

### Step Eight

*"Made a list of all persons we had harmed, and became willing to make amends to them all."*



Steps Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our new-found knowledge of ourselves, we may develop the best possible relations with every human being we know.

THIS IS A VERY LARGE ORDER.

## WAIA August 2023 Announcements

### No regular WAIA monthly Board meeting in August August 8, 2023, 7:00 PM - 9:00 PM

- **The WAIA Finance Committee** will present the draft 2024 WAIA Budget. Corporate and Service committee chairpersons can request adjustments to the budget during this session. The budget will be presented to the board for review in September or October and be approved no later than the November 2023 Board Meeting, per WAIA's by laws. **All AA members are welcome to attend.**

Join Zoom Meeting:

<https://us02web.zoom.us/j/83460598434?pwd=VVBEBK2FNSZcxS3VXZDFVOXhMa1oxZz09>  
Meeting ID: 834 6059 8434, Passcode: 819862

- **NEW AA MEETING:** Join us 7PM, August 15th on Zoom. An Online meeting, **"But Trusted Servants"**, will meet on the 3rd Tuesday of each month. Organized by the Executive Committee for WAIA board members to get to know each other, this is an open discussion meeting and **all AAs are welcome.**

Join Zoom Meeting:

Meeting ID: 833 3160 7899 Passcode: 739613

### • **WAIA Calls for Service**

**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.

**Office and HelpChat Volunteers Needed!** We are still in need of more volunteers willing to come into the WAIA office. Need office help on Saturday 1-4 PM; Sunday 1-4 PM; Monday 1-4 PM; to answer phones. Email [help@aa-dc.org](mailto:help@aa-dc.org) for more information or call 202-966-9783 and ask for Luella or Clo'via.

### • **Potomac Village Live Friday Night Meeting Back In-Person, Earlier Start**

The Potomac Village Live Step Meeting on Fridays has re-started in-person and we're starting earlier, 8 p.m. rather than the previous 8:30 p.m. schedule. We're still at St Francis Episcopal Church, 10033 River Rd, Potomac, MD, but we are in a different room. Directions to the new room are on the meeting listing on aa-dc-org. We're actually in a church basement; use a door on either side of the chapel, which is close to River Road and isn't the school building we previously used.



## **What Is the Purpose of Alcoholics Anonymous Step 8?** *(From Recovery.org)*

Step 8 of Alcoholics Anonymous (AA) is about the relationships in your life and repairing those that have been damaged by alcohol misuse. In Step 8 of A.A., you make a list of the people you've wronged and become willing to make amends to them. This does not mean that you will make amends; only that you become *willing* to.<sup>1</sup>

## **How Do You Complete Step 8 of Alcoholics Anonymous?**

Completing step 8 requires a desire to improve your relationship with others. Step 8 is a process of accepting how you've hurt others and better understanding how they may feel.

- *Think about how many people you have hurt and how you've hurt them.*
- *Make a list of everyone you've harmed.*

*Pay attention to what you discover about yourself and your problems along the way, and how your relationship is with yourself.*

## **What Are Some Tips for Completing Step 8?**

- Avoid minimizing your faults and failures by focusing on the faults of others.
- Realize that you hurt others as well as yourself with your drinking.
- Look beyond your obvious defects and do a thorough examination of your flaws.

Avoid judgments of others. Be objective when evaluating your defects as well as those of others.

## **What Are Some Myths About Step 8?**

***Your drinking hasn't harmed anyone but yourself.***

People often think that if the damage isn't extreme and noticeable, then there isn't anything beneath the surface. This is a dangerous misconception and something A.A. calls "purposeful forgetting."<sup>1</sup> You can't get the most out of the 12 steps if you aren't willing to be vulnerable and incredibly honest—even if what you discover about yourself and others is painful to accept.

## **Tradition Eight: *Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers***

Like all traditions, Tradition Eight was created through trial and error. Tradition Seven speaks of how money and spirituality can work together. But Eight says that accepting payment for Twelfth Step work would defeat the altruistic act of the giving of oneself to another. For me, to share a part of myself is a very spiritual act.

As I remember it, there was a club of some sort that A.A. members kept up the maintenance on in New York City. But at times in the evening, when members went home, drunks would come in and mess up the room. The members tried to have another member stay there for free, but he wouldn't have anything to do with that; he wanted to be paid. The members thought paying him would be "professionalizing" A.A. the guy said he was already doing Twelfth Step work and being a janitor at a club was not Twelfth Step work. It was a job.

Years ago, I was employed by a behavioral health company to do marketing. I sold a product. The product was counseling services. I got to tell people why my product was so good and what the product would provide for the money they paid. The thing is, if a client didn't have the money, the client didn't get the services.

Now just imagine what it would be like if a bunch of drunks were paid to make Twelfth Step calls. First, there wouldn't be a shortage of sponsors. Then we'd start to turn away those lousy low-bottoms who don't kick in for the Seventh Tradition anyway.

Then there are those A.A. members who have the big bucks. I knew of someone who hired a "sober friend" to try to prevent him from going out again. The alcoholic went through many "friends." Poor human lost a lot of money but couldn't stay sober.

Last week, I had the opportunity to call our GSO with a Traditions question. The receptionist knew who to connect me with. The person I spoke to shared his experience with me.

Many of the GSO workers are alcoholics and are active in their home groups and in the community of A.A. Some have held service positions. That is their service work. What they do at the office is paid work, not service work.

We sometimes need to hire individuals who have experience with A.A. What would happen to our inter-groups if they hired non-alcoholic office managers? Soon we might be doing all sorts of things that could violate our Traditions, which are so important. It could get confusing if we sold advertising for our newsletters. Imagine all the treatment centers who'd be willing to pay big bucks for ad space.

The longer I stay in A.A., the more I learn. The biggest mistakes I've made are my biggest lessons.. I hope we as members continue to follow the principles so carefully created by the mistakes we have made collectively.

If you want to get sober, we're here to help. No strings attached.

Leslie J.W., Scottsdale, AZ  
Taken from the *Grapevine*

## SOBRIETY DURING THE PANDEMIC

There are times in our life when we've sunk into a hole so dark and lonely that our cries echo around us and whisper our greatest fears. That we are not worthy, we are not enough, we are without hope...we are alone.

I found myself here. Relapse after relapse...after relapse. I was convinced that I'd reached the end. Alcoholism became a prison I willingly entered and I found a strange comfort in that dark place. It became home and I accepted that I'd get out.

My drinking career was short but dangerously out of control. I blacked out, I drove drunk, I didn't care about work, or friends and family. I didn't care about anything beyond finding my next drink and letting it take me into the oblivion I'd come to accept as normal.

I knew I was alcoholic...that was never a question. I knew I needed help, which was also not a question. But I had no idea of how to find it or how to reach out for help.

On September 24, 2020 as I surveyed the wreck I've made of my life a small light came on. Just enough clarity to log onto a meeting. I can't tell you how I found it, all I can say is that God brought me there, to that 3:00 meeting. I didn't think it would work. I didn't think anything would work. I don't remember who spoke, all I know is that my face streamed with tears the entire meeting as I heard story after story that were MY story. I heard my fear, my sadness, my regret and resentment. But I also heard strength and hope. I felt a hand reaching into my dark space and offering me a way out.

I took that hand in the form of a little lady from West Virginia. Cindy A. told me that sobriety was possible, and then she showed me how true that was. She modeled the freedom I was desperate for. She let me know that freedom was for me too.

That day, almost three years ago, changed my life in big ways. In small ways. In every way. I learned how to surrender. How to ask for help and accept it. How to find strength in connection. Best of all, I learned the three things that have saved me from myself over and over again. Words I hope I'll always hold close to my heart.

I can't. God can. I think I'll let him.

Dee M.

Washington DC/Maryland/Virginia

## *They Kept Coming Back: #13*

*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 fifteenth interview was with Terry L and his sobriety date is May 6, 1966.*

Terry L., Hartlepool. "I was born on 31<sup>st</sup> March 1936 in Cranford, West London which is now Heathrow Airport. I was one of two children. My sister was six years younger. During World War II many children were sent to the countryside for their safety. My father insisted my sister went to my maternal grandmother's in Hartlepool. We travelled back and forth often to London during the blitz. My mother had a very bad time in London, suffering the effects of the flying bombs. Indeed on one occasion she was in the bath when a bomb went off in the next street causing windows and walls to explode all around her. She was pregnant at the time and I am convinced she lost the baby because of this.

My father was interested in all sports and I developed an interest in fishing and bird nesting. My earliest memories are of playing in the 'Anderson Shelter' in our back garden and spotting a wasps' nest which I prodded with a stick resulting in my getting multiple stings! I went to a Catholic school in London run by nuns and, regularly, got the strap as punishment which I deserved as I played truant often. Indeed, I was expelled twice. **When I was eight years old I had my first taste of wine which I absolutely loved and that was the start of my alcoholic career. I remember my mother had an 'alcoholic tonic' hidden under the cupboard from which I stole 'nips' with great enthusiasm.**

I left school at 15 and I wanted to go on the trawlers as a deck boy but my mother refused to let me go so I did various jobs until I was sixteen. I, then, wanted to go to Gravesend Marine College to train for the Merchant Navy. This lasted for three months – the training and the drinking. I loved the work and, when I signed on to my first ship, the captain seemed to see potential in me and I was promoted from deck boy to doing the work of a Junior Officer. As part of the ship's trips we sailed along the African coast and I enjoyed the Belgian rum and wine and, also, the cook's home brew! I can still remember my first bad case of 'DT's' when we were sailing off Georgetown, British Guyana – horrific memories. **Eventually, my alcoholic behavior resulted in my being sacked from the ocean-going ships and I ended up on coasters but I, even, got sacked from those as I would miss the ships' sailing times.**

In 1958 I was demobilized and I ended up living in Lancaster where I met my long-suffering wife and we settled down we had children. However, my alcoholism followed me there and, eventually, I became unemployable and was admitted to Lancaster Mental Hospital where the story of my recovery begins.

A guy called Hugh Ton introduced himself to me and he proved to play a big part in my recovery. He was a visitor to the hospital and he had been sober two years. He would leave his family home in Barrow-in-Furness and come to the hospital and to try to help the 'still suffering alcoholics' which I couldn't comprehend.

In 1972/73, I met Joe F at the Thornaby meeting and, as a result of a vote at the meeting, Joe was appointed Regional Rep. Also, circa 1972, we started a meeting in Hartlepool General Hospital. **Sybil and I would tour the Alcoholics Ward asking for any persons wishing to attend a meeting. However, we encountered a problem there when the Head doctor asked me if I would supply a list of attendees at our meetings who had come down to the ward. This I was not prepared to do (anonymity) so the meeting closed.**

I have regularly attended local and national meetings since then and I have done memories of the meeting at North Tees hospital in 1986, which was started by Doctor David.

## Does Alcohol Really Offer Any Health Benefits?

*New Research finds that previous studies likely came to incorrect conclusions based on problems in data selection.*

By George Citroner for the *Epoch Times*

For years, it has been widely accepted that moderate drinking, as part of a healthy diet and lifestyle, has protective health benefits. However, a recent study suggests that this long-held belief may not be accurate.

In the past, research indicated that people who consumed moderate amounts of alcohol tended to live longer and have a lower risk of heart disease than those who didn't drink at all.

However, a recent review of previous research has raised concerns about the validity of this association. Scientists at the Canadian Institute for Substance Use Research conducted a review of more than 100 cohort studies involving nearly 5 million participants to investigate whether health benefits attributed to alcohol use may actually be due other factors, such as lifestyle and socioeconomic status.

Their findings, published in the medical journal JAMA Network Open, suggest that biases in the previous studies—including the use of health factors not associated with drinking, such as diet, dental health, income and weight--may have affected the results.

“Light and moderate drinkers are systematically healthier than current abstainers on a range of health indicators unlikely to be associated with alcohol use,” the study authors wrote.

Furthermore, previous studies may have failed to account for biases in the abstainer group, particularly by not removing the so-called “sick quitters,” former drinkers who have stopped or reduced drinking for health reasons.

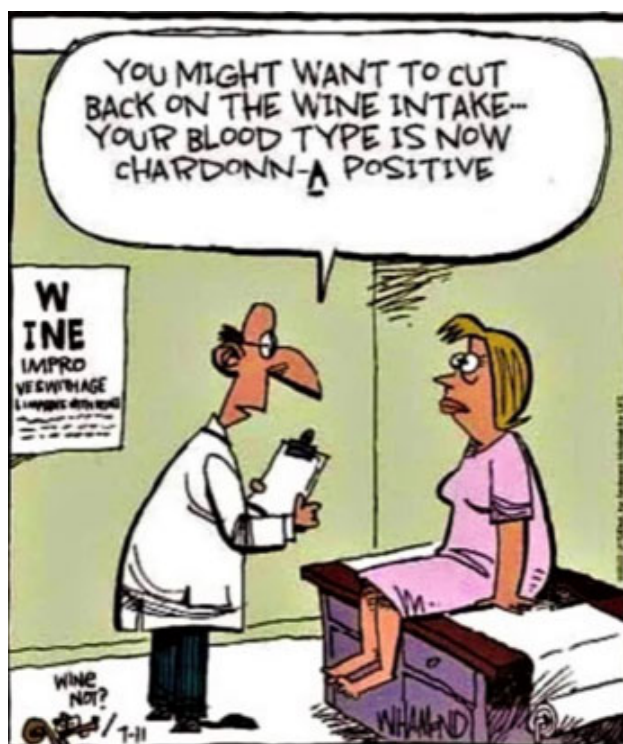
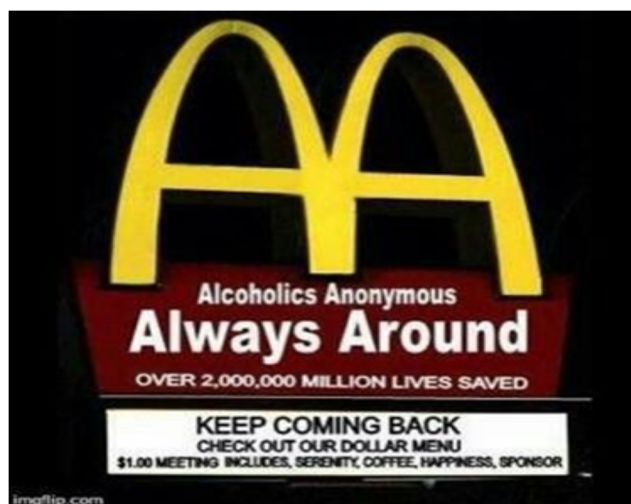
“When we now look back at those studies, we realize that they were poorly structured and that the results were misleading,” Dr. Timothy B. Sullivan, chair of the Department of Psychiatry and Behavioral Sciences at Northwell Health at Staten Island University Hospital, told the Epoch Times.

In this analysis, researchers conducted a systematic review of studies published between January 1980 and July 2021 to investigate the association between all-cause mortality risk and alcohol use, taking into account the average ages and sex distribution of the study population.

According to the study, this meta-analysis of 107 studies found ‘no significant protective associations of occasional or low-volume drinking (moderate drinking) with all-cause mortality.’

Alcohol consumption linked to higher cancer risk:: According to the World Cancer Research Fund, International, consuming alcohol, in general, increases the risk of certain types of cancer, such as:

- Mouth, pharynx, and larynx cancers;
- Esophageal cancer (squamous cell carcinoma)
- Breast cancer



**Pre-Registration Gift—51st MGS Convention Pin—First 600 pre-registrations!**

# 51<sup>st</sup> Annual Area 29 Maryland State Convention

## Registration and Meal Selection

Register online at <http://www.marylandaa.org/state-convention>

Online registration payment by credit card or PayPal is **\$38**, including a \$2 convenience fee.

Registration payment by check is **\$36**. Make check payable to **MGS State Convention**.

Mailing address for hardcopy/check registration is:

**MGS Convention  
P.O. Box 9879  
Towson, MD 21284**



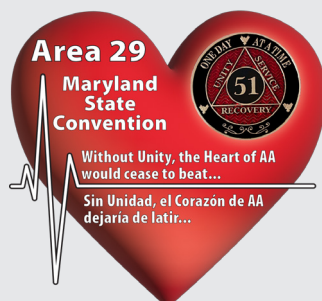
First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please contact me regarding Service Opportunities at the Convention: ☐ Yes Phone #: \_\_\_\_\_

I require accessibility accommodations at the Convention. Please list: \_\_\_\_\_



## Registration Options

		# of Registrants	Subtotal
AA Registrants	\$36/person	X _____	= \$ _____
Al-Anon Registrants	\$36/person	X _____	= \$ _____

<b>Saturday Lunch—A La Carte</b>	<b>\$34.00</b>	X _____	= \$ _____
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Rotisserie style chicken served with warm rolls & butter, classic Caesar salad, au gratin scalloped potatoes, seasonal vegetables, New York style cheesecake, premium coffee, tea, and iced tea.

## Saturday Banquet—Seating limited to 200—(Must Specify Meal Option 1-4 Below)

Plated meals served with warm rolls & butter, mixed green salad, New York style cheesecake, premium coffee, tea, and iced tea.

<b>Option 1:</b> Chicken piccata with lemon caper sauce, Yukon gold smashed potatoes, seasonal vegetables.	<b>\$51.00</b>	X _____	= \$ _____
<b>Option 2:</b> White fish Veracruz with capers, olives, peppers sauteed, Saffron cilantro rice, seasonal vegetables.	<b>\$54.00</b>	X _____	= \$ _____
<b>Option 3:</b> Roasted pork tenderloin with mushroom marsala demi glaze, parley fingerling potatoes, seasonal vegetables.	<b>\$55.00</b>	X _____	= \$ _____
<b>Option 4:</b> Vegetarian lasagna, seasonal vegetables.	<b>\$49.00</b>	X _____	= \$ _____

**Total Amount Due:** = \$ \_\_\_\_\_

# PLAIN LANGUAGE TRANSLATION

**Spanish**  
**Interpretation**  
**upon request**

**ASL**  
**Interpretation**  
**upon request**



**A Tool for Accessing  
The Big Book of Alcoholics Anonymous**

***Sunday***

***August 20, 2023***

***@ 3 P.M. EDT***

***ID: 841 2499 3206***

***PW: 326186***

***Accessibilities@MarylandAA.org***

# National AA Technology Workshop



*Hybrid format*

**2023**



**"Solving, Sharing, and Scaling Solutions"**



**September 8<sup>th</sup> - 10<sup>th</sup>**

**Shenandoah University  
Winchester, VA**

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**<https://naatw.org>**

### Area 13 WAGSA Area District Committee Meeting

**August 14, 2023**

Join Zoom Meeting

[https://us02web.zoom.us/j/83565638123?](https://us02web.zoom.us/j/83565638123?pwd=SS9uZVVjdkRwSFhnMXRJQWhOeDVQUT09)

[pwd=SS9uZVVjdkRwSFhnMXRJQWhOeDVQUT09](https://us02web.zoom.us/j/83565638123?pwd=SS9uZVVjdkRwSFhnMXRJQWhOeDVQUT09)

Meeting ID: 835 6563 8123

Passcode: 6970mc

For more information, please visit: [area13aa.org](http://area13aa.org) or email:

[chair@area13aa.org](mailto:chair@area13aa.org)

### Potomac Village Live Meeting Back In-Person

**Fridays—8:00 PM**

**St. Francis Episcopal Ch  
10033 River Rd  
Potomac MD**

### College Park Group Speakers Meeting Back In Person

**Saturdays—7:30 PM**

**University Baptist Church  
3515 Campus Dr  
College Park MD**

### WAIA (Annual) Finance Committee Budget Meeting

**August 8, 2023—7:00 PM - 9:00 PM** (No regular  
WAIA monthly Board meeting tonight)

The WAIA Finance committee will present the draft 2024 WAIA Budget. Corporate and Service committee chairpersons can request adjustments to the budget during this session. The budget will be presented to the board for review in September or October and be approved no later than the November 2023 Board Meeting, per WAIA's by laws. **All AA members are welcome to attend.**

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[pwd=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09)

Meeting ID: 834 6059 8434

Passcode: 819862

### 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](mailto:events@aa-dc.org).

120	14 Promises	810	Kensington Young Steps	125	Serenity House
225	9:30 Club Online	198	Kid Friendly Big Book	287	Serenity Speakers
528	All Are Welcome	13	Landover Discussion	404	Serious Business
166	Anacostia Group	250	Lawyers	700	Silver Spring Group
300	Andrew's Armed Forces	175	Leisure World Noon	960	Simplicity
311	Any Lengths	62	Lifesaver Big book	980	Six & Seventh Step
247	As Bill Sees It NW	42	Lit Hoppers	321	Six & Seventh Step Online
850	Aspen Hill 5th Chapter	100	Lit Womxn	157	Sober Sat. Matinee
84	Aspen Hill Phoenix Fri	50	Mayday	275	Southern Sobriety
1575	B.Y.O.L (103154)	211	Men's Adhoc Group	2000	Spiritual Awakening
600	Back to Basics (CB)	600	Messengers	52	Spiritual Hilltop
45	Beginners are Winners	3098	Midtown	1050	St. Francis Group
600	Bethesda Youth	172	Mideast	130	Sunday in the Park
1422	Brightwood Group	1150	Monday Men's	200	Sunday Morning Joy
884	Burtonsville Big Book	398	More Peace of Mind	241	Sun Morn Break. Outdoors
160	Capitol Heights Group	50	Neareast Group	50	Sun. Morn. Reflections
1035	Capitol Hill Group	135	Never Walk Alone	900	Sunrise Zoom
185	Capitol Hill Reminders	352	New Beginnings	867	Sunshine Group G'burg
70	Chinatown Men	116	New Hope 123	397	Takoma Park Necessity
50	Clinton Day	300	New Unity Gay	230	Tenley Circle Men
255	Coffee & Donuts	73	No Exclusion Group	10	There Is A Solution
3744	Cosmopolitan	69	No Hard Terms	216	Trusted Servants
246	Crossroads/Damascus	180	NW Metro	480	Twelve Point Bucks
75	Daily Reflections, NW	307	Oasis Women's BB	195	Uptown
112	Darn Good Big Book	100	Old Fashion	180	Victory Lights
1021	Darnestown Men	2770	Olney Farm Group	330	Village Idiots
409	DCC 930 Club	240	Olney Women	75	Virtually Sober
50	DCC Friday Women	19	On Awakening	173	We Are All Beginners
88	Deanwood Step	310	Open Arms	1260	We Are Not Saints
150	Deanwood Women Rap	84	Out to Lunch	540	We Care
3000	Downtown Noon	726	P Street	720	Westmoreland Women
180	Downtown Sil Spring	120	Petworth Group	276	Westside Club
768	Dun Drinkin	185	Pillars in the Park	180	West Side Men
130	Dupont Circle Club	50	Potomac Eye Opener	72	Westside Women
880	Epiphanies	190	Potomac Oaks	50	What's Happening Now
800	Fireside Spirituality	100	Potomac Speakers	244	Women's Grapevine
350	Foggy Bottom	400	Potomac Women	923	Yacht Club
326	Free Spirits	628	Progress Not Perfection		
100	Gaithersburg Beginners	150	Prospect Group	119	Birthday
452	Gateway Wedn.	226	Quince Orchard	210	Faithful Fivers
362	Grupo Virtual Wash.	2141	Radicals	12023	Individuals
150	Happy Joyous & Free	50	Read & Speak	100	Memorial
135	High Sobriety	195	Renegade Travelers		
60	Hyattsville Hope Live	300	Riderwood bills		
199	Informed Group	106	Rockville Metro Club		
800	International AA Men's Conf	94	Sat. Afternoon UP		
3431	Into Action	96	Sat. Morn. Fire Barrel		
20	Just Before Noon	240	Sat. Morning Steps		
		360	Sat. Night Happy Hour		

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Washington, DC 20008

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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](mailto:newreporter@aa-dc.org)**



Day

Years

August 19

Bill F.

We Care

4 Years

## THINGS WE CANNOT CHANGE

Ronald Jones; June 3, 2023; Simplicity; 34 Years Sober

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.*

## AUGUST 2023