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.

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<tr>
<th>Title</th>
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The Fourth Step

From the Best of the Grapevine, Volume II

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 into my career in the Movie Industry which I had been thrown out of. I eventually became a screenwriter.

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.

Las 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 sarsa-

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.

Step 4
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
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 interested in service to discuss AA’s General Service Conference agenda items and related issues and concerns affecting AA as a whole.

Bring your Sponsors and Sponsees! All are Welcome!

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 at 8:30 am to 3:00 pm Eastern Time on

**Virtual Platform**

ZOOM ID: 878 2453 7413
Password: 733528

https://us02web.zoom.us/j/87824537473

**Guest Speaker for the 50th Mini Conference will be:**

Francis G. Northeast Regional Trustee

**AA’s Three Legacies: Our Common Solution**

Registeration begins at 8:30
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

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

Chair
Lee M. (202) 441-0111 Chair.IAAMC23@gmail.com
Co-chair
Willie S. (301) 257-3320 CoChair.IAAMC23@gmail.com
Treasurer
Stan C. (301) 598-5953 Treasurer.IAAMC23@gmail.com

Conference Registration Options

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<th>Price</th>
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<tr>
<td>General registration and banquet</td>
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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
2023

The Secret Service is

- Pricing
- 12TH ANNUAL
- SOUTHERN MARYLAND ROUND-UP

For conference and lodging information, please visit
www.southernmarylandroundup.org

Outstanding Speakers!

Fellowship!

AA & Al-Anon Workshops & Meetings!

Sobriety Countdown!

Hospitality Corner!

On-site Recovery Store! T-shirts!

AND MORE!

- Early registration fee of $35 per person includes all Workshops, Speakers, and Fellowship for the three day program.
- Registration fee is $40 after May 1st. Register online at:
  www.southernmarylandroundup.org
- Mail to: P.O. Box 427, Dunkirk, Md 20754
- Mail for: R.O. Box 427, Dunkirk, Md 20754
- Register online at:
  www.southernmarylandroundup.org
- Register by mail by May 1st. Make check or money order payable to:
  Southern Maryland Round-Up

starting April 1st, the registration fee is $40

Tickets for Banquet Dinner ($30) sold separately.

Special Needs: Yes

No

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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 Faulkner, MD

Retreat Captain: Jess P. Jessica.pouiln89@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
Passcode: 733528
For more information, please visit: area13aa.org  or email: chair@area13aa.org

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?
pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09
Meeting ID: 834 6059 8434
Passcode: 819862
One tap mobile
+13017158592,,83460598434# US (Washington DC)

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

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
If you would like to receive 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

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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

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