

The Eleventh Step Meditation Issue



November is Gratitude Month

aa-dc.org/gratitude

Can you spare the price of a drink?

WAIA November 2023 Announcements

Gratitude Month and Budget Approval

Reps please discuss the proposed [2024 Budget](https://aa-dc.org/finance) (<https://aa-dc.org/finance>) with your group. We will be voting on this at the November 14th board meeting.

November is Gratitude month and we ask that you pass the basket (or share Venmo link) to ask for contributions specifically for WAIA. You can find the online page at <https://aa-dc.org/gratitude>. This year we have received \$95,000 of the \$160,000 needed to fund our 2023 budget. Please help ensure that the office can continue to serve as AA's DC central office; answering calls 24/7, maintaining a current record of all meetings in the area, and providing other essential services to the still sick and suffering alcoholic. You can make a contribution directly on the WAIA, <https://aa-dc.org/give>, or via Venmo @WAIADC. Checks can be mailed to WAIA, 4530 Connecticut Ave, NW Ste 111, Washington DC 20008.



What does WAIA do?

- 3,658 calls answered by office staff and volunteers providing assistance to AA members and to sick and suffering alcoholics
- Maintaining the list of 638 In Person meetings and 323 Online meetings. (Send all meeting changes to help@aa-dc.org).
- 45th Annual Old Timers meeting
- The Live Chat service which received over 670 visitors.
- 75 Big Books and other literature donated to facilities serviced by the H&I Committee

WAIA November 2023 Announcements

Calls for Service

Office and HelpChat Volunteers Needed! **CRITICAL NEED FOR OFFICE VOLUNTEERS RIGHT NOW** Available In Person Shifts Sunday 1-4 PM, Tuesday 10-1 PM, Tuesday 1-4 PM, Thursday 1-4 PM (Email help@aa-dc.org for more information or call 202-966-9783 and ask for Luella or Clo'via).

1. **Gala Chair.** We are looking for someone with a passion for events to lead a team in arranging for the 2024 WAIA Gala. Please email gala@aa-dc.org if you are interested in chairing or joining the committee.
2. **Assist with Outreach:** The WAIA outreach committee has started to reach out to those groups without a designated Board Member (Rep). We have many meetings that could benefit from a spanish speaking visitor as well. If you would be interested in either serving on the committee or in reaching out to a local group to explain why having a rep matters, please contact outreach@aa-dc.org.

WAIA Board Election scheduled for Tuesday December 12. Please submit your name for the ballot by the December 1, to the Elections Chair, Jackie M, or to volunteer to help on the elections committee, email Jackie.m@aa-dc.org. You must be a current WAIA representative for your group to be eligible for the Chair, Vice Chair and At-Large positions.

Upcoming Event

45th Annual Old Timer's Meeting: WAIA presents the 45th Annual Oldtimer's Meeting to Benefit the Hospitals and Institutions Committee (H&I). This is a free In Person and Online event where all contributions will benefit the H&I Committee.

- In-Person—Doors open at 7PM, 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 opportunities, 301-651-4942

The Daily Eleventh Step

When I first began in recovery, over eight years ago, I read in a daily meditation book about a woman who used the eleventh step as a guide to the other steps. As I was an experienced meditator, I latched on to this concept. Meditation was a familiar tool, and I have used it daily to increase my understanding of all 12 of the steps.

When I meditate, I breathe in harmony with the slogan “Let Go, Let God”. I breathe out while holding in my mind the thought “Let Go”. I breathe in while holding in my mind the thought “Let God”. That’s it, that is the whole process. I repeat this process over and over, for as many minutes (or hours) as possible. Inevitably, my mind wanders away from the process. When I have noticed I am no longer meditating, I simply begin again.

Although it helps to be in a quiet, distraction free environment, it is also possible to meditate under just about any conditions. At first you will be lucky to maintain concentration for a dozen cycles of breath. Stay with the process, though, and some amazing results will occur. You will discover that if you learn to let go of your illusion of control, it is possible to align your thoughts and actions with your Higher Power’s will.

Praying only for knowledge of God’s will for me, and the power to carry that out has led me to the conviction that it is possible to find and follow the flow of the Living Process of the Universe (my definition of God). It is like the difference between trying to swim with the current of a river or tide, or swimming against it. When I teach meditation to newcomers, I use the analogy of two-way radio communication to explain the difference between prayer and meditation. When transmitting (praying), I hold the mike button down and say what I need to communicate. When receiving (meditating), I let go of the mike button (stop thinking), and simply keep the radio on (receptive) and pay attention (alert).

Similarly, when I pray, I simply think: God, please grant me knowledge of your will for me, and the power to carry that out. Then I stop trying to direct my higher power, and keep my communication channel open so I will hear and understand when communicated to. Several times a day I use the “Let Go, Let God” technique, and some other contemplation techniques, and I pay attention to where my thoughts are guided. Even a few minutes of prayer and meditation can recharge me. When I experience feelings of hopelessness, fear, desperation, anger, self-doubt and other negative feelings, I pray and meditate. The result is often like a quick clean shower for my mind, and afterward I often know what I need to do. That’s what meditation is all about.

Daniel O. (2000)

The Parade in my head

One of my favorite bumper stickers reads: “Meditation, it’s not what you think! For years

Having attempted meditation on and off for years and having read a lot about it, rather than trying to control and enjoy my thinking, I have come to the conclusion that meditation is a simple matter of just watching what I think.

I recently read that most people think about 200 thoughts a minute, and that 95 percent of our thoughts are repetitive. So, by my account, for the hour I lay awake last night watching my thoughts, about 12,000 of them paraded through my head, and 11,400 of those were redundant.

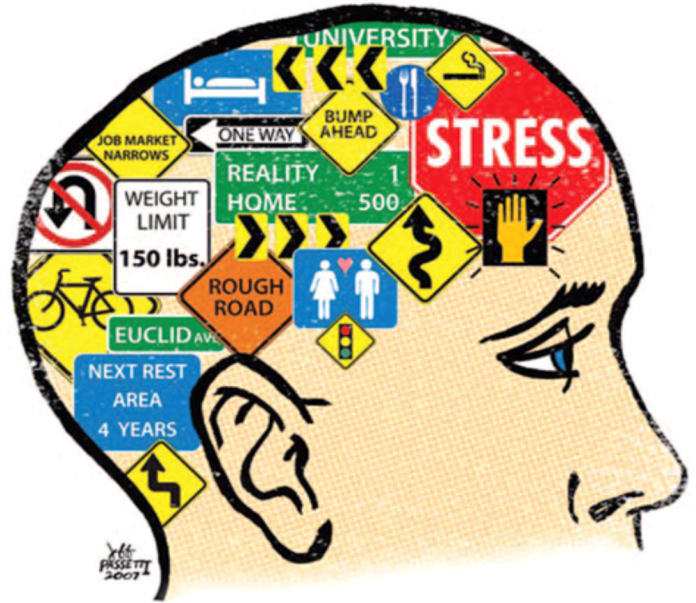
My lines of thinking typically have themes, which for last night was, “things to worry about.” I wish I could report that there are acrobats of happiness, marching bands of well-being and columns of contented clowns parading through my nights, but those folks never come to town without an intentional invitation.

So, knowing how I think, I'm learning how to "watch the parade." For example, I know that every 10 minutes while I lie there wide awake in the middle of the night, my work (let's call it an elephant) comes into view.

Although my tendency is to leap forth and jump on every elephant's back (such as, worry about financial insecurities), I find that if I remain on the sidelines and watch the elephants appear and disappear, I don't spend 15 minutes riding them, worrying about the multitude of difficulties associated with elephants (such as, am I going to get fired tomorrow?) which then influences how I function at work the next day.

Don't get me wrong, the elephants still show up every 10 minutes. I just don't feed them as much, so there are less elephant droppings to take to work the next morning, which my coworkers appreciate.

In the middle of the night is a great time to watch your thoughts, so long as you don't latch onto any of them. I have just as many or more thoughts during the day, but in the light of day I'm distracted by all the things I'm



doing, which presents yet another challenge. At night, I have only my thoughts to keep me company. So, I practice a type of disengaged meditation. I simply watch the random thoughts pass through my mind.

By not engaging in the thoughts, I find they don't grow and turn into fear, anger, frustration, worry or resentment. A 15-second-long thought has not weight and is so much nicer than a 15-minute-long woolly mammoth that will smother me in my sleep under its weight. Hey, it's still insomnia, but is so much lighter without the heavy baggage of emotional engagement.

And I've found yet another opportunity to practice the "Alcoholic's Meditation," which was first published in the November 2010 Grapevine and in a related article entitled "Step 11 to the Rescue" in Grapevine in 2013. That is, late at night when I need a reprieve from a negative thought, I engage in positive parade of acceptance and gratitude. By breathing in "welcome" and breathing out "thank you," I actually (somewhat) control the types of thoughts coursing through my mind.

Should you choose to meditate this way, here is a cautionary note: There may be pink elephants riding on pink clouds in late night parades focusing on acceptance and gratitude.

(Ed. L, Wrightwood, CA)



Lost and Found at Sea

The entire trip was turning into a disaster. Not only had the atmosphere between my husband and I been tense in the hotel room, but now we were arguing in public and in front of the children. I saw the fear in their eyes.

Swallowing the despair in my throat, I scooted to the stairway to the deck of the ferryboat we were on, trying to get away from the looks people were giving me – and from him. Once up top, the crisp wind dried those tears, and I took a deep breath and began trying to ignore the situation.

“Look, kids,” I said briskly, “look at the gulls following the boat. Did you bring the bread we saved?”

Just then I felt my husband’s hand on my elbow. “Let’s talk,” he said. A rush of hatred poured through me, and I jerked my hand away angrily and began to stride down the deck.

“No,” I spat back at him. “I’m going to meditate.”

I went to the rear of the boat and sat on a bench where not too many people were passing by. I knew I have to shut off the clamor of voices in my head. Every voice had something bitter to say, and most of them were telling me what I should have said back to him.

I began a two-part process. I had come to understand as meditation: first, shutting off my own mind, then relaxing and allow the message in – intuitions of healing which I had been told would come.

Half an hour later, I found myself coming out of the meditation burbling with laughter. None of that is important, was the thought in my mind, none of that is important at all. I chuckled to myself and shook my head with amusement at how caught up in it I had been. But none of that is important, I repeated once again.

Then I rejoined my family, I was full of good humor. As the weekend wore on the mood lasted, and as we drove back across two states our home, I glanced at my husband, amused.

“I’ll bet you are wondering what’s going on,” I said, patting his knee affectionately. He admitted that he hadn’t wanted to disturb the calm by questioning me.

“I don’t know what happened during that meditation,” I said, “because I can’t remember most of the 20 minutes. All I know is that something must have healed inside me.” My husband just shook his head in grateful amazement.

Let us not forget –

Last year I was on a panel at an A.A. event that utilized the tried-and-true A.A. “Ask it Basket.” My question hit me right between the eyes: “What did you learn serving as a trustee?” Here’s the answer I gave:

“Today, hundreds, if not thousands, of people will attend their first A.A. meeting ever. I hope they are greeted warmly. I hope they soon find a sponsor and a Big Book.

A year from now many of those people will celebrate their first A.A. birthdays, and their family members might attend their first-ever A.A. meeting. The guests will look around the room and wonder how this strange group of people was able to give their family member something that all their money and love could never produce.

Sadly, I also learned how many people are no longer here due to their alcoholism. Inside this incredible life of sobriety we have, it’s often easy to forget how many of our sister and brother alcoholics die each day. It’s a tornado that tears apart so many families.

What I learned as a trustee is that there’s so much work to do to reach the still suffering alcoholic. This is not some outdated illness. We have much more work to do today than we did on Mother’s Day 1935.”

Billy N.
Buford, GA

Originally appeared in the *Grapevine*





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

WASHINGTON AREA GENERAL SERVICE ASSEMBLY

2023 GRATITUDE BREAKFAST

SUNDAY, NOVEMBER 12

SAVE THE DATE

ZOOM INFORMATION TO FOLLOW





The 12 Step Player's Present


HALLOWEEN DANCE

November 4

\$8 entry
Starts at 9:30

Concord-St. Andrews Church
5910 Goldsboro Rd, Bethesda

Questions or want service:
Kathleen A (925) 899-7143 Elizabeth B (240) 507-0725



Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*



2 *Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*



3 *Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.*



4 *Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.*



5 *Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late. Plan in advance an "important date" you have to keep.*



8 *Worship in your own way.*



9 *Don't sit around brooding. Catch up on those books, museums, walks, and letters.*



10 *Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."*



11 *Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.*



12 *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*

Area 13 WAGSA Area Committee Meeting (HYBRID)

Monday, November 13, 2023

6:00 PM New GSR Orientation

7:00 Committee Meeting

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=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

The 39th Annual Terrapin Thanksgiving Meeting & Breakfast

November 23, 9AM-11:45AM

Chrst Church Kengsingtonl

4001 Franklin St

Kensington MD 20895

(Entrance on Everett St)

9:00 Am—Breakfast

10:30 AM Meeting

WAIA

Monthly Board of Directors Meeting

November 14, 2023—7:00 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

- | | | |
|---------------------------------|---------------------------------|-------------------------------|
| 120 14 Promises | 100 Gaithersburg Beginners | 310 Open Arms |
| 2276 9:30 Club Online | 452 Gateway Wedn. | 84 Out to Lunch |
| 110 All Are Welcome | 153 Glen Echo Group | 726 P Street |
| 166 Anacostia Group | 200 Goldsboro Group | 180 Petworth Group |
| 649 Andrew's Armed Forces | 632 Grupo Virtual Wash. | 185 Pillars in the Park |
| 311 Any Lengths | 202 Happy Joyous & Free | 50 Potomac Eye Opener |
| 247 As Bill Sees It NW | 135 High Sobriety | 190 Potomac Oaks |
| 850 Aspen Hill 5th Chapter | 200 How It Works | 100 Potomac Speakers |
| 84 Aspen Hill Phoenix Fri | 267 Hyattsville Hope Live | 400 Potomac Women |
| 600 Back to Basics (CB) | 294 Informed Group | 628 Progress Not Perfection |
| 232 Beginners are Winners | 800 International AA Men's Conf | 150 Prospect Group |
| 90 Beginners are Winners Online | 3372 Into Action | 227 Quince Orchard |
| 600 Bethesda Youth | 21 Just Before Noon | 2141 Radicals |
| 250 Birds of a Feather | 810 Kensington Young Steps | 50 Read & Speak |
| 1422 Brightwood | 198 Kid Friendly Big Book | 195 Renegade Travelers |
| 600 Broad Highway | 17 Landover Discussion | 300 Riderwood bills |
| 1096 Burtonsville Big Book | 250 Lawyers | 131 Rockville Metro Club |
| 1575 B.Y.O.L (103154) | 175 Leisure World Noon | 94 Sat. Afternoon UP |
| 160 Capitol Heights Group | 62 Lifesaver Big book | 96 Sat. Morn. Fire Barrel |
| 1694 Capitol Hill Group | 42 Lit Hoppers | 240 Sat. Morning Steps |
| 185 Capitol Hill Reminders | 182 Lit Womxn | 360 Sat. Night Happy Hour |
| 180 Chinatown Big Book | 30 Living Spiritual Principles | 125 Serenity House |
| 70 Chinatown Men | 50 Mayday | 637 Serenity Speakers |
| 10 Cigar Smokers | 350 Men's Adhoc Group | 694 Serious Business |
| 100 Clinton Day | 900 Messengers | 120 Shepherders |
| 50 Clinton Sun Nite | 3098 Midtown | 133 Sil Spring Beginners BB |
| 255 Coffee & Donuts | 172 Mideast | 1600 Silver Spring Group |
| 180 College Park Group | 1150 Monday Men's | 960 Simplicity |
| 3744 Cosmopolitan | 655 More Peace of Mind | 1266 Six & Seventh Step |
| 246 Crossroads/Damascus | 600 Moving Into Solution | 321 Six & Seventh Step Online |
| 75 Daily Reflections, NW | 2 Navy Yard BB | 157 Sober Sat. Matinee |
| 25 Daily Reflections Bowie | 150 Neareast Group | 220 Sober Squares |
| 50 Daily Reflections UP | 135 Never Walk Alone | 180 Sobriety Sisters |
| 112 Darn Good Big Book | 84 New Beginners SW | 275 Southern Sobriety |
| 1219 Darnestown Men | 352 New Beginnings NW | 3000 Spiritual Awakening |
| 1437 DCC 930 Club | 232 New Hope 123 | 148 Spiritual Hilltop |
| 50 DCC Friday Women | 300 New Unity Gay | 1500 St. Francis Group |
| 88 Deanwood Step | 73 No Exclusion Group | 274 Sunday in the Park |
| 150 Deanwood Women Rap | 69 No Hard Terms | 200 Sunday Morning Joy |
| 3000 Downtown Noon | 300 Norbeck Women Friday | 241 Sun Morn Breakfast Out |
| 360 Downtown Sil Spring | 360 NE Sunrise | 50 Sun. Morn. Reflections |
| 768 Dun Drinkin | 180 NW Metro | 1600 Sunrise Zoom |
| 130 Dupont Circle Club | 307 Oasis Women's BB | 1467 Sunshine Group G'burg |
| 1180 Epiphanies | 150 Old Fashion | 397 Takoma Park Necessity |
| 800 Fireside Spirituality | 2770 Olney Farm Group | 230 Tenley Circle Men |
| 350 Foggy Bottom | 483 Olney Stag Rap | 10 There Is A Solution |
| 446 Free Spirits | 240 Olney Women | 216 Trusted Servants |
| 500 Friendship Group | 31 One Day at a Time. R'ville | 840 Twelve Point Bucks |
| | 19 On Awakening | 60 Upper Marlboro Big Book |

293	Uptown
180	Victory Lights
330	Village Idiots
75	Virtually Sober
471	We Are All Beginners
1260	We Are Not Saints
540	We Care
1200	Westmoreland Women
276	Westside Club
411	West Side Men
72	Westside Women
50	What's Happening Now
244	Women's Grapevine
923	Yacht Club
300	Birthday
180	Faithful Fivers
14935	Individuals
715	Memorial

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\$28.00 Two Years
\$12.00 Group Rate

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<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

13

THINGS WE CANNOT CHANGE

**Delma "Elaine" Gaisey, October 5, 2023, Simplicity, 31 Years Sober
Area 13 Past Delegate Panel 59**

Homegoing services for Elaine will be held on Friday, November 17, 2023. Family hour will be at 10:00 a.m. Homegoing services will be held at 11:00 a.m. at From The Heart Ministries (Annex) 5055 Allentown Road, Camp Springs, MD 20746.

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.

NOVEMBER 2023