



WAIA October 2023 Announcements

WAIA Board meeting, October 10th: Come for the pizza and salad, stay for the area updates!

6:30PM (Board meeting starts at 7PM)

St. Luke's Episcopal Church
6030 Grosvenor Ln
Bethesda, MD

*Ample street parking and parking lot behind the church available."

Join Zoom Meeting: 7:00 PM

<https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSZcxS3VXZDFVOXhMa1oxZz09>

Meeting ID: 834 6059 8434

Passcode: 819862

At the hybrid board meeting this month, we will be reviewing the recommendation from the Finance Committee for the 2024 budget. Group reps will have an opportunity to ask questions, and take the budget back to their groups for discussion. We will vote on the budget at the WAIA November board meeting.

November is Gratitude Month – We will be sending out contribution boxes to group Treasurers at the end of October and instructions for virtual contributions. If you haven't contributed to WAIA in 2023, please help us meet our budget goals for the year.

New Meeting: The Online meeting of a new group "But Trusted Servants", will meet at 7pm 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 the Zoom Meeting: <https://us02web.zoom.us/j/83331607899?pwd=aXJScnpSb0lyM3dVR0t2RUk3cW5sQT09> ; ID: 833 3160 7899 Passcode: 739613

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 Volunteers Needed! We are in need of more volunteers willing to come into the WAIA office. In particular, **Sunday 1-4 PM, Tuesday 10-1 AM, Thursday 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.

PERSERVERANCE

The tenth word on my shabby looking 3"x5" card was Perseverance. My sponsor said this was where I continued with all the work I had done heretofore. Step 10 says, "Continued to take personal inventory and when we were wrong promptly admitted it."

I still had difficulty recognizing when I was wrong. After all, I had already admitted I was wrong when I made my amends. Jeez! Wasn't that sufficient? No. I had to continue to take my own inventory and promptly admit where I was at fault. Those times I had an "issue" with someone, I'd spend a lot of time in my mind rationalizing and justifying my side. My sponsor pointed out that this was probably a clue that I was wrong in some way.

She also directed me to a sentence in Step 10 in the TWELVE STEPS AND TWELVE TRATIONS which states: "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." This was awfully hard to take. Couldn't there be a time or two when the other party was to blame? No dice. I had to look at what was going on with me. What was my attitude? What were my motives? Was I having a day when I hated everyone and everything? Was I splashing around in murky self-pity? Did I harbor a superiority complex?

What with fiddling around in head with rationalization and self-justification in trying hard not to be wrong and then looking at what was going on with me internally, it often took two weeks to a month to "promptly admit it". I'm telling you, that internal civil war was exhausting! I finally realized that it was so much easier to look at my disturbance, quickly perceive what was wrong with me and promptly admit it and make amends where appropriate. There! It was done.

Step 10 is another way to practice self-discipline. Over the years, I've developed a routine. At the end of the day, just before bedtime, I check within to see if I am disturbed about anything and try to determine what the cause is. As one guy said at a meeting, "If something irritates me, there is something in me that is irritable." Then, I look to see if I did anything that requires an amends. If so, I do it as soon as possible. If not, I say a prayer to release my bad attitude. Then, I make a gratitude list for all that I appreciate and am grateful for that day. Finally, I list what I have accomplished that day. I no longer make "to do" lists, I make 'have done' lists and I feel so much better!

Step 10 reminds me that I have to preserve in cleaning up the mess that is inside me. When I take care of my insides, miraculously my outsides take care of themselves. (from the Tucson newsletter, 'Just For Today'; written by Lynne L)

Lie of Omission (THE ILLICIT KISS)

The girl he kissed was not his girlfriend. Oh boy, what to do now?

I had just over 18 months sobriety when I kissed a woman who was not my girlfriend. The kiss felt like the many second sips I took while drinking: hollow, shame-filled and a step toward being morally numb. Immediately after I extricated myself from the situation, I called for help. I talked to my sponsor and other men I respect in the program. Their responses fell into two camps. The first said, 'This is a program of rigorous honesty,' and the second, 'One law above all others, 'do no harm.'

The questions that followed in my brain were: Do you fall into that category of those who are constitutionally incapable of being honest or do you want to hurt your girlfriend even more by telling on yourself? The answer to both questions was no.

Setting my questions aside, it was clear to me that fear was completely ruling my thinking. I was afraid that my girlfriend would leave me if I told her what I had done. At the same time, I was afraid that not telling her would start the slippery slope of the white lies that used to lead me to drinking.

Does a lie or omission mean I'm not living the principles of the program? Does it mean I need to do another sex inventory? Am I a sexaholic? Did I just destroy this relationship, as I had done with so many in my past?

At the end of the day, I decided against telling my girlfriend. In the months that followed, our love for each other continued to grow and I stayed sober. I thought this whole incident was a lesson in living amends. I certainly did not do anything like that again. However, my Highet Power had other ideas.

About four months after the event, the woman I had kissed reached out via social media to my girlfriend and told her what had happened, stating that had she known we were dating, she never would have done it.

When confronted with the message, I admitted to my girlfriend what I had done and I said I didn't tell her because I did not want to hurt her, an excuse since the beginning of time with the value of a paper tiger. However, what happened after I admitted to it that night was a spiritual experience I will never forget.

My girlfriend and I did not speak for a week to allow us to cool off. I wondered whether I could ever be in a relationship without destroying it. I went to meetings and tried to listen, but was so distracted that no pearls of wisdom sank in.

After five days, I got a text from my girlfriend asking me to meet her at a restaurant to talk. The place she asked to meet was where he had one of our first dates.

Leading into the meeting, I again chatted with men I respected and my sponsor about what I should say. I was fully aware that it could be the end or that it could be a restart or it could be somewhere in between. What I hoped for was just the openness to accept whatever came. Both of us looked exhausted after a week of emotional turbulence and lack of sleep.

Did I want it al to go back to the way it was? No. Did I want het to forget it ever happened? No. Did she expect me to be a saint? No. Was I open to whatever happened? Yes.

What did happen was something so simple yet profound that I wish it could happen to everyone going through the amends process. Throughout our conversation, we each had a single tears drip from our eyes multiple times. We talked honestly about how much we cared for each other, about how we didn't want our story to end and what the next steps might look like. I hope to have more single-tear conversations.

Chris S., Arlington, VA, from the From the Grapevine



Babies at Bars and Michelin-Star Restaurants? Not Everyone's On Board Surging child-care costs are one reason parents are bringing kids out on the town

By [Rachel Wolfe, of the Wall Street Journal](#)

Toddlers are showing up at places once thought of as only for grown-ups, from raves to tattoo parlors.

Instead of changing their lives to fit their children, these parents say they are trying to raise kids who fit their lives. They are also looking to avoid paying [sky-high babysitting fees](#). The average hourly rate for babysitters on provider matching platform Care.com is up 44% since 2019, jumping from \$16.25 to \$23.35 an hour.

On the way home from the hospital after giving birth, Allison Mayfield stopped for a margarita and ceviche at a Washington, D.C., cocktail bar. Mayfield's baby, Louis, went with his parents to upscale eatery Le Diplomate for Bastille Day and slept next to an accordionist at 8 days old.

"We've had friends completely change their way of life after having kids so we really wanted to start off with a sense of normalcy," says Mayfield, a nurse practitioner.

The shift hasn't been seamless with patrons of previously child-free establishments arguing that if a parent can afford a Michelin-star dinner, they can also afford a babysitter. Businesses have been more amenable to their new, younger patrons thanks to the rising demand.

[Yelp](#) searches using the "Good for Kids" filter are up 8% in July 2023 compared with the same month last year. In New York and Los Angeles, searches are up 29% and 17%, respectively. Reservation platform SevenRooms reports a 14% increase in reservations with infants between January through July 2023 versus the same period in 2022.

At Cheeks + Co spa in Pasadena, Calif., owner Christina Uzzardi now tells customers they're welcome to leave their kids at reception or bring them into the room while they get a facial or wax. She instituted the policy after noticing a surge in tiny visitors over the past year and a half, compared with next-to-none before the pandemic.

She only has three rules: Wear headphones when playing on a phone or tablet. No snacks. And no kids older than 1 in the room when mom gets a Brazilian or bikini wax.

"It's a little inappropriate," Uzzardi says.

Fear Not, From the Grapevine, C.P., Mount Vernon, IN

I woke up to a lot of fear a few minutes ago, immediately I thought that I should call someone to talk about it. But the ‘committee’ in my head told me I should just suck it up and set a better example. The committee has been telling me this sort of nonsense since around 1980, when I was 3.

In 2001, I got the gift of sobriety. While I was on the proverbial pink cloud I thought, well, I’ll be okay as long as I feel this way. But then over time the pink, cloud evaporated. Fortunately, I was blessed with enough willingness to grow a bit. Now I had to deal with my fear. I thought that if I were so pitifully unspiritual as to have fear or other unpleasant emotions, I should just push them away quickly, rather than deal with them.

Then at around ten years sober, I began to feel like I was dying inside. I was finally shown what the Big Book tells us about negative feelings, in the Tenth Step: *“Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thought to someone we can help.”*

My ego still wants me to skip parts of the Step and go directly to the part where I help somebody. Maybe that sounds spiritual on first listen, but it really means doing what I started as a young kid when I was puking up cheap liquor. I sealed these uncomfortable feelings behind a stiff, angry mask of ‘good’ behavior.

I often found other people’s fear and other naked emotions intolerable to accept. I would start obsessing about how to fix their problems. I would think that they just needed more faith or that they needed me to tell them how to feel. Finally, I would just need to get away from them.

But like my friend Jason, everyone who has ever shown me their honest and vulnerable emotions has given me a gift that, I now believe, is a spiritual one.

So for the last several years, in spite of myself, I’ve been helped by working hard to share these fears I have every day. It’s hard for me to recognize fear right when it arises, but I have a loving God of my understanding who reminds me that even dumping a bunch of fears all at once in inventory form is progress from where I used to be.

Today, with Step Ten, I have the tools to let these negative feelings go when – not if – they grow again inside.

A.A. is the biggest 'Lost and Found' department in the world.

AA is the only place you can get change for a dollar.

Did you know the game show JEOPARDY was invented by a newcomer?

Who else would start with all of the answers and none of the questions?

When a newcomer doesn't hear the timer and continues explaining why they're different and recovery is not possible for them.



Fall 2023 CONTRA Study

September 14, 2023 through December 28, 2023
Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)
Moderated by Trusted Servants from Area 29 (Maryland) & Area 13 (DC)

Zoom Meeting ID: 814 7038 7175
Passcode: 195173

Dial-in number for phone callers: +1 (301) 715-8592

We invite all A.A. members to this virtual study of the
CONcepts, **TR**Aditions & **The A.A. Service Manual**

Sep 14, 2023 – Registration & Orientation

Sep 21, 2023 – Traditions 1, 2 & 3

Sep 28, 2023 – Traditions 4, 5 & 6

Oct 5, 2023 – Traditions 7, 8 & 9

Oct 12, 2023 – Traditions 10, 11 & 12

Oct 19, 2023 – Service Manual, pp. I-VIII, 1-6, 85-104

Oct 26, 2023 – Svc Man Ch 1 2 3 & pp 105-14, 160-2

Nov 2, 2023 – Svc Man, Chapters 4 5 6 & pp 164-8

Nov 9, 2023 – Svc Man, Chapters 7 8 9 & pp 169-73

Nov 16, 2023 – Svc Man Ch 10 11 12 & pp 155-9, 163

Nov 23, 2023 – Service Manual, pp. 115-154

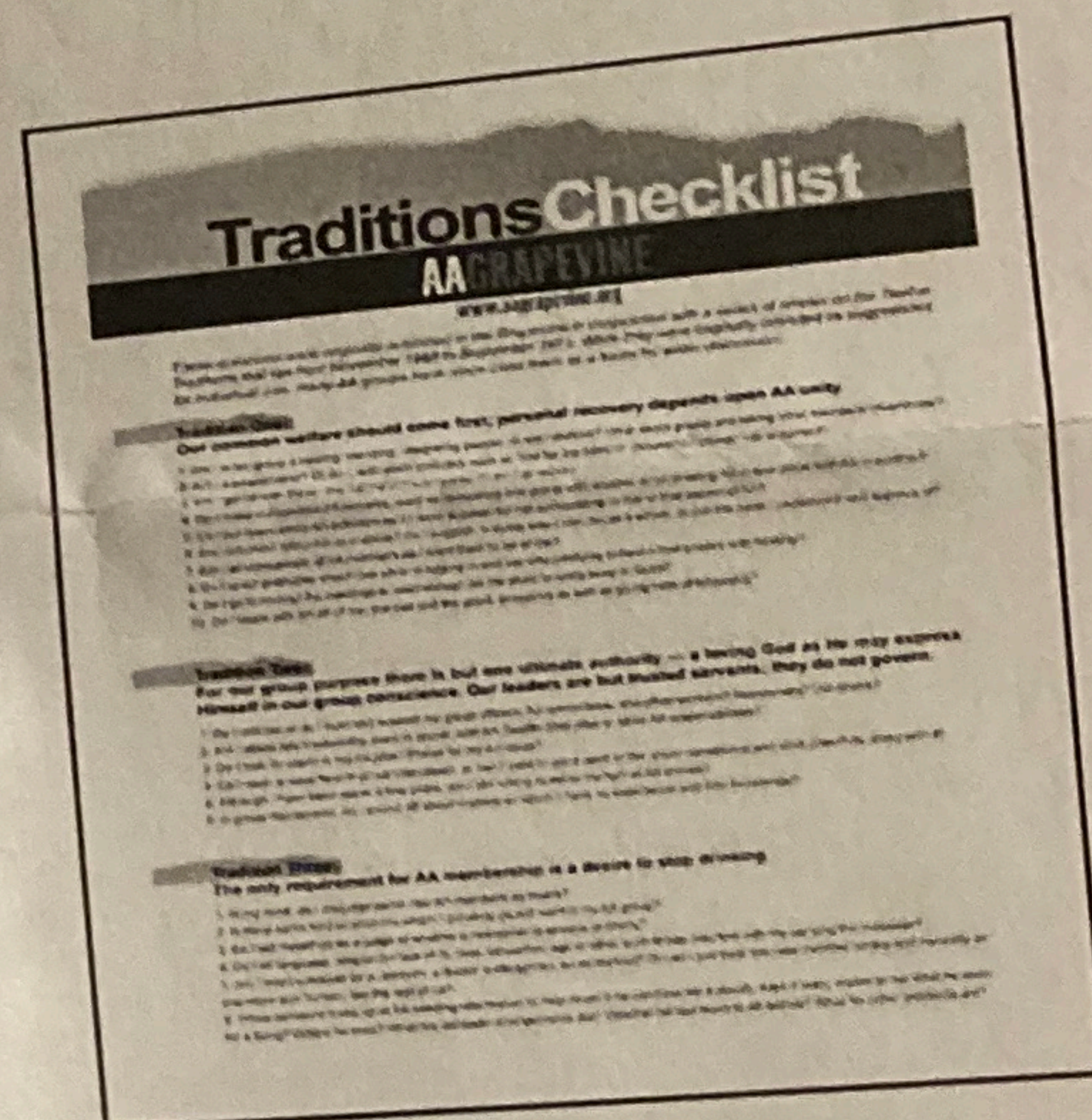
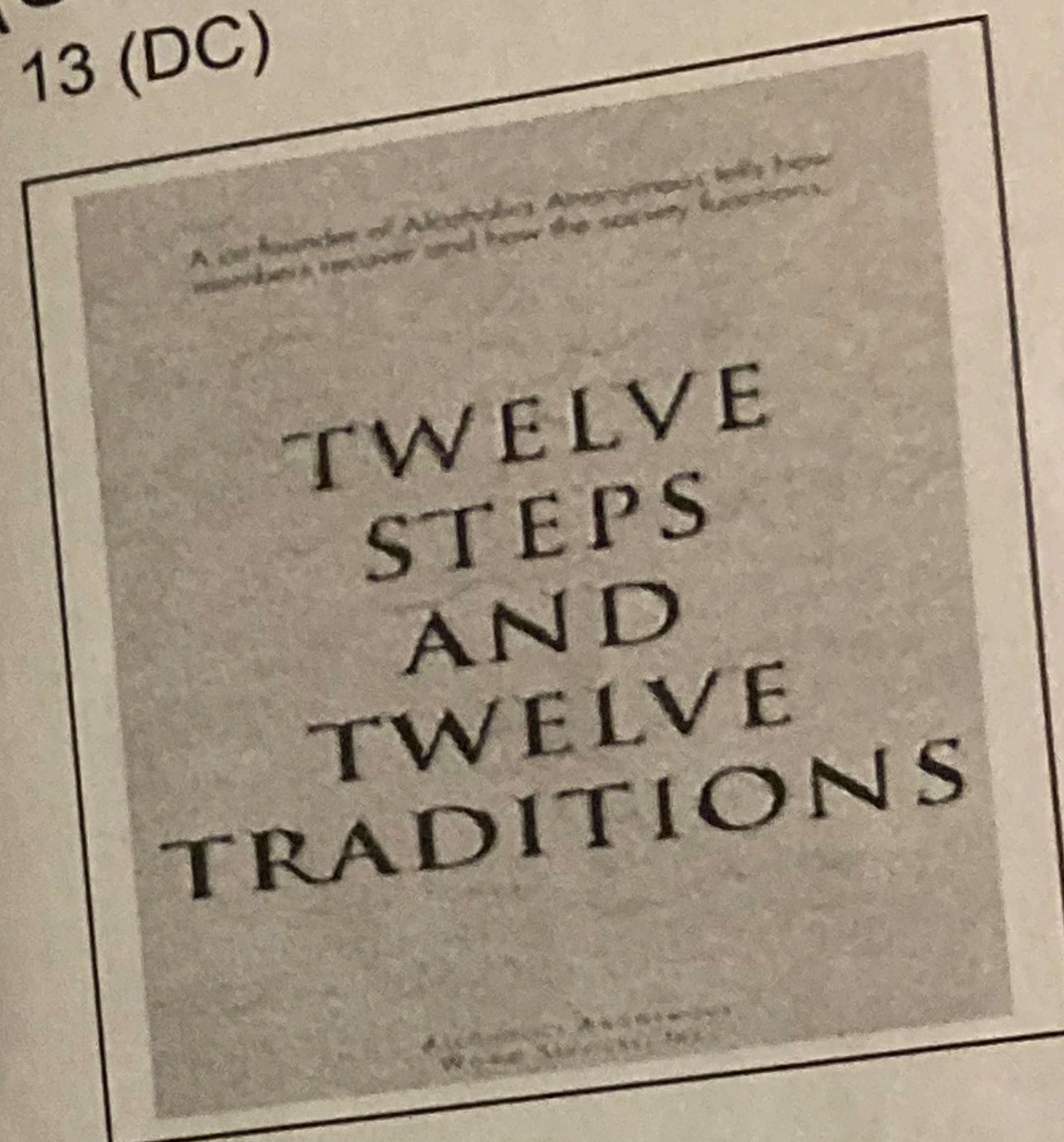
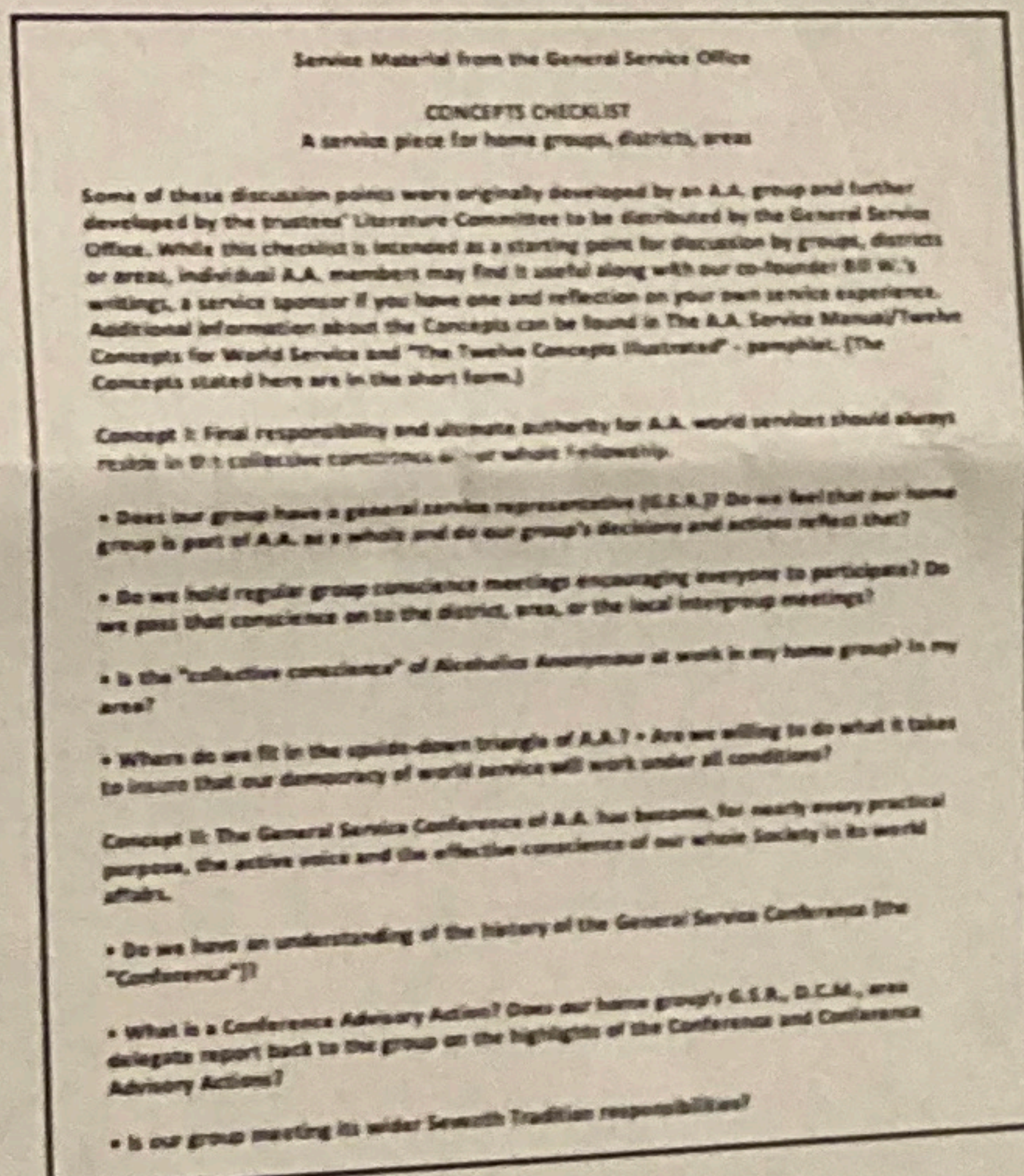
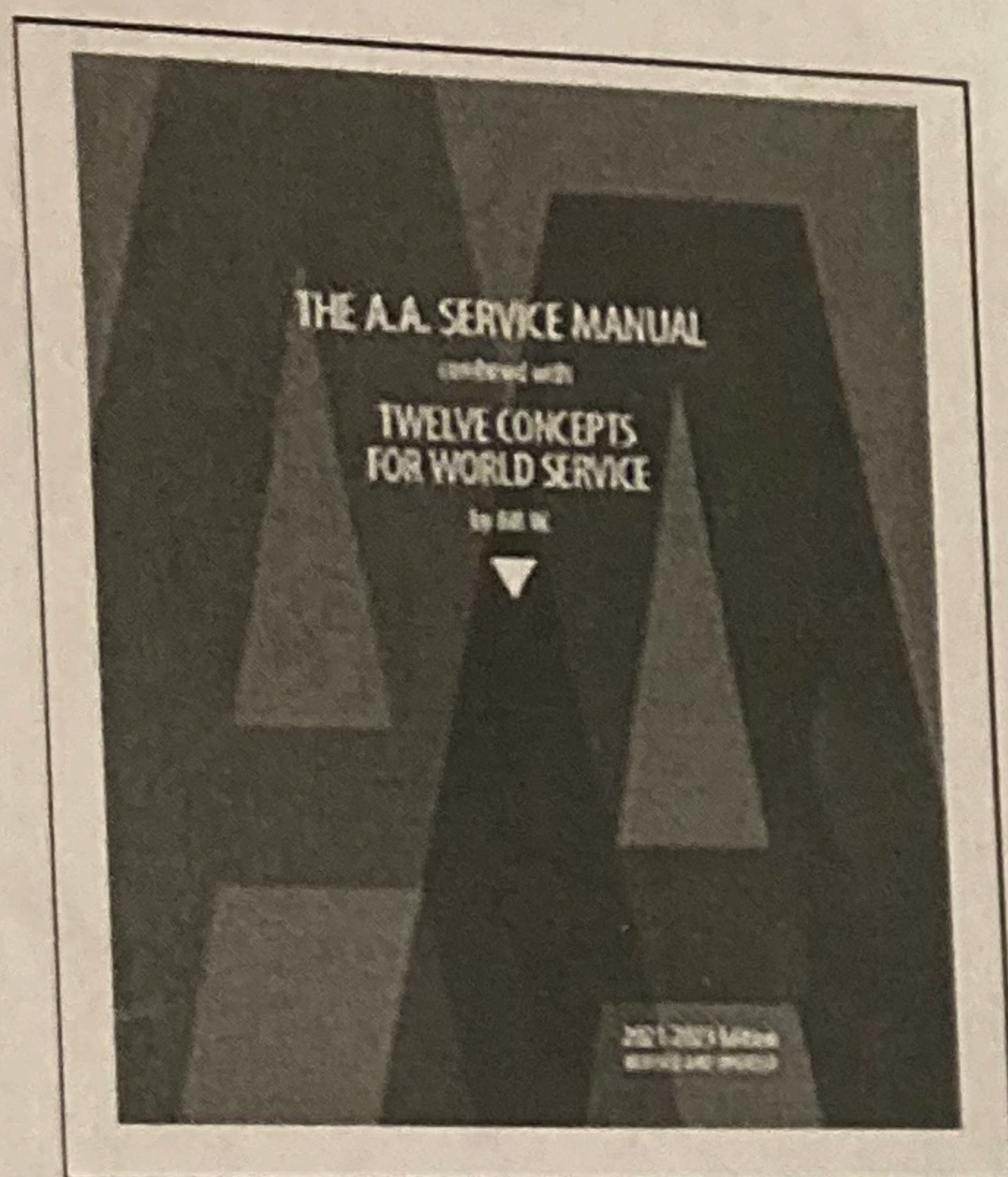
Nov 30, 2023 – Concepts pp I-VIII, C1-C2, Con 1 2 3

Dec 7, 2023 – Concepts 4, 5 & 6

Dec 14, 2023 – Concepts 7, 8 & 9

Dec 21, 2023 – Concepts 10 & 11

Dec 28, 2023 – Concept 12



CONTRA Study Materials (provided via email following registration):

Twelve Steps and Twelve Traditions, B-2 (free participant download at www.aa.org)

The A.A. Service Manual combined with The Twelve Concepts for World Service, BM-31, 2021-2023 edition

AA Grapevine Traditions Checklist, July 2018 revision

Fall 2023 CONTRA Study Service Manual Questions

A.A.W.S. Concepts Checklist, SMF-91, 08/18 edition

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Districts 10 & 17, Area 29 (MD)
and District 2, Area 13 (DC)

For more information, contact:
2023contrastudy@gmail.com

Fall Back to Basics

Back To Basics

The Alcoholics Anonymous
Beginners' Meetings

"Here are the steps we took . . ."
in Four One-Hour
Sessions



Wally P.

The Alcoholics Anonymous Beginner's Meetings

Here are the Steps We Took . . .

In FOUR One Hour Sessions

Monday Evenings in October

@ 7:00 PM

2, 9, 16, 23

368 Main Street Laurel MD 20707

LaurelRecovery.Org

Area 13's Districts 3, 4, 5, 41 & 42

Invite you to attend

**A.A. Service Workshop
on Zoom**

**Saturday, October 14th
9 am - 11 am**

ID: 825 8786 3044

PW: 099 993

Phone: 301-715-8592



Topics:

Introduction to Service

Service at the Group Level

Service Sponsors and Sponsees

Service at the Area Level

Q & A
Lots of
information!

Great
speakers!

All are
welcome!

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!

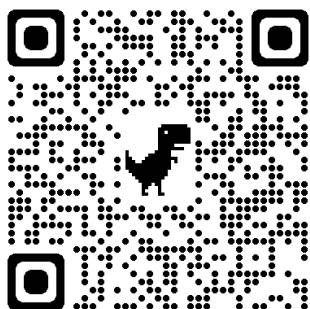
Activities will be led by the experts at Terrapin Adventures in Savage, Maryland. Two AMIAS will accompany each group.

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.



Triangle Club EVENTS COMMITTEE PRESENTS

PICNIC IN THE PARK

S A T U R D A Y

OCTOBER 14

12-4pm

**Rock Creek Park
Picnic Grove 9**

(Beach Drive NW just north of Sherrill Drive NW)

Open to ALL!

Suggested donation \$10

**Burgers • Hot Dogs • Pot Luck Sides & Desserts
Games • Prizes • 50/50 Raffle • Speaker • Fun & Fellowship**

**SCAN TO SEE AVAILABLE
SERVICE POSITIONS AND
SIGN UP TO BRING A SIDE
DISH, DRINKS, OR DESSERT**



**BUY HALF PRICE EARLY
BIRD RAFFLE TICKETS NOW!**

Scan QR code to get \$0.50 raffle tickets
by credit card before October 11 (they'll
be \$1 each and cash only at the picnic).

Questions, comments, or can't scan? Email us!
events@triangleclub.org



Happy Destiny Retreat
Presents The 16th Annual

Fall Bonfire and Potluck

Saturday, October 14, 2023

Rain Date October, 21, 2023. If Weather is Bad
Check Website to Confirm Event is Still Happening

**Suggested Donation is
\$10 per Adult**

- Live Music
- Cake Walk
- 50/50 Raffle
- Fun for the Whole Family
- Coffee, Tea, and Water Provided

**4:00 pm - Dinner, Music,
Fellowship & Festivities**

7:00 pm - AA Meeting

For More Info or Service Opportunities:

Email: happydestinyretreat@gmail.org

Call or Text: Rachel 240-728-9874

Website: happydestinyretreat.org

WHAT TO BRING

- A Potluck Dish to Share

Last Name Starts With:

A-K Main Dish

L-S Side Dish or Salad

T-Z Dessert

- Chair/Blanket/Flashlight
- Warm Clothes/Jacket for After Dark
- A Newcomer

NO PETS PERMITTED

Located at Greenbank Farm

7158 Brooks Rd, Highland, MD

From the Montgomery County area, head EAST
On 108 toward Howard County. After you cross
The Patuxent River into Howard County, go
about a mile. Take a LEFT onto BROOKS RD,
Then turn into the FIRST DRIVEWAY on the LEFT






DISTRICT 20 INVITES YOU

WHY HAVE A GSR? ICE CREAM SOCIAL



HARLOW HALL
NORTH CHEVY CHASE CHRISTIAN CHURCH
8814 KENSINGTON PARKWAY
NORTH CHEVY CHASE, MD 20815

SAT OCT 14
12:00 PM - 2:00PM



ENJOY DELICIOUS ICE CREAM
AND HEAR NEW AND SEASONED
GSRS SHARE THEIR EXPERIENCE,
STRENGTH, AND HOPE! CONTACT
DISTRICT20DCM@AREA13AA.ORG
FOR QUESTIONS



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



W A I A P R E S E N T S

45TH ANNUAL
OLD TIMERS
MEETING

TO BENEFIT HOSPITALS AND INSTITUTIONS
COMMITTEE

FRIDAY NOVEMBER 10 2023

DOORS OPEN AT 7 PM

MEETING STARTS AT 8 PM

NORTH CHEVY CHASE CHRISTIAN CHURCH

8814 KENSINGTON PKWY

CHEVY CHASE, MD 20815

ZOOM ID: 827 8846 6070

PASSCODE: 073538

**CALL ERYN C
FOR SERVICE
301-651-4942**

FREE ENTRY

Area 13 WAGSA Fall Assembly (HYBRID)

Saturday October 21, 2023, 8:30 AM—2:00 PM

Silver Spring United Methodist Church

8900 Georgia Ave
Silver Spring MD 20910

Join Zoom Meeting

[https://us02web.zoom.us/j/83565638123?](https://us02web.zoom.us/j/83565638123?pwd=SS9uZVVjdjRwSFhnMXRJQWhOeDVQUT09)
[pwd=SS9uZVVjdjRwSFhnMXRJQWhOeDVQUT09](https://us02web.zoom.us/j/83565638123?pwd=SS9uZVVjdjRwSFhnMXRJQWhOeDVQUT09)

Meeting ID: 835 6563 8123

Passcode: 6970mc

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

District 20 Ice Cream Social

**Saturday, October 14,
12:00—2:00 PM**

Why have a GSR?

Harlow Hall

No. Chevy Chase Church

8814 Kensington Pkwy

North Chevy Chase MD

Fall Bonfire & Potluck

**Saturday, October 14,
4:00 PM—8:00 PM**

Greenbank Farm

7158 Brooks RD

Highland MD

happydestinyretreat.org

WAIA

Monthly Board of Directors Meeting

October 10, 2023—6:30 PM - 8:00 PM (2nd Tuesday
of the month except August)

Come for the pizza and salad, stay for the area updates!

6:30PM (Board meeting starts at 7PM)

St. Luke's Episcopal Church

6030 Grosvenor Ln

Bethesda, MD

*Ample street parking and parking lot behind the church available."

Join Zoom Meeting:

[https://us02web.zoom.us/j/83460598434?](https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09)
[pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09)

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

- | | | |
|----------------------------|---------------------------------|-------------------------------|
| 120 14 Promises | 150 Happy Joyous & Free | 400 Potomac Women |
| 1835 9:30 Club Online | 135 High Sobriety | 628 Progress Not Perfection |
| 528 All Are Welcome | 200 How It Works | 150 Prospect Group |
| 166 Anacostia Group | 60 Hyattsville Hope Live | 226 Quince Orchard |
| 648 Andrew's Armed Forces | 199 Informed Group | 2141 Radicals |
| 311 Any Lengths | 800 International AA Men's Conf | 50 Read & Speak |
| 247 As Bill Sees It NW | 3431 Into Action | 195 Renegade Travelers |
| 850 Aspen Hill 5th Chapter | 20 Just Before Noon | 300 Riderwood bills |
| 84 Aspen Hill Phoenix Fri | 810 Kensington Young Steps | 131 Rockville Metro Club |
| 600 Back to Basics (CB) | 198 Kid Friendly Big Book | 94 Sat. Afternoon UP |
| 232 Beginners are Winners | 13 Landover Discussion | 96 Sat. Morn. Fire Barrel |
| 600 Bethesda Youth | 250 Lawyers | 240 Sat. Morning Steps |
| 250 Birds of a Feather | 175 Leisure World Noon | 360 Sat. Night Happy Hour |
| 600 Broad Highway | 62 Lifesaver Big book | 125 Serenity House |
| 1096 Burtonsville Big Book | 42 Lit Hoppers | 287 Serenity Speakers |
| 1575 B.Y.O.L (103154) | 100 Lit Womxn | 404 Serious Business |
| 160 Capitol Heights Group | 30 Living Spiritual Principles | 120 Shepherders |
| 1694 Capitol Hill Group | 50 Mayday | 133 Sil Spring Beginners BB |
| 185 Capitol Hill Reminders | 211 Men's Adhoc Group | 700 Silver Spring Group |
| 70 Chinatown Men | 600 Messengers | 960 Simplicity |
| 10 Cigar Smokers | 3098 Midtown | 980 Six & Seventh Step |
| 75 Clinton Day | 172 Mideast | 321 Six & Seventh Step Online |
| 50 Clinton Sun Nite | 1150 Monday Men's | 157 Sober Sat. Matinee |
| 255 Coffee & Donuts | 643 More Peace of Mind | 220 Sober Squares |
| 180 College Park Group | 150 Neareast Group | 275 Southern Sobriety |
| 3744 Cosmopolitan | 135 Never Walk Alone | 3000 Spiritual Awakening |
| 246 Crossroads/Damascus | 84 New Beginners | 52 Spiritual Hilltop |
| 75 Daily Reflections, NW | 352 New Beginnings | 1350 St. Francis Group |
| 25 Daily Reflections UP | 116 New Hope 123 | 130 Sunday in the Park |
| 112 Darn Good Big Book | 300 New Unity Gay | 200 Sunday Morning Joy |
| 1219 Darnestown Men | 73 No Exclusion Group | 241 Sun Morn Breakfast Out |
| 409 DCC 930 Club | 69 No Hard Terms | 50 Sun. Morn. Reflections |
| 50 DCC Friday Women | 300 Norbeck Women Friday | 900 Sunrise Zoom |
| 88 Deanwood Step | 360 NE Sunrise | 867 Sunshine Group G'burg |
| 150 Deanwood Women Rap | 180 NW Metro | 397 Takoma Park Necessity |
| 3000 Downtown Noon | 307 Oasis Women's BB | 230 Tenley Circle Men |
| 360 Downtown Sil Spring | 100 Old Fashion | 10 There Is A Solution |
| 768 Dun Drinkin | 2770 Olney Farm Group | 216 Trusted Servants |
| 130 Dupont Circle Club | 483 Olney Stag Rap | 740 Twelve Point Bucks |
| 880 Epiphanies | 240 Olney Women | 60 Upper Marlboro Big Book |
| 800 Fireside Spirituality | 19 On Awakening | 195 Uptown |
| 350 Foggy Bottom | 310 Open Arms | 180 Victory Lights |
| 386 Free Spirits | 84 Out to Lunch | 330 Village Idiots |
| 500 Friendship Group | 726 P Street | 75 Virtually Sober |
| 100 Gaithersburg Beginners | 120 Petworth Group | 471 We Are All Beginners |
| 452 Gateway Wedn. | 185 Pillars in the Park | 1260 We Are Not Saints |
| 200 Goldsboro Group | 50 Potomac Eye Opener | 540 We Care |
| 362 Grupo Virtual Wash. | 190 Potomac Oaks | 1200 Westmoreland Women |
| | 100 Potomac Speakers | 276 Westside Club |

180 West Side Men
72 Westside Women
50 What's Happening Now
244 Women's Grapevine
923 Yacht Club

250 Birthday
270 Faithful Fivers
14103 Individuals
200 Memorial

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

October 21

John M.

180 Club

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THINGS WE CANNOT CHANGE

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