



WAIA April 2023 Announcements

April 2023, Calls for Service

1. **WAIA Office Committee Chair:** The Office Committee makes recommendations to the Executive Committee/Board regarding office operations and personnel policies for WAIA staff. Current board members, current and past officers and past executive committee members are eligible to serve as chair.
2. **Office and HelpChat Volunteers Needed!** We are still in need of more volunteers willing to come into the WAIA office. Need help on Thursdays 1-4PM and Sunday 1-4 PM to help answer phones. Email help@aa-dc.org for more information or call 202-966-9783 and ask for Luella or Clo'via.
3. **The WAIA outreach committee** has started to reach out to those groups without a designated Board Member (Rep). If you would be interested in either serving on the committee or in reaching out to 5 local groups to explain why having a rep matters, please contact me, Teresa R. @ tlkaiser3@aol.com or outreach@aa-dc.org.

Searching for a WAIA Finance Chair

Are you looking for a flexible service position that allows you to do work with the Washington Area Intergroup? Good with numbers, comfortable with Excel? Enjoy helping people understand all the amazing efforts our local intergroup undertakes to carry the message to the still-suffering alcoholic using the funds provided by the fellowship?

If any of that sounds appealing, then you may be the alcoholic we are looking for!

The Finance Chair connects monthly with the WAIA Office Manager, Luella T., and the Treasurer, Will R. as well as has the support of a small but active finance committee. As the finance chair, you'll meet monthly with this dedicated group to review the previous month's financial status and craft a short report reviewing WAIA's financial status for the month using Excel and Word. Templates already exist and the previous finance chair is happy to provide training. You'll also attend the monthly board meeting on the 2nd Tuesday of the month to present the report in person to the board and provide the occasional special update to the WAIA Finance webpage (<https://aa-dc.org/finance>). The time requirement is 2-3 hours a month.

Literature Prices are increasing for the first time in 9 years. AA World Services is increasing their prices effective April 3, 2023. WAIA will increase our prices effective May 1, 2023 to give our members and groups time for literature purchase planning. See the next page for the current and new prices for AA books. Call the office at 202-966-9783 and ask for Luella or Clo'via if you have any questions.

AA Literature Price Increase—5/1/2023

Literature Prices are increasing for the first time in 9 years. AA World Services is increasing their prices effective April 3, 2023. WAIA will increase our prices effective May 1, 2023 to give our members and groups time for literature purchase planning.

	CURRENT	NEW PRICE
AA 75th ANNIVERSARY BIG BOOK	\$12.00	\$12.00
AA BIG BOOK	\$9.50	\$12.00
AA BIG BOOK (soft)	\$9.10	\$11.00
AA BIG BOOK (mini)	\$5.00	\$6.00
AA BIG BOOK (large print)	\$10.30	\$12.00
AA COMES OF AGE	\$9.50	\$12.00
A VISUAL HISTORY	\$12.00	\$12.00
AA SERVICE MANUAL	\$4.00	\$4.00
AS BILL SEES IT	\$9.00	\$11.00
AS BILL SEES IT (soft)	\$8.60	\$11.00
AS BILL SEES IT (large print)	\$9.50	\$11.00
CAME TO BELIEVE	\$5.00	\$6.00
CAME TO BELIEVE (large print)	\$5.25	\$6.00
DAILY REFLECTIONS	\$10.25	\$12.50
DAILY REFLECTIONS (large print)	\$10.75	\$12.50
DR BOB & GOOD OLD TIMERS	\$10.50	\$12.00
EXPERIENCE, STRENGTH & HOPE	\$5.50	\$6.00
LIVING SOBER	\$5.00	\$6.00
LIVING SOBER (large print)	\$5.25	\$6.00
PASS IT ON	\$11.00	\$12.00
TWELVE & TWELVE	\$8.90	\$11.00
TWELVE & TWELVE (soft)	\$8.25	\$10.00
TWELVE & TWELVE (mini)	\$6.50	\$8.00
TWELVE & TWELVE (large print)	\$8.90	\$11.00
TWELVE & TWELVE (gift)	\$8.25	\$11.00
OUR GREAT RESPONSIBILITY	\$12.00	\$12.00

Are you proud of your homegroup?

Want to brag/share why? The Outreach Committee and the Digital New Reporter would like to showcase various AA groups in our area using the words of their members. We are soliciting essays of 300 words or less about why you love your homegroup for potential publication in a future New Reporter.

Please submit your essays to the Digital New Reporter to:

newreporter@aa-dc.org

Teresa R., Outreach Committee Chair

The Fourth Step

From the *Best of the Grapevine*, Volume II

“Those Twelve Steps as I Understand Them,” by Rev. Samuel M. Shoemaker

4. *Made a searching and fearless moral inventory of ourselves.*

There is no more difficult thing in the world than to face yourself as you really are. We flee from one sin after another as they catch up with us, making excuses all the time, and pleading that our virtues in another direction more than make up for them. What most people need, what all must have if they are to find an answer, is just the willingness to make “a searching and fearless moral inventory” of themselves.

Some sins are obvious. But when it comes to the spiritual touchiness, and inflexibility about having our own way – they are *not* so obvious, because their damage is less easy to see quickly. The Ten Commandments will form a good guide. So will the Sermon on the Mount. We may need to sit down with someone who knows us and will be honest with us, and ask him to give us a good going over, for most of us, for most of us are terribly blind and terribly self-deceived. One can even make a “formal confession” to a priest in the church and not really get wise with oneself. Deepest of all, greatest of all, and subtlest of all will be pride in some form, usually masquerading under the guise of some virtue. Alcoholism may force such an honesty about oneself, would that the other and more respectable sins did the same thing!



Sorry, wine lovers. No amount of alcohol is good for you, study says.

In April, 2022, Lindsey Bever of the Washington Post reported the following:

For decades, scientists have been studying how alcohol affects our bodies. Some studies have suggested modest amounts, such as a glass or two of red wine per day, are associated with decreased inflammation, improved blood pressure and lower risk of death from coronary artery disease.

Research has also linked it to an increased risk of various cancers and reduced brain volume over time.

So, which is it – is moderate drinking good or bad?

A team of researchers recently analyzed the connection between genes linked to alcohol consumption and cardiovascular conditions and found that drinking – any amount – was associated with an increased risk of disease.

The findings showed that even low alcohol intake was associated with a small increased risk of cardiovascular issues, such as hypertension and coronary artery disease, but that risk ramped up exponentially with heavier consumption.

They Kept Coming Back: # 11

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 eleventh interview was with Gerald D., whose sobriety date was November 23, 1965.

I came into A.A. on 23rd November 1965 in Birmingham but I can't remember whether it was the Kidderminster meeting or in Stourbridge which I attended. Neither my Sponsor, who was one of the two people who 12 Stepped me, can remember which one it was. **I had attempted suicide and had been found unconscious and taken to hospital. While I was in hospital the General Medical Officer approached me and asked me if he could have a chat. He told me about all the symptoms of Alcohol Addiction and I identified with all them.** He said he could put me in a Rehab Clinic but also said that the only success he had ever seen with Alcoholism and in Alcoholics Anonymous. Two A.A.'s took me to that first meeting and I really felt an empathy for the older man who, two years later, became my sponsor.

At that time there were only three meetings in Birmingham, two were in hotels. One person was running all three meetings and he, also, had the only telephone line. Some of us felt that this was not a satisfactory situation and we got together and formed what we called a 'Pilot Group'. We acquired a shop and had out meetings there but the Old Timers wouldn't come to the meetings and we were concerned about this. I mentioned this to Travis C., who was a great help to me and did a tremendous amount of service in A.A., and he said "Why don't you grow your own?" Which we did. At that time (before 1969) there were no chair meetings. The Little Black Book which is a Hazelton publication, was the only literature which was read and followed at the meetings. I moved to London there or four years later and back into my career in the Movie Industry which I had been thrown out of. I eventually became a screenwriter. **In London at that time there were ninety meetings but only one Intergroup and people were pretty fed up with the situation so a few of us formed an Ad Hoc Committee and, with the backing of the General Service Board, which had been aware and concerned about the unrest, we split the one Intergroup into five workable Intergroups.** Leslie C. was the first Chairman of our particular Intergroup, London Central and I became the second chairman in 1974.

I moved to Surrey 00 to Wonersh – in 1977. At that time the big meeting in the area was at Jenner Road, Guildford on Tuesdays and had been started by Brigadier Hugh McK and others. Hugh ran most things in the area at that time and was very much the 'Oldtimer'. Not everyone was comfortable in that meeting and American Chester, who started the third meeting in the area in Ockham in 1973, suggested to two of his sponsees, Ben and Gwen, that they start a meeting at Guildford Cathedral on Wednesdays. Subsequently there were two meetings at the Cathedral, the other one on Saturday, until the Cathedral authorities decided that they needed the room.

In 1980 I was invited to convene the Selsey Convention which took place in Brighton that year and in 1982 I took over at the Tilford Convention. At that time, in the Eighties, I was never out of the General Service Office at Redcliff Gardens in London and I worked very hard on Service.

At one time I was asked to come on to the Board of A.A. and I discussed this with my sponsor. He said, "Are you really desperate to get on the Board?" I was desperate and said so and his reply was "If you are that desperate it probably is not the right time for you to join." However, I was asked to help pave the way for Regionalization on the Intergroups which I did with a group of other A.A.'s and we upset a few people in the process. There were internal arguments about whether we should make ourselves more visible. Then the television series 'Coronation Street' introduced the subject and mention A.A. At that point, we decided to get out more information to the public.

Looking back – now that I have retired – it has been my privilege to know some wonderful people in A.A. In the early days I hated these same people but they were the ones that saved my life. When I was alone at Christmas time, they would invite me to their houses. I, particularly, remember with affection, Travers C. and Sackville (whose story appeared in the Big Book) also Maurice S and many others. **On one occasion, in the early days, Travers and Sackville managed to have an Audience with the Pope. This was in the '60s. The Pope gave them both a medal and asked how he could help A.A. Travis, ever bold, said "Well, if you could give us some meeting places that would help."** Almost immediately, Catholic Church Halls became available for A.A. meetings.

Evidence shows that Coffee is a Preventative:

George Citroner of the Epoch Times reports:

“About 1 in 10 Americans are living with diabetes, and between 90 and 95 percent of them have Type 2 Diabetes. Compelling evidence suggests that increasing your coffee intake could lower your risk for this condition.

Coffee May Prevent Type 2 Diabetes

A large study from Harvard University looked at the coffee habits of more than 100,000 people for about 20 years.

Researchers found that people who increased their coffee intake by one cup more per day experienced an 11 percent lower risk of eventually getting Type 2 diabetes.

People who reduced their coffee intake by one cup per day, on the other hand, saw their risk of developing diabetes increase by 17 percent.

‘These changes in risk were observed for caffeinated, but not decaffeinated coffee, and were independent of initial coffee consumption and four-year changes [during the study period] in other dietary and lifestyle factors,’ the study authors wrote.

Research published in 2012 found that moderate coffee consumption (three to five cups per day) was associated with a 25 percent reduced risk of Type 2 diabetes.

These findings build on research 2009 that found an association between increased coffee drinking and reduced risk of Type 2 diabetes.

A systematic review and meta-analysis of studies found that drinking coffee can help our bodies to burn more fat, which addresses a big risk factor for Type 2 diabetes: being overweight.

‘In our analysis of 94 studies with 105 independent groups (984 participants), CAF [caffeine] ingestion significantly increase fat metabolism,’ the study authors wrote.

‘This is likely due to presence of antioxidants and other beneficial compounds in coffee,’ Dr. Michael Greene, an OB/GYN at Winona. a female-founded anti-aging wellness center and OB hospitalist and site director for OBHG in Northridge, California, told the Epoch Times.

THE REVERENT CALVERT FITZGERALD RES-
CUE MISSION
714 RACE STREET
PHOENIX, ARIZONA 85271

NOVEMBER 13, 1972

Dear Friend,

Perhaps you have heard of me and my nationwide campaign in the cause of Temperance. Each year, for the past fourteen years, I have made a tour of the Middle West and delivered a series of lectures on the evils of drinking.

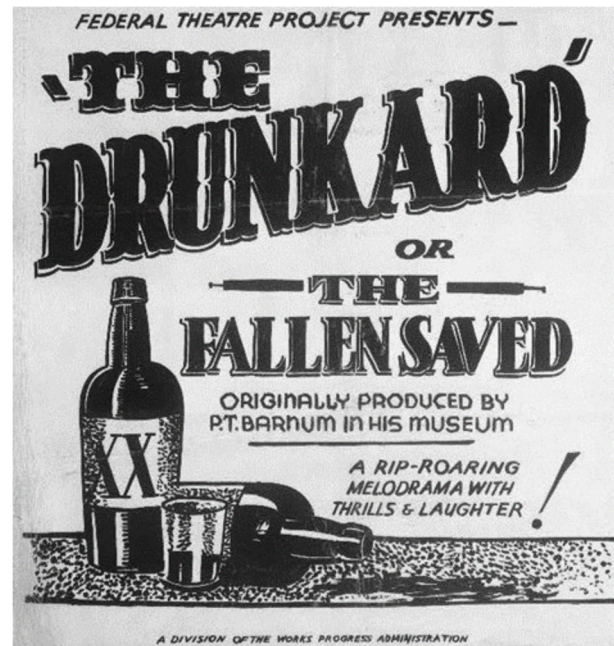
On these tours, I have been accompanied by my young friend and assistant, Clyde Lindstrom. Clyde, a young man of good family and excellent background, is a pathetic case whose life was ruined by excessive indulgence in whiskey, gin and rum, not to mention beer and women.

Clyde would appear with me at the lectures and sit on the platform drooling at the mouth and staring at the audience through bleary, bloodshot eyes while I would point him out as an example of what drink would do.

Last summer, unfortunately, Clyde died. A mutual friend had given me your name, and I wonder if you would care to take Clyde's place on my seasonal tour.

Yours in faith,

Reverent Calvert Fitzgerald



A man came home drunk and tried to explain himself to his wife. She said, "When you have drunk all the whiskey you want, you should switch to sarsaparilla,"

I told her that when I have drunk all the whiskey I want, I can't say sarsaparilla.

Mark Twain

ACTUAL PHOTO OF MY 4TH STEP



ACCOMPLISH YOUR GOALS

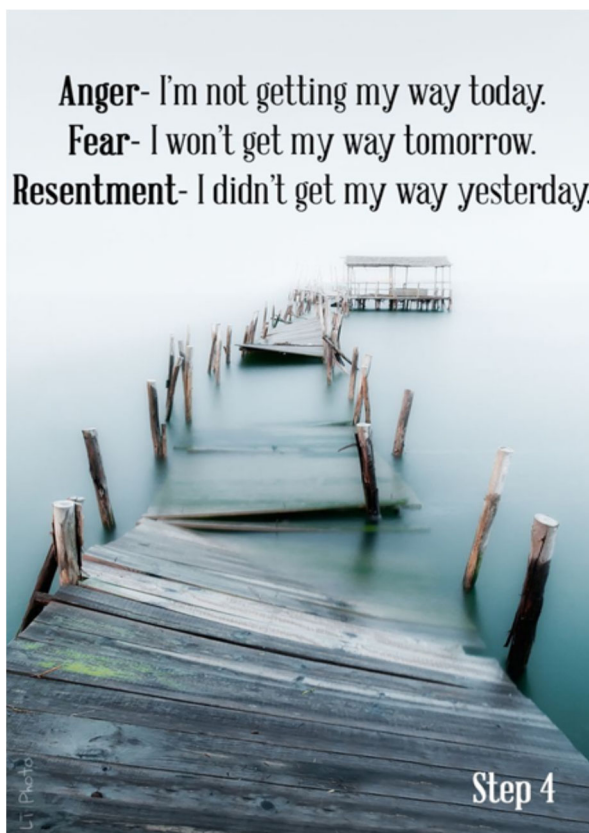


ONE STEP AT A TIME....

I Drank So Much My Blood Type is AA



Anger- I'm not getting my way today.
Fear- I won't get my way tomorrow.
Resentment- I didn't get my way yesterday.





Spring Back to Basics

The Alcoholics Anonymous
Beginner's Meetings

Here are the Steps We Took...

In FOUR One Hour Sessions

Monday Evenings in April
@ 7:00 PM
3, 10, 17, 24

368 Main Street Laurel MD 20707
LaurelRecovery.Org

Washington Area General Service Assembly (Area 13)

Annual Mini-Conference

Join us from 8:30 am to 3:00 pm Eastern Time on

Saturday, April 8, 2023

Virtual Platform

ZOOM ID: 878 2453 7413

<https://us02web.zoom.us/j/87824537473>; Password: 733528

to discuss

AA's Three Legacies: Our Common Solution

Registration begins at 8:30

Guest Speaker for the 50th Mini Conference will be:

Francis G.

Northeast Regional Trustee

The Area 13 Mini-Conference provides the opportunity for our GSRs, DCMs, Area officers, Committee members, and ALL others who are interested in service to discuss the General Service Conference agenda items and related issues and concerns affecting AA as a whole.

Held annually, a Mini Conference informs our Delegate to the Conference of the Area's group conscience and provides an opportunity for every group in Area 13 to fulfill its responsibility to the future of AA by exercising its Right of Participation.

Bring your Sponsors and Sponsees

All are Welcome!

UNDER CONSTRUCTION

78th Annual

WAIA *Gala*

Saturday, April 15

6:30 PM - 11:00 PM

Silver Spring Civic Center

1 Veterans Plaza

Silver Spring, MD

Doors Open @ 6:00 PM

Tickets: \$45

Purchase tickets here

*Dinner
&
Dancing*



*Speaker:
Mario C.*

miracles Do Happen!!!

For additional information, visit: www.aa-dc.org



34th International Men's Conference 2023

Washington DC

"Keeping the Legacy ALIVE 2023 and BEYOND"

www.IAAMC-DC23.org

When: April 21-23, 2023

**Where: The Doubletree by Hilton Crystal City
300 Army Navy Drive, Arlington VA, 22202**

<https://book.passkey.com/go/AAMensConference>

For Room Reservations: Call (703) 416-4100. Use Promo Code: IAA and mention IAA to receive conference rate of \$149.00 (plus tax per night) visit our webpage: www.IAAMC-DC23.org

for more information contact:

Chair	Lee M.	(202) 441-0111	Chair.IAAMCDC23@gmail.com
Co-chair	Willie S.	(301) 257-3320	CoChair.IAAMCDC23@gmail.com
Treasurer	Stan C.	(301) 598-5953	Treasurer.IAAMCDC23@gmail.com

Conference Registration Options

	Price	Quantity	Amount
General registration and banquet <i>(Circle your meat choice: Salmon, chicken or sliced pork tenderloin, vegetarian)</i>	\$ 120.00	_____	_____
Registration Only	\$ 50.00	_____	_____
Tour of Washington, DC by Motor Coach	\$ 39.00	_____	_____
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			_____

please visit our website for details and updates @ www.IAAMC-DC23.org

Mail Registration to: IAAMC-DC23, PO Box 12226, Silver Spring, MD 20906-1548

Make check or money order payable to: IAAMC-DC23 or register online using our webpage: www.IAAMC-DC23.org

Name: _____	Phone: _____
Address: _____	City, State, Zip: _____
Email: _____	Home Group: _____
Meal Preference: _____	Amount Enclosed: _____

Badges Required for ALL Sessions

-PRICING-

Early registration fee of \$35 per person includes all Workshops, Speakers, and Fellowship for the three day program. Tickets for Banquet Dinner (\$30) sold separately.

Starting April 1st, the registration fee is \$40

Register online at:

www.southernmarylandroundup.org

Register by mail by May 1st. Make check or money order payable to:

Southern Maryland Round-Up

Mail to: P.O. Box 427, Dunkirk, Md 20754

After May 1st, check the website for registration availability.

All registrations FINAL. No refunds - pass it on to a friend of Bill's if unable to attend.



12TH ANNUAL SOUTHERN MARYLAND ROUND-UP

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Email: _____

Phone: _____

Special Needs: Yes No

Describe: _____

Registration: \$ _____

Banquet: \$ _____

Hospitality Donation: \$ _____

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

TOTAL: \$ _____

Outstanding Speakers!
Fellowship!
AA & Al-Anon Workshops & Meetings!
Society Countdown!
Hospitality Corner!
On-site Recovery Store! T-shirts!
AND MORE!



For conference and lodging information, please visit

www.southernmarylandroundup.org

or email: Info@somdroundup.com

2023
SERVICE IS
THE SECRET



AA WOMEN'S THANKSGIVING RETREAT

May 19-21, 2023

**Loyola On the Potomac Retreat House—A Jesuit Retreat House in
Falkner, MD**

Theme: Walking with the Women

A weekend full of talks, discussions, private reflection, fellowship and time for rest will make this a very good way to spend a weekend.

Retreat Leader: Sister Elise with over 25 years of experience

Cost: \$245 (can make a deposit of \$115); includes private room with ½ bath, 2 nights and 5 meals

Registration: [Outside Retreat Registration | Loyola on the Potomac – A Jesuit Retreat House in Falkner, MD](#)

Retreat Captain: Jess P. Jessica.poulin89@gmail.com 843-855-7285



Area 13 WAGSA Annual Mini Conference

April 8, 2023—8:30 AM - 3:00 PM

[https://us02web.zoom.us/j/878 2453 7413](https://us02web.zoom.us/j/87824537413)

Passcode: 733528

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

WAIA GALA

Saturday April 15, 2023

6:30PM—11:00 PM

Dinner, Speaker, Dancing

**Silver Spring Civic Center
1 Veterans Plaza
Silver Spring MD**

Tickets \$45.00

<https://aa-dc.org/2023-gala>

WAIA Monthly Board of Directors Meeting

April 11, 2023—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=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09)
[pwd=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09)**

Meeting ID: 834 6059 8434

Passcode: 819862

One tap mobile

+13017158592,,83460598434# US (Washington DC)

CHECK OUT OUR EVENTS CALENDAR

<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

- | | | | |
|------|-------------------------|-------|------------------------|
| 60 | 14 Promises | 25 | Rockville Metro Club |
| 100 | Anacostia Group | 94 | Sat. Afternoon UP |
| 300 | Aspen Hill 5th Chapter | 96 | Sat. Morn. Fire Barrel |
| 600 | B.Y.O.L (103154) | 180 | Sat. Night Happy Hour |
| 300 | Back to Basics (CB) | 287 | Serenity Speakers |
| 481 | Burtonsville Big Book | 404 | Serious Business |
| 160 | Capitol Heights Group | 700 | Silver Spring Group |
| 185 | Capitol Hill Reminders | 368 | Six & Seventh Step |
| 25 | Clinton Day | 157 | Sober Sat. Matinee |
| 95 | Coffee & Donuts | 1000 | Spiritual Awakening |
| 1002 | Cosmopolitan | 450 | St. Francis Group |
| 109 | Darn Good Big Book | 25 | Sun. Morn. Reflections |
| 412 | Darnestown Men | 900 | Sunrise Zoom |
| 88 | Deanwood Step | 217 | Takoma Park Necessity |
| 100 | Deanwood Women Rap | 240 | Twelve Point Bucks |
| 300 | Epiphanies | 161 | Uptown |
| 700 | Foggy Bottom | 330 | Village Idiots |
| 100 | Gaithersburg Beginners | 173 | We Are All Beginners |
| 104 | Grapevine Women | 240 | We Care |
| 82 | Grupo Virtual Wash. | 276 | Westside Club |
| 74 | High Sobriety | 180 | West Side Men |
| 32 | Informed Group | | |
| 812 | Into Action | | Birthday |
| 198 | Kid Friendly Big Book | 90 | Faithful Fivers |
| 42 | Lit Hoppers | 6.176 | Individuals |
| 100 | Lit Womxn | | Memorial |
| 211 | Men's Adhoc Group | | |
| 300 | Messengers | | |
| 3098 | Midtown | | |
| 52 | Mideast | | |
| 1150 | Monday Men's | | |
| 10 | New Hope 123 | | |
| 300 | New Unity Gay | | |
| 69 | No Hard Terms | | |
| 150 | Oasis Women's BB | | |
| 100 | Old Fashion | | |
| 2770 | Olney Farm Group | | |
| 120 | Olney Women | | |
| 19 | On Awakening | | |
| 10 | Open Arms | | |
| 84 | Out to Lunch | | |
| 328 | P Street | | |
| 85 | Pillars in the Park | | |
| 50 | Potomac Eye Opener | | |
| 100 | Potomac Speakers | | |
| 628 | Progress Not Perfection | | |
| 150 | Prospect Group | | |
| 85 | Quince Orchard | | |

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



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.

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.

APRIL 2023