

Step Nine

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



Merriam-Webster defines making amends as "to do something to correct a mistake that one has made or a bad situation that one has caused." When you make amends, you go further than just saying "I'm sorry." You acknowledge your errors, then take action to make up for what has happened in the past.

Steps 8 and 9 both deal with repairing relationships. In Step 8, people in recovery look back on their actions and identify where they are at fault and what can be done moving forward. In the 9th Step, they then begin to make direct amends wherever possible.

<https://www.augustinerecovery.com/making-amends/>

WAIA September 2023 Announcements

WAIA monthly Board meeting September 12, 2023, 7:00 PM - 8:00 PM

Join Zoom Meeting:

<https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09>
Meeting ID: 834 6059 8434, Passcode: 819862

- **NEW AA MEETING:** Join us 7PM, September 19 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; Tuesday 10-1 PM, Tuesday 1-4 PM to answer phones. Email help@aa-dc.org for more information or call 202-966-9783 and ask for Luella or Clo'via.

Nightwatch Volunteers Needed: email nightwatch@aa-dc.org for more information or if you have any questions.

A Message from the Registrar Area 13, Washington Area General Service Assembly- WAGSA

GSO has a goal to maintain up to date information and confirm the status of groups and districts in the United States and Canada:

Groups: Without the primary contact information, a group listed with GSO goes from an “Active” status to “Unknown,” as we are unable to confirm if the group is still active. The primary contact for each group to be connected to the General Service is the Group Service Representative (GSR).

There’s a misconception that when a group is added to WAIA’s website that it is registered with GSO. This is incorrect. When WAIA lists a meeting, it is for the local website and Where & When only. It is the group’s responsibility through their GSR to keep Area 13 and GSO updated on their current information.

Connect Your Group to The General Service Structure Of Alcoholics Anonymous

- ♦ Register your group with the General Service Office (GSO) and receive information directly from New York. Not sure if your group already has a service number?
- ♦ **Email us at registrar@area13aa.org** with your group name, your full name, email, home address and phone number

Thank you. Love & Service from the Area 13 Registrar

Dear A.A. Friends,

Warm greetings from the General Service Office!

With this year's General Service Conference behind us, the office is now full steam ahead implementing the group conscience of the Fellowship. Our Conference is the very best expression of our Second Tradition. I have personally heard from delegates after Conference who consistently expressed gratitude for the opportunity, time, and space to express themselves fully at Conference.

Last month, the chairs of the General Service Board, AAWS, and Grapevine (Mike, Cathi, and Paz) visited the office. It was a tremendous expression of support as they participated in a very productive and informative sharing session during a special GSO Staff meeting. Chris C. and Janet Bryan from the AA Grapevine joined us as well. We shared openly about the challenging workload of trustees, directors, and employees of both offices and the timelines and deadlines necessary for proper completion of translation. There are a significant number of trustee sub/ad-hoc committees and working groups that require support of office staff and timely translation of documents. It's vital that each committee establishes reasonable timelines to complete its work, so that the appropriate amount of time is allotted for translation and delivery. This requires good communication and an understanding of expectations by all. I'm very grateful to the board chairs for their willingness to participate in these discussions and seek solutions that allow us all to work effectively in a principled manner.

This visit and the discussion we shared is one of the very best expressions of support for the office. It's also a great example of unity between the office and the boards. Like many of you, I enjoy starting my day reading the Grapevine Daily Quote. The following quote really resonated with me while reflecting on this visit:

"The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us — all of these are products of such integrity, as under God, we have been privileged to achieve. May we therefore quicken our search for still more genuine honor, and deepen its practice in all our affairs."

Love for each other, integrity, genuine honor — practiced in all our affairs. This visit was a powerful example of unity in action. We look forward to building on this fruitful sharing session. As always, please know we are here to serve the Fellowship, and we are grateful for your support and the trust you place in us and each other.

With gratitude for all you do for A.A.,
Bob W.
General Manager, GSO

Sobriety

Sobriety never runs scared. It is surefooted and confident. It can handle whatever comes along.

Sobriety has a sense of humor. It knows that a good laugh is the best lubricant for oiling the machinery of human relations.

Sobriety never makes excuses. It takes its lumps and learns from mistakes.

Sobriety knows that good manners are nothing more than a series of petty sacrifices.

Sobriety bespeaks a class of people that have nothing to do with money. Some extremely wealthy people have no sobriety while others who are struggling to make ends meet are loaded with it.

Sobriety is real. You can't fake it.

The person with sobriety makes everyone feel comfortable within himself.

If you have sobriety, you've got it made. If you don't have sobriety – no matter what else you have – it doesn't make any difference.

Keeping sober is the most important thing in my life. The most important decision I ever made was my decision to stop drinking. I am convinced that my whole life depends on not taking that first drink. Nothing in the world is as important to me as my own sobriety. Everything I have, my whole life, depends on that one thing.

Can I afford to ever forget this, even for one hour, one minute, or a few seconds?

MAKE THAT PHONE CALL FIRST!

Off the Sidelines

(From the Grapevine)

After several years of heavy drinking, I returned to the rooms of A.A. a spiritually and emotionally drained and broken man. For the first time, I followed the suggestions of many people and found a home group and a sponsor who had worked the Steps.

As I progressed through the Steps, I became frozen with fear at the prospect of the last name on my Eighth Step list – a coworker named Herbert. I ran scenarios through my head of different situations in which I would be rejected and humiliated by him. After many conversations with my sponsor, we decided that I'd turn that amends over to my Higher Power. I felt relief at the prospect that I might never have to make that amends.

Remembering how much animosity there had been between us, my first thought was to head to my car and leave. But as I stood there, it occurred to me this was the right time and place. I looked up and said out loud, "OK, I get the message."

Then I walked down the sideline and approached Herbert. I asked how he was doing and then said I wanted to tell him I was wrong for the way I had treated him when we worked together. He listened. Then he extended his hand and said that he had forgotten about that a long time ago. We shook hands.

His wife, who was standing next to him, overheard all this. She asked me if this was as Twelfth Step Amends. I was quite surprised and replied that it was then said I was a recovering alcoholic. She gave me a big smile and told me she had just celebrated 25 years. For the next 10 minutes we all just chatted as if there had never been hard feelings between any of us.

What a moment I believe that was the most liberating day since I first surrendered and turned my will and my life over to my Higher Power.

Clayton L., Washington, Maine



National Syndicated Column, “To Your Good Health” answers the following question:

“What is considered alcohol use disorder or problem drinking?”

Answer (From Dr. Keith Roach): The term ‘alcoholic’ is imprecise and no longer used. There are several conditions to describe problem drinking, including risky use of alcohol, which puts a person at risk for health consequences.

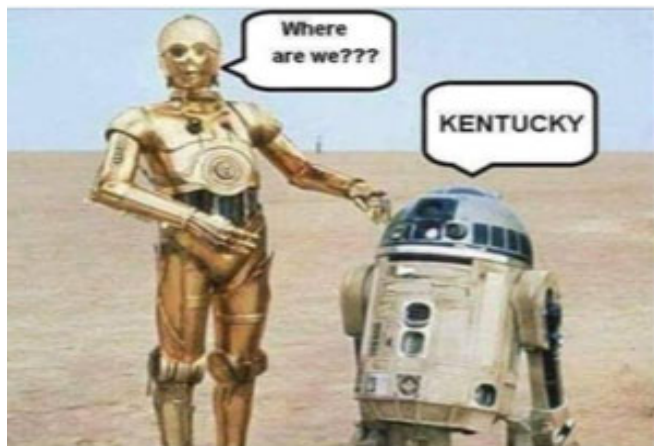
Although any given individual may have a greater or lesser tolerance for alcohol, people put themselves at an increased overall health risk if they have more than 4 drinks per day (a standard drink is 14 grams of alcohol – about the alcohol content of one 5-ounce glass of wine, 12 ounces of beer or 1 ½ ounce of distilled spirits, although these may also vary) or four drinks on any day for men under 65, more than seven drinks a week or three on any day puts them at risk.

Alcohol use disorder, which may be what you are thinking of when you say “alcoholic,” is when alcohol use leads to significant impairment or distress. People who often drink more than they intended to, who are constantly trying to cut down, who spend time trying to get or recover from alcohol, or who get cravings are those likely to have alcohol use disorder; in fact, these are some of the criteria to make the diagnosis.

Problems with drinking are another part of the diagnosis. Being unable to function at home, work or school is a major red flag... So, when you say ‘functional,’ it’s a bit of a leading question, since poor function is part of the diagnosis. But a person doesn’t need to have poor function in all areas.

Many people with very significant alcohol use disorder, one which has profoundly affected their personal and social lives, may nonetheless be an outstanding worker. I have known people who say they can’t have a problem with drinking because they are great at their job, but their drinking may have cost them relationships. Eventually, many people with alcohol use disorder will have problems at work as well.

There are many ways to get help with problem drinking, starting with your doctor or an addiction specialist for counseling (and sometimes medication), but also a mutual help group such as Alcoholics Anonymous. Family members and friends may recognize someone with problem drinking, but unless the person themselves realizes it, it can be very hard to get them to get help.



Week later.....



At some point beer was involved



Cycled to the shop to buy a bottle of gin, but then I thought, what if I fall off my bike and the bottle gets broken? So cleverly, I drank it all outside the shop. Good thing I did too, I fell off my bike seven times on my way home



National AA Technology Workshop



Hybrid format

2023



"Solving, Sharing, and Scaling Solutions"



September 8th - 10th

**Shenandoah University
Winchester, VA**

**Visit our website
today to:**

- Submit a presentation
- Register for the event
- Sign up to volunteer
- Find special hotel rates
- Learn more!

**\$70 In-person
\$45 Online**

<https://naatw.org>

ZIPLINE, CLIMB, SWING, COMMUNICATE, AND CELEBRATE



OUTDOOR ADVENTURE WITH ALATEEN

**SOMEONE'S DRINKING GETTING YOU DOWN?
MANY FIND THEIR WINGS IN ALATEEN!**



Want a preview? Come along and zip between the trees.
Meet challenges together. Let go on a giant swing!

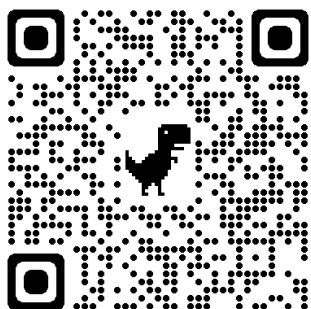
Activities will be led by the experts at Terrapin Adventures in Savage, Maryland. Two AMIAS will accompany each group.

Ages 9-19, \$10. Attend an Alateen meeting prior to the event for \$5 off. Parent or other family member (optional), \$25. Find meetings at <https://www.alateenmddc.com>

Lunch is included, transportation available.

Questions? Click here.

Register soon with this link or the QR code!



October 14, 2023

9:00AM to 1:30PM

Terrapin Adventures,
Savage MD

This outreach event is supported by the Baltimore Al-Anon Information Service
(Alanon-Maryland.org) and Al-Anon Family Groups of Maryland and DC, Inc.

25TH ANNUAL WOMEN'S WEEKEND

October 20-22

Camp Wabanna- 101 Likes Road, Edgewater, MD 21037

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

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

Balances are due in full by September 17th.

Register by scanning the Registration QR code below.

T-shirts are available for purchase and will be handed out upon check-in at Camp Wabanna. You can purchase t-shirts with the T-Shirt Order QR code below.

Scholarships are available. Please contact Sarah K. or Rachel W. for registration information.

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

T-Shirt Order



WW T-Shirt Link



Rachel K- 608.295.2279



@stephanie-devlin-gill



wwtreasury@gmail.com



Lindsay A - 202.459.7364

Registration



WW Registration Link



Rachel W-323.204.8151
Sarah K- 316.841.4545

Area 13 WAGSA Area District Committee Meeting

September 11, 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 or email:

chair@area13aa.org

180 Club Picnic

9/17/2023, 1PM-6PM

**David Driskell Park
3939 Hamilton St
Hyattsville MD**

Attitude & Action Group Picnic

9/3/2023, 1PM-5PM

**Volta Park
1555 34th St NW
Washington DC**

WAIA Monthly Board of Directors Meeting

September 12, 2023—7:00 PM - 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

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.

- | | | | | | |
|------|-----------------------------|------|-----------------------------|-------|---------------------------|
| 20 | 14 Promises | 3431 | Into Action | 106 | Rockville Metro Club |
| 1835 | 9:30 Club Online | 20 | Just Before Noon | 94 | Sat. Afternoon UP |
| 528 | All Are Welcome | 810 | Kensington Young Steps | 96 | Sat. Morn. Fire Barrel |
| 166 | Anacostia Group | 198 | Kid Friendly Big Book | 240 | Sat. Morning Steps |
| 300 | Andrew's Armed Forces | 13 | Landover Discussion | 360 | Sat. Night Happy Hour |
| 311 | Any Lengths | 250 | Lawyers | 125 | Serenity House |
| 247 | As Bill Sees It NW | 175 | Leisure World Noon | 287 | Serenity Speakers |
| 850 | Aspen Hill 5th Chapter | 62 | Lifesaver Big book | 404 | Serious Business |
| 84 | Aspen Hill Phoenix Fri | 42 | Lit Hoppers | 133 | Sil Spring Beginners BB |
| 1575 | B.Y.O.L (103154) | 100 | Lit Womxn | 700 | Silver Spring Group |
| 600 | Back to Basics (CB) | 30 | Living Spiritual Principles | 960 | Simplicity |
| 232 | Beginners are Winners | 50 | Mayday | 980 | Six & Seventh Step |
| 600 | Bethesda Youth | 211 | Men's Adhoc Group | 321 | Six & Seventh Step Online |
| 1422 | Brightwood Group | 600 | Messengers | 157 | Sober Sat. Matinee |
| 884 | Burtonsville Big Book | 3098 | Midtown | 275 | Southern Sobriety |
| 160 | Capitol Heights Group | 172 | Midcast | 2000 | Spiritual Awakening |
| 1694 | Capitol Hill Group | 1150 | Monday Men's | 52 | Spiritual Hilltop |
| 185 | Capitol Hill Reminders | 398 | More Peace of Mind | 1200 | St. Francis Group |
| 70 | Chinatown Men | 50 | Neareast Group | 130 | Sunday in the Park |
| 50 | Clinton Day | 135 | Never Walk Alone | 200 | Sunday Morning Joy |
| 50 | Clinton Sun Nite | 84 | New Beginners | 241 | Sun Morn Brkfst Outdoors |
| 255 | Coffee & Donuts | 352 | New Beginnings | 50 | Sun. Morn. Reflections |
| 3744 | Cosmopolitan | 116 | New Hope 123 | 900 | Sunrise Zoom |
| 246 | Crossroads/Damascus | 300 | New Unity Gay | 867 | Sunshine Group G'burg |
| 75 | Daily Reflections, NW | 73 | No Exclusion Group | 397 | Takoma Park Necessity |
| 112 | Darn Good Big Book | 69 | No Hard Terms | 230 | Tenley Circle Men |
| 1219 | Darnestown Men | 300 | Norbeck Women Friday | 10 | There Is A Solution |
| 409 | DCC 930 Club | 180 | NW Metro | 216 | Trusted Servants |
| 50 | DCC Friday Women | 307 | Oasis Women's BB | 480 | Twelve Point Bucks |
| 88 | Deanwood Step | 100 | Old Fashion | 195 | Uptown |
| 150 | Deanwood Women Rap | 2770 | Olney Farm Group | 180 | Victory Lights |
| 3000 | Downtown Noon | 240 | Olney Women | 330 | Village Idiots |
| 360 | Downtown Sil Spring | 19 | On Awakening | 75 | Virtually Sober |
| 768 | Dun Drinkin | 310 | Open Arms | 471 | We Are All Beginners |
| 130 | Dupont Circle Club | 84 | Out to Lunch | 1260 | We Are Not Saints |
| 880 | Epiphanies | 726 | P Street | 540 | We Care |
| 800 | Fireside Spirituality | 120 | Petworth Group | 1200 | Westmoreland Women |
| 350 | Foggy Bottom | 185 | Pillars in the Park | 276 | Westside Club |
| 386 | Free Spirits | 50 | Potomac Eye Opener | 180 | West Side Men |
| 100 | Gaithersburg Beginners | 190 | Potomac Oaks | 72 | Westside Women |
| 452 | Gateway Wedn. | 100 | Potomac Speakers | 50 | What's Happening Now |
| 362 | Grupo Virtual Wash. | 400 | Potomac Women | 244 | Women's Grapevine |
| 150 | Happy Joyous & Free | 628 | Progress Not Perfection | 923 | Yacht Club |
| 135 | High Sobriety | 150 | Prospect Group | | |
| 200 | How It Works | 226 | Quince Orchard | 250 | Birthday |
| 60 | Hyattsville Hope Live | 2141 | Radicals | 240 | Faithful Fivers |
| 199 | Informed Group | 50 | Read & Speak | 13430 | Individuals |
| 800 | International AA Men's Conf | 195 | Renegade Travelers | 200 | Memorial |
| | | 300 | Riderwood bills | | |

If you would like to receive to the **hard copy** of New Reporter, make check payable to WAIA and

Mail to: WAIA

4530 Connecticut Ave, NW, Suite 111
Washington, DC 20008

\$15.00 Year
\$28.00 Two Years
\$12.00 Group Rate

A free digital copy of the New Reporter is posted every month to our website at:
<https://aa-dc.org/new-reporter>

To receive an email with the link each month, email **newreporter@aa-dc.org**



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

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

newreporter@aa-dc.org



Day

Years

August 20
September 19

Gloria H.
Linda W.

Saturday Afternoon—Unity Place
Clinton Day

14 Years
37 years

THINGS WE CANNOT CHANGE

Garfield; August 3, 2023; Clinton Day, Mideast; ~ 20 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.

VOLUNTEER

Guess who it really
Helps?
Call 202-966-9783

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

SEPTEMBER 2023