and it was passed down through the fellowship. Dr. Bob and Bill spent several months together at 855 Ardmore Ave. in 1935. Through prayer, coffee and late-night talks, they began formulating a "design for living" that really works as they were flying blind under God's grace. Dr. Bob's recording in Detroit in 1948 refers to those talks: "...it would be hard for me to conceive that something wasn't said at or during these nightly discussions around our kitchen table that influenced the writing of the Twelve Steps." By 1938, two major groups had formed. The Akron Group "Group #1" (Alcoholic Squad) and Bill's Group, which met in his home at Clinton Street, known as the Drunk Squad or a "Nameless Bunch of Drunks". The consciousness and the stories that would be going into our beloved Big Book would come from the experiences accumulated by these two groups. By late 1937, in the living room of 855 Ardmore Ave, they counted 41 sober members and realized a "light had come into the dark world of the alcoholic." After a prayer of gratitude, they began discussing the need for literature to keep the message from being garbled. In 1938, Dr. Bob was busy doing 12 step work and Bill was busy writing down the collective strength, experience and hope of the early pioneers. Chapters were sent back and forth from Bill, Dr. Bob and the members in Akron. Three-fifths of the personal stories were written around the Smith family's dining room table. The typewriter Dr. Bob's daughter Sue used to type those stories is on that very table today at Dr. Bob's Home. Before going to press, Bill decided to find funds to distribute some "multilith" copies of the manuscript for feedback. Reports vary as to how many were sent out. Historians tell us somewhere between 100 to 400 copies were distributed to various members and professionals including doctors and clergy. There are very few manuscripts still in existence 84 years later. This particular manuscript, after being given by Dr. Bob to an early member and passed down through the fellowship, is now on display in the dining room. It was in the care of the Akron AA Archives for more than 20 years prior to this recent transfer to its new home. This leather bound and gilded copy is being displayed opened to the chapter of Dr. Bob's story and is clean except for one underlined word, which is visible. The manuscript is a wonderful addition to the many stories of the birth of AA that began over coffee, prayer and a kitchen or dining room table 84 years ago.

Taken from the 2022 Dr. Bob's House Newsletter



A.A.'s Legacy of Service By Bill W.

Our Twelfth Step—carrying the message—is the basic service that A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

Services include meeting places, hospital cooperation, and intergroup offices, they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the fellowship.

Vital to A.A.'s Growth

These services, whether performed by individuals, group areas, or A.A. as a whole, are utterly vital to our existence and growth. Not can we make A.A. more simple by abolishing such services. We would only be asking for complications and confusion.

Concerning any given service, we therefore pose but one question: "Is this service really needed?" If it is, then maintain it we must, or fail in our mission to those who need and seek A.A.

The most vital, yet least understood, group of services that A.A. has are those that enable us to function as a whole; namely, the General Service Office, A.A. World Services, Inc., and the A.A. Grapevine, Inc., and our Board of Trustees, known legally as the General Service Board of Alcoholics Anonymous. Our world-wide unity and much of our growth since early times are directly traceable to this cluster of life-giving activities.

Until 1950, these overall services were the sole function of a few old-time A.A.'s several nonalcoholic friends, Dr. Bob, and me. For all the years of A.A.'s infancy, we old timers had been the self-appointed trustees for Alcoholics Anonymous.

At this time, we realized that A.A. had grown up, that our Fellowship was ready and able to take these responsibilities from us. There was also another urgent reason for change. Since we old timers couldn't live on forever, newer trustees would be virtually unknown to the A.A. groups, now spread over the whole earth. Without direct linkage to A.A. future trustees couldn't possibly function alone.

This meant that we had to form a conference representing our membership which could meet yearly with our Board of Trustees in New York, and thus assume direct responsibility for the guardianship of A.A. tradition and the direction of our principal service affairs. Otherwise, a virtually unknown board of trustees and our too little understood service headquarters operations would someday be bound to face collapse.

Suppose that future trustees, acting quite on their own, were to make a serious blunder. Suppose that with no linkage to A.A., they tried to act for us in time of great trouble or crisis. With no direct guidance from A.A. as a whole, how could they do this? Collapse of our top service would then be inevitable. And if, under such conditions, our world services did fall apart, how could they ever be reconstructed?

These, briefly, were the conclusions that led to the formation of the General Service Conference of Alcoholics Anonymous.



America's alcohol crisis laid bare: Booze is now behind a FIFTH of deaths among adults under 50, CDC report finds

- Alcohol abuse accounts for 12 per cent of deaths of Americans 20 to 64 between 2015 to 2016, the CDC finds
 - It is responsible for one in five deaths for those 20 to 49 years old, as younger people drink more often
 - Experts warn that the findings should be a 'rude awakening' about alcohol use and binge drinking
- CDC data shows that 25 per cent of S adults binge drink every weekend, with young people more likely

[MANSUR SHAHEEN DEPUTY HEALTH EDITOR FOR DAILYMAL.COM PUBLISHED THE FOLLOWING REPORT:](#)

Alcohol use is linked to as many as one in five US deaths from all causes, according to an official study — with states in the Plains suffering the highest mortality.

Research led by the Centers for Disease Control and Prevention ([CDC](#)) found there were around 90,000 fatalities among adults aged 20 to 65 per year between 2015-2019 in which booze was an underlying or contributing cause.

Alcohol accounted for 12 per cent of deaths from all causes during the five year period. When reduced to those aged 20 to 49, alcohol made up 20.3 per cent of deaths.

Causes of death attributable to alcohol use include alcoholic liver disease, poisoning, motor vehicle crashes, homicides, cirrhosis and hypertension.

The figures do not include the period of the Covid pandemic, when stacks of studies suggest binge drinking has increased due to boredom and economic troubles.

Alcohol use is the leading cause of preventable deaths in the US.

New Mexico has the highest alcohol mortality of any state, with 21.7 per cent of deaths in the state among the age group being linked to alcohol abuse. In Alaska and Wyoming, alcohol-related deaths accounted for nearly 20 per cent of deaths in the age group.

Mississippi and Alabama suffer the lowest share of alcohol related deaths, with both states attributing nine per cent of fatalities to the substance.

Separate National Institutes of Health (NIH) data indicates a quarter of American adults have engaged in binge drinking in the past month.

They Kept Coming Back: # 7 Benny C Bromley & Glasgow

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 seventh interview was with Benny C., whose sobriety date was May 25, 1964.

I was born on the South side of Glasgow in 1936. I have four sisters and an older brother who left to go to Australia when I was quite young. The last time I saw him was when I was in the hospital with scarlet fever and he came to see me. I guess he could be described as the black sheep of the family but the rest of us were close. After the War, Dad went back to sea and when he came home on leave, he would, occasionally, get drunk and Mary, my sister, was the only one who would pick him up if he fell down anywhere. I remember, one time, a neighbor coming to the door one day asking if my father was in and Mary said 'No.' Then the neighbor said, "Well I think that's him along the street smelling the roses." So, Mary would go and pick him up.

I went to sea when I was 16. My dad, who was a good man, wanted me to stay at home and study to be an engineer but I had always wanted to go to sea, like him, so off I went into a catering job as a cabin boy. I was ok with drink when I was sixteen up until nineteen but my drinking slowly increased until I was drinking in the early morning until late at night. The shipping company I was with sailed to South Africa so I was drunk in Cape Town, East London, Port Elizabeth, and, in Durban, **I was totally out of it because we were docked there for 10 days. I had my feet firmly in mid-air.**

I met my wife, Janet, on board ship. She was a hairdresser and, when we went ashore for a drink, I began to notice that I drank more than she did. She had the ability to know when she had enough, unlike me. Janet came ashore, after we got engaged, and I continued sailing and drinking. I was promoted to barman and given the keys to the cocktail bar and everything went downhill from that moment. I didn't think anything was wrong. I just enjoyed life, or so I thought. The problem was that not only was I drinking my money, I was drinking the bar profits as well and eventually this caught up with me and I was sacked. So, I came ashore.

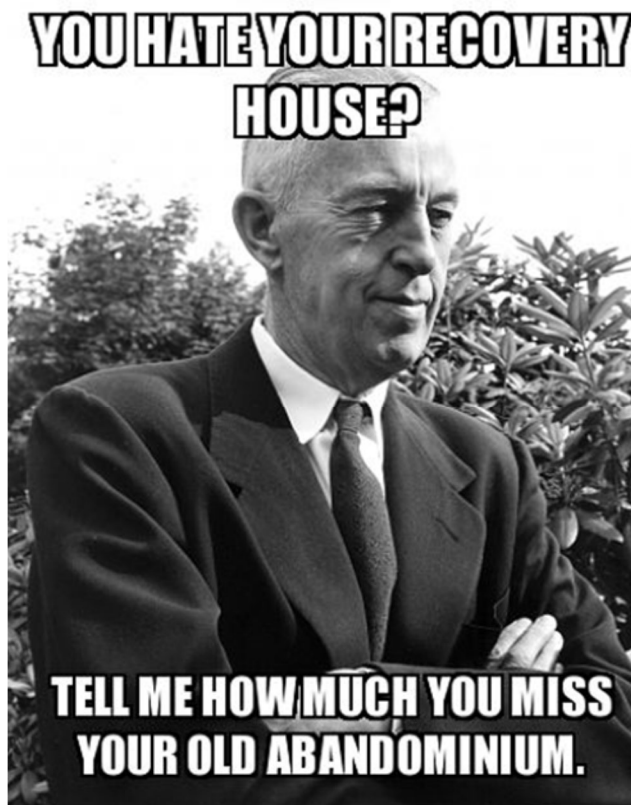
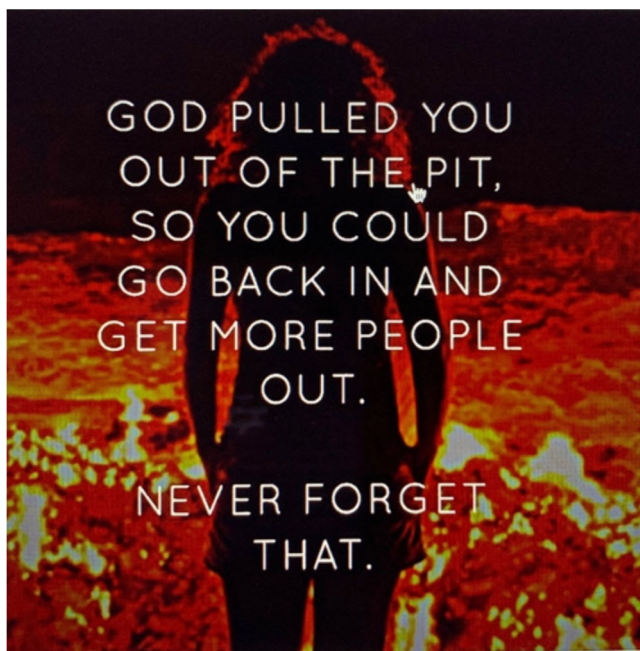
This way of life would probably have continued but my daughter, Jacqueline, was taken into the hospital after Having been diagnosed with tuberculosis. We all had to go for x-rays and mine showed that I also had T.B. and had, obviously passed it to Jacqueline. So that was another excuse to drink –poor little old me (PLOM). I was hospitalized and my supply of drink was cut off, resulting in my having an attack of the DT's.

My savior came in the form of a man called Chick, a big Polish nurse who worked in the ward I was in. He gave us our injections. He must have recognized my symptoms and got in touch with a Dr. Jaffrey and told him, "I think I've got one of your people in the hospital here." Jaff, as he was known, came to see me and he said, "I hear you have a drink problem," and I just said, "Yes, I have a drinking problem."

They kept me in the hospital for another ten days and then allowed me home. Jaff came to see me at home and I remember that he spoke to me very, very close. I now know he was trying to smell my breath. He told me there was a meeting at Stepping Stones House in Bromley. I started to go to that meeting regularly. It is very important not to miss meetings for any reason. You have to make the effort.

I was chairman of the South London Intergroup and South London then stretched from Bromley all the way out to Swanley. This was later split into South East and South West London Intergroups. I hope that I have done my share in helping to keep this Fellowship alive by serving where needed and helping a few people achieve sobriety. I have always done service. I have been Intergroup Chairman, done telephone service, and I've sponsored quite a few people. This year I celebrated 50 years of sobriety and I was very moved by the number of cards I received especially one with a hundred messages from my fellow alcoholics. I felt very humble, and, also, full of gratitude.

One thing I really do not like in a meeting is to hear people swear. Why? We have a spiritual program. There is no need to swear. To me it is positive proof that some people do not want to change. The A.A. literature I read were The Big Book, the 24 hour a day book and I listened to a lot of tapes. We really didn't have any literature in Glasgow in the sixties. Nobody thought to ask London about it. London was 500 miles away. All we had up here were telephone contacts during the day and meetings at night.

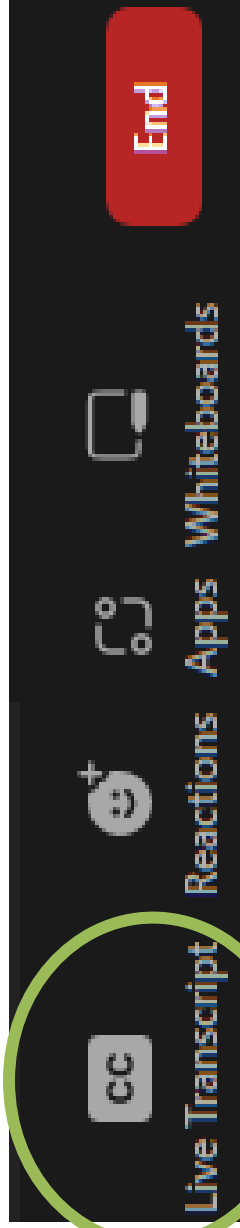


12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

Enabling Closed Captioning on Zoom

- The picture of the menu bar below has been split in half and re-sized to make it more readable



- 1 Click on Live Transcript
- 2 Click on Enable Auto-Transcription



This message will appear at the top of everyone's screen



Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*



2 *Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*



3 *Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.*



4 *Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.*



5 *Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late. Plan in advance an "important date" you have to keep.*



8 *Worship in your own way.*



9 *Don't sit around brooding. Catch up on those books, museums, walks, and letters.*



10 *Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."*



11 *Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.*



12 *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*



Viers Mill AA Group Presents



Holiday Recovery Bash

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WHERE

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Silver Spring
Maryland

six dollar
suggested
donation

WHEN

Sat Dec 10th 2022
6:00pm

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CONTESTS
TV RAFFLE
50/50 & MORE

DJ
Master
James

Meeting: 6:00
Dinner: 7:30
Dance: 8:00
Presents: 9:00

*Tradition 5 Demands Each Group
Has But One Primary Purpose...
To Carry Its Message To
The Alcoholic Who Still Suffers*

FOR INFO CALL
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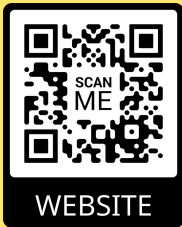
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	Price	Quantity	Amount
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Ball Cap	\$ 17.00	_____	_____
Tee-shirt (sizes Large to 5X): State size: _____ (sizes run small)	\$ 23.00	_____	_____
Donate to the 34 th IAAMC 2023			_____
	Total		_____

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Address: _____	City, State, Zip: _____
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Meal Preference: _____	Amount Enclosed: _____

Badges Required for ALL Sessions

Area 13 WAGSA District Committee Meeting

December 12, 2022—6:00 PM 2nd Monday of the month except July

<https://us02web.zoom.us/j/89430611434>

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

WAIA Monthly Board of Directors Meeting

December 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=VVBEBK2FNSZcxS3VXZDFVOXhMa1oxZz09)
[pwd=VVBEBK2FNSZcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEBK2FNSZcxS3VXZDFVOXhMa1oxZz09)

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Passcode: 819862

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

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

210	14 Promises	100	Goldsboro Group	120	Petworth
132	12 Point Buck	120	Grace Rd Big Book	196	Pillars in the Park
1505	930 Club Online	300	Grapevine Women	198	Poolesville Potluck
300	Anacostia Group	1343	Greenbelt Step Club	90	Poolesville Beginnings
630	Andrews Armed Forces	397	Grupo Virtual Wash.	261	Potomac EyeOpener
826	As Bill Sees It NW	185	High Sobriety	320	Potomac Group
400	As We Understood Him	30	Hope Group	250	Potomac Men BB
400	Aspen Hill 5th Chapter	10	Hyattsville Hope	925	Potomac Oaks
17	Aspen Hill Phoenix—Mon	133	Informed Group	1038	Potomac Women
80	Aspen Hill Phoenix-Fri	1300	Into Action	1445	Primary Purpose Gay
4193	Attitude & Action	1544	Just Before Noon	304	Progress Not Perfection
300	Back to Basics (CB)	304	Just For Today	413	Promises Promies
249	Beginners Are Winners	202	Kid Friendly Big Book	305	Prospect group
100	Bethesda Youth	390	Language of the Heart	320	Quince Orchard
250	Birds of A Feather	25	Leisure World Noon	345	Read & Speak
1627	B.Y.O.L (103154)	40	Let Go Let God	290	Riderwood Bills
520	Back to Basics (CB)	50	Liberty Group	267	R'ville Steps & Traditions
540	Broad Hwy Big Book	250	Life Is Good	204	Room with a View
1555	Burtonsville Big Book	75	Lifesavers Big Book	575	Rose Park Group
50	Campus Noon	72	Lit Hoppers	100	Rosedale Sobriety
1701	Capitol Hill Group	185	Lit Womxn	144	Sat. Afternoon 2PM/UP
87	Capital Hill Reminders	500	Men of Dupont	480	Saturday Morn Steps
265	Cheltenham Group	180	Merry Miracles	300	Sat. Night Happy Hour
66	Chinatown BB	620	Messengers	480	Sat. Night Special
97	Cigar Smokers	689	Mideast	120	Serenity House
100	Clinton Day	6193	Midtown	588	Serenity Speakers
160	Coffee & Donuts	100	Mircles	163	Serious Business
100	College Park Group	60	Misery is Optional	120	Shepherders
700	Corona Vagabond Group	170	Mo.Co. Women	675	Silver Spring Beginners BB
1079	Cosmopolitan	289	More Peace of Mind	600	Silver Spring Group
500	Daily Reflections Aspen Hill	283	Moving Into Solution, Women	180	Simplicity
100	Daily Reflections UP	38	Mt. Ranier	433	Six & Seventh Step
236	Darne Good Big Book	840	N.E. Sunrise	751	Six & Seven Step Online
1411	Darnestown Men	120	N.W. Metro	71	Soapstone
524	DCC 930 Club	120	Never Walk Alone	350	Sober Sat. Matinee
15	DCC Fri Women	100	Navy Yard BB	428	Sobriety Sisters
748	Del Ray Club	408	New Avenue	616	Southern Sobriety
296	District 2	63	New Beginners SW	4500	Spiritual Awakening
171	Divine Intervention	267	New Hope 123	92	Spiritual Hilltop
360	Dunrobbin Group	178	New Stomping Ground	180	St. Bartholomew
1600	Epiphanies	290	No Hard Terms	1200	St. Francis Group
12	Ex-Libris	400	Norbeck Women-Fri	14	St. Mary's Gay
330	Eye Opener-Potomac	256	Norbeck Women-Wedn	1200	Starting Over
883	Fireside Spirituality	260	Oasis Women's BB	240	Sunday in the Park
250	Foggy Bottom	30	Old Fashion	26	Sunday Men's Step
428	Gateway/Wedne.	184	Olney Women	720	Sunday Morn Breakfast
91	Georgetown Happy Hour	353	On Awakening	464	Sun. Morn. Breakfast Out
53	Glam Lot Women	3813	P Street	440	Sun. Morning Joy
		360	Palisades Mon. Nite	3510	Sunrise Sobriety Zoom

727 Sunshine, G'burg
360 Takoma Park Necessity
1650 Tenley Circle Men's
20 The Way Group
402 There Is A Solution
420 Thurs. Night Men's
100 Triangle Club
410 Uptown
740 Victory Lights
34 Village Idiots
745 We Are All Beginners
262 Westside Beginners
198 West Side Women
344 Westmoreland Women
265 What's Happening Now
156 Women's Grapevine

1006 Birthday
330 Faithful Fivers
37409 Individuals
300 Memorial

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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

December 2
December 8
December 17

Gloria B.
Paulette J.
Marbury W.

Prospect
Brightwood
Hyattsville Hope

41 Years
30 Years
36 Years

THINGS WE CANNOT CHANGE

The **NEW REPORTER** is a monthly publication of the WAIA 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.

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

DECEMBER 2022