



*In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom and my despondency. I will leave all these things buried and go forward, in this new year, into a new life.*

*Happy New Year!*

## WAIA December 2023 Announcements

### Gratitude Month Update

Total contributions including Gratitude Month contributions through November are about \$20,000 below budgeted amounts for 2023. Thank you to all the individuals and groups that have contributed so far for 2023. If your group hasn't sent in their Gratitude month contributions yet, please try to do so before the end of the year. If your group doesn't pass the basket, please consider contributing individually.

Suggested language for 7th Tradition:

WAIA expenses this year exceed its revenue by \$28K. 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 website <https://aa-dc.org/give>, or via Venmo @WAIADC. Checks can be mailed to WAIA, 4530 Connecticut Ave, NW Ste 111, Washington DC 20008.



### Calls for Service

**Office and HelpChat Volunteers Needed! Available In Person Shifts:** Monday 1-4, Tuesday 10 AM-1PM, Tuesday 1-4 PM, Saturday 1-4, Sunday 4-7 **Available Shifts from home:** Thursday 7-10 PM, Saturday 7-10PM

(Email [help@aa-dc.org](mailto:help@aa-dc.org) for more information or call 202-966-9783; ask for Luella or Clo'via).

**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](mailto:gala@aa-dc.org) if you are interested in chairing or joining the committee.

**Hospitals & Institutions Co-Chair.** Need help managing new & returning hospitals and institutions meetings. Experience working with institutions would be a plus. Contact Eryn C. [hni@aa-dc.org](mailto:hni@aa-dc.org) if you're interested.

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

**Please share these announcements with your group and encourage people to sign up directly for the New Reporter to receive local AA news directly!**



## A New Year's Message

Nothing is so brittle as a New Year's resolution, unless It be a glass crutch.

Most New Year's resolutions shatter within a few days. Then their broken pieces lie around, as sharp as needles, remindful of failure until the skin, or the conscience, has again become calloused. What, in fact, is so rare as an unbroken New Year's resolution in June?

Yet, we in particular, were among the most prolific New Year's resolution makers. We turned them out on a mass production scale. All through the year we stored up our awareness of personal deficiencies and faults, planning to correct them all in one vast wash of resolutions. Do it all at once, we said, with splendid optimism. Easy Does It, in reverse.

Of course, it probably is better to have one day or a few days of high resolution than none at all, but how much more practical if the purpose behind the New Year's resolution is built into daily life. How much easier it is to correct the deficiencies and the faults one by one as we go along day by day, than to try to level a mountain in one stroke.

The kindness and the realism of the A.A. approach to the task of self-improvement offer more hope of success than the high resolution sworn to once a year. At least they have offered more hope and yielded more success for many.

There are, to be sure, other ways, and, of course, some New Year's resolutions do endure. But the inventory that is taken more often than annually and the resolution that is formed at the beginning and the close of each 24 hours have worked convincingly for many and will continue to work for many more.

The new hope that comes from this overwhelming evidence of a new approach to an old and deadly trouble is the offer of the New Year, of each New Year. "It works!" is the electrifying promise that we can give to others. If there has to be a resolution today, let it be that we will offer those two words fraught with the ringing message that has been proven over and over. "It works!" They offer a new year to any who are still burdened with the past. They bring a new year whenever and wherever they are accepted. Today is the day, any day and every day, to try the new way. Today, "It works!" Tomorrow, "It works!"

Through the 13 years of A.A., people have been doubting those words at first, testing them skeptically, and finally coming to believe them. Perhaps the message they speak makes the best resolution of all.

The A.A. who knows that "it works" needs no ceremony to remind him. His day of high resolution came the moment he took the 1st Step. His New Year began then and continues as long as he follows the new way that others have blazed. His New Year's resolutions are forged and strengthened day by day. Where the glass crutch was brittle and shattered easily, he now has at hand a staff stronger than steel. He has faith built upon proof that "It works."

T.D.Y.

Grapevine, January 1949

## Surrender

*A moment on a winter day reminds him that if we just let go and give up fighting, we can let others help us fly again.*

On a snowy day in late December, I noticed a large bird walking among the trunks of the pine trees in the yard of my rural Wisconsin home. While I watched the bird, an A.A. friend arrived and excitedly identified it as a bald eagle struggling in the deep snow, exhausted from his attempts to fly. We called Patrick, a friend who is a certified raptor rehabilitator. Within five minutes, Patrick was on his way to help the injured bird.



As the three of us surrounded the eagle, he tried desperately to flap his way out of our tightening circle. His last great effort to escape was a panicked and ferocious display of talons and flapping wings. We finally were able to throw our blankets over him and he was safely contained. Patrick, his hands protected by thick leather gloves, slowly and gently untangled the eagle from the blankets and spoke to him in soft and soothing tones.

“These birds seem to understand the help concept,” Patrick replied while stroking the head of the alert but docile eagle. “Since he was in your yard, we’ll call him Howard,” Patrick added, looking up at me with a smile.

We put the eagle into a dog crate, covered the crate with a blanket and “Howard the eagle” and Patrick headed to the veterinarian’s office.

My thoughts returned to Patrick’s words, “They seem to understand the help concept.” For years I had fought and resisted the help concept and refused to acknowledge or surrender to the reality of my alcoholism. When I arrived at my bottom and all avenues of escape had finally closed, I reluctantly entered the doors of A.A. There, I found the help I so desperately needed in the power of a “we” program.

The “we” that helped Howard consisted of me, my A.A. friend, Patrick, the veterinarian and raptor rehabilitation volunteers and specialists. The “we” that’s helping me recover from my alcoholism are the people at meetings, the Twelve Steps, a sponsor, sponsees, A.A. fellowship and a spiritual connection to a Higher Power.

In early May, the Raptor Rehabilitation Center reported that Howard was beginning to fly short distances in the flight cage and that he might soon be ready to reenter the world of eagles.

That June, Patrick opened the door of the crate and Howard stepped out of captivity into the sunshine of the release site. Turning to the large gathering of well-wishers, he tilted his eagle head back and made loud raspy clucks as if to say, “Thank you all for helping me recover.”

After lingering for a few unsure moments, Howard lifted in the warm summer sky and flew effortlessly across the wide Wisconsin River into the freedom and happiness of his new life. Like Howard, I too am thankful for my new life.

Howard O.  
Cambridge, WI

Originally appeared in the *Grapevine*.



## The Traditions

### *The Importance of Unity*

*One member says we should take good care how we describe our meetings, because our common welfare comes first*

I've noticed a common theme nowadays in some people's A.A. stories. They say that when they first came to A.A., the message they heard was diluted and so they didn't stay sober. They found that they focused on the wrong things, like fellowship or meetings, instead of the *real* program of A.A. And then they tell how the miracle happened when they heard the *real* message and how they now carry a true A.A. message instead of a diluted one.

The implication of this message is: A.A. is becoming weaker over time and newcomers are not hearing the "right" or "real" message of recovery that the founders "intended." I hear this often from the podium and at meetings.

While I respect a member's right to tell their story and interpret it how they see it, I take issue with this version of things. According to our First Tradition, personal recovery depends upon A.A. unity. It seems to me that this version of things might just sow unnecessary seeds of doubt and discord within our Fellowship. What if I'm always listening at meetings, wondering if this is one of the "good" meetings or one with a diluted message? If I'm doing this, then I am listening from a place of resentment and division, rather than recovery and unity.

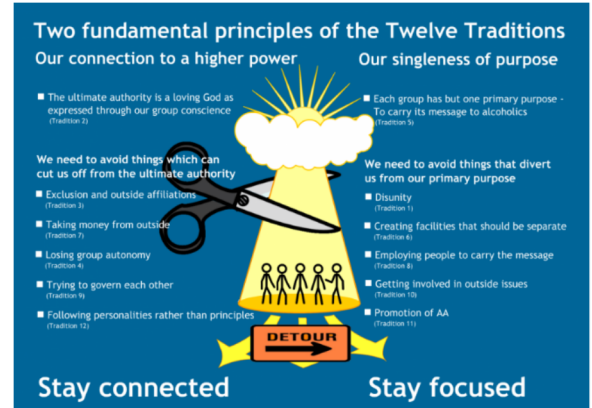
If my conversations with other people in the program are designed to diminish people's opinions of some A.A. meetings while elevating others, could this possibly be a form of harmful gossip? Isn't this just being an actor trying to run the show, arranging the scenery and lights to our liking?

Our A.A. program is divine, and it's also human. It's necessarily perfect in its imperfections. When we sit in judgement, harboring a resentment against our "old" A.A. program, we cannot freely carry a message of recovery—even as we claim to have discovered the "real" kind of recovery.

There's no such thing as real or pure A.A. The program has been full of uncertainty And missteps and awkward fumbings from the very beginning, and I suppose it will always continue to be so. So let's embrace A.A. the whole damn mess—and keep on going. Our common welfare comes first; personal recovery depends on A.A. unity.

Michale K.  
Denver, CO

Thanks to the *Grapevine* for this message.



## STEP 1

***We admitted we were powerless over Alcohol - that our lives had become unmanageable***

The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called willpower becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.

*A.A. Big Book, p. 24*

The principle that we will find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

*Twelve Steps and Twelve Traditions, p. 22*

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.s remaining eleven steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect unless he has to do these things in order to stay alive himself.

Under the lash of alcoholism, we are driven to A.A. and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything that will lift the merciless obsession from us.

*Twelve Steps and Twelve Traditions, p. 24*

Please direct all  
communications to:  
P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

Last month we published a 2 page letter from Bob W, General Manager of the General Service requesting special contributions for Gratitude Month. To read the full letter go to the December issue of the New Reporter, page 8 & 9:

<https://aa-dc.org/wp-content/uploads/2023/11/dNewReporterDec2023.pdf>

Here are a couple of excerpts from his letter:

“Together we can overcome the challenges we’re facing. We need your help to continue to adjust to and plan for the reality of current economic conditions and changes in our Fellowship. As members we often say that when A.A. needs money, the Fellowship will respond. This is one of those times. Your generosity has sustained us through very difficult times in the past. If your group is able, in the spirit of Gratitude Month, please consider a special contribution to the General Service Board. You can make a contribution through [aa.org](https://aa.org) by clicking [here](#) or by mail.

Make your check payable to the General Service Board to:

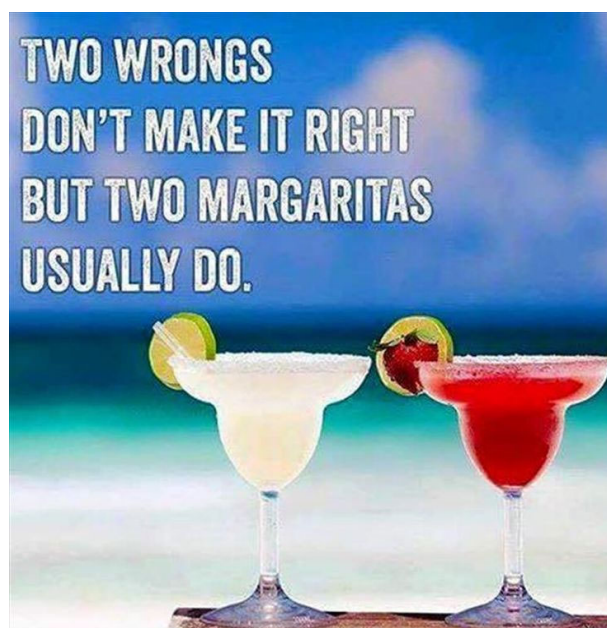
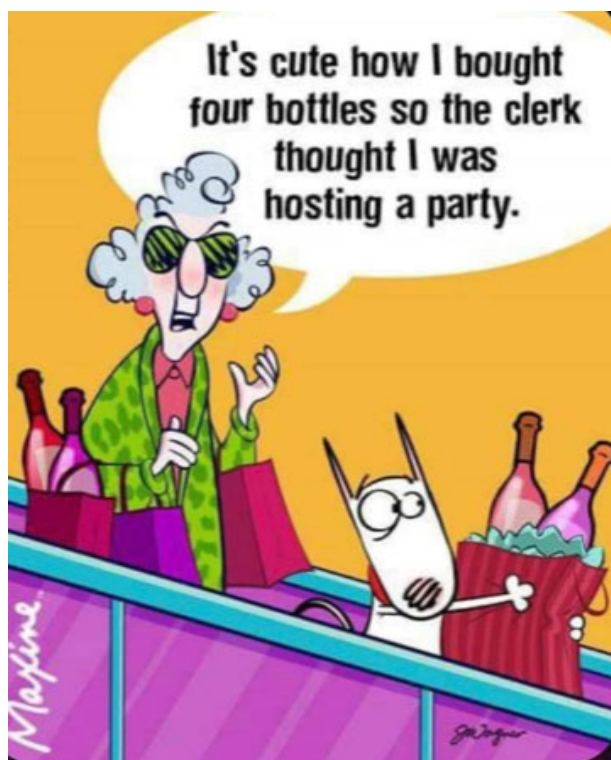
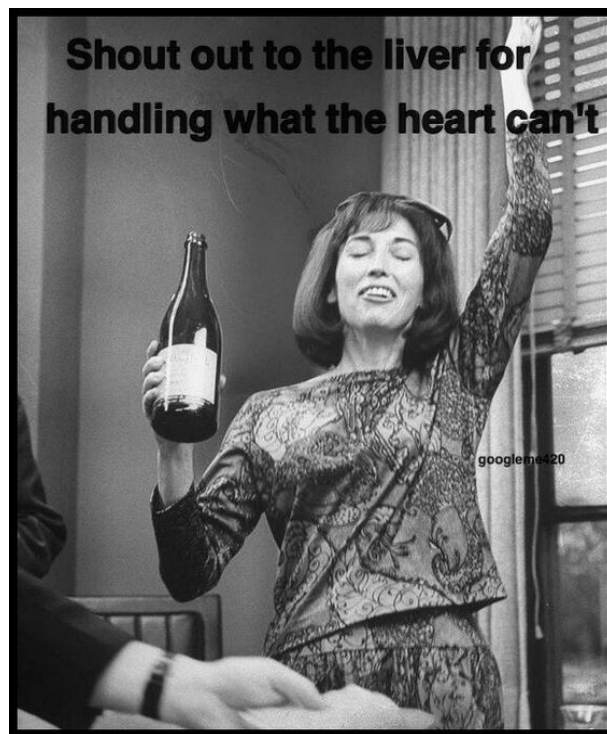
General Service Office  
P.O. Box 2407  
James A. Farley Station  
New York, NY 10116-2407

“Moving forward, more frequent, and incremental contributions would be much appreciated as the office incurs many of its expenses during certain parts of the year. In particular, many of our more significant expenses are incurred from January to May, due to planning, preparation, and operation of the General Service Conference each April.”

“With gratitude for all the sacrifices you make for A.A.,

Bob W. General Manager, GSO “







# GRAPEVINE News



What's New For January 2024

A graphic with a blue background and large red polka dots. A cartoon man in a blue suit and brown hat stands on the left, pointing towards the text. The text is arranged in a vertical column on the right.

**2024  
CARRY THE  
MESSAGE  
PROJECT**

**WANT TO HELP  
ANOTHER  
ALCOHOLIC?**

**Give a Gift  
Subscription**  
to an alcoholic who needs it.  
Great for:

- Sponsees • Newcomers
- Prisons • Detoxes
- Doctors' Offices • Group Celebrations • District and Area Events • Giveaways

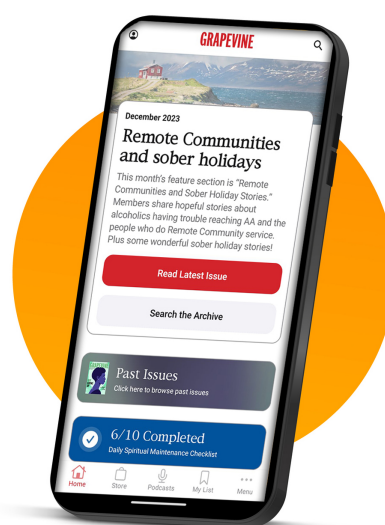
**Grapevine & La Viña  
are Great Twelfth  
Step Tools!**  
Get your group, district, area or  
AA friends to join in. Carry the  
Message, it's easy!

Go to [aagrapevine.org/carry-the-message](http://aagrapevine.org/carry-the-message) to get  
started and see our new Carry  
the Message video at [www.youtube.com/c/AA Grapevine](http://www.youtube.com/c/AA Grapevine)

## 2024 Carry The Message Project

Want to help another alcoholic?  
Give a Gift Subscription to an alcoholic who  
needs it. To learn more visit

[www.aagrapevine.org/carry-the-message](http://www.aagrapevine.org/carry-the-message)



## The Grapevine and La Viña Apps

Help us spread the  
word that the apps are  
here. Members can  
download the apps  
from the Apple Store,  
or from Google Play.

SCAN BARCODE



**For iPhone**



**For Android**

# ROCKVILLE METRO CLUB

## New Years Marathon Meetings

**NEW YEARS EVE**  
**FRI DEC 31<sup>ST</sup> 2021**

7:00am  
12:00pm  
4:00pm  
6:00pm  
8:00pm  
10:00pm  
Midnight

**NEW YEARS DAY**  
**SAT JAN 1<sup>ST</sup> 2022**

8:00am  
10:00am  
12:00pm  
2:00pm  
4:00pm  
6:00pm  
8:30pm



Questions?  
Send us an email at  
[RMCinc.help@gmail.com](mailto:RMCinc.help@gmail.com)  
[RockvilleMetroClub.org](http://RockvilleMetroClub.org)  
*All Fellowships Welcome*  
Rockville Metro Club  
12319 Washington Avenue  
Rockville, Maryland 20852







Triangle Club

# 24-HOUR NEW YEAR

MEETING MARATHON

*and celebration!*

*MEETINGS EVERY HOUR ON THE HOUR*

**NOON DEC. 31 - NOON JAN. 1**

**COUNTDOWN CELEBRATION  
AT 11PM DEC. 31**

**SIGN UP TO LEAD A MEETING:**







# 2024

HAPPY NEW YEAR

# BACK TO BASICS

**The Alcoholics Anonymous  
Beginner's Meetings**

*Here are the Steps We Took...*

*In FOUR One Hour Sessions*

**Monday @ 7 PM**

**JANUARY**

**8, 15, 22, 29**

**368 Main Street Laurel MD 20707**

**LaurelRecovery.Org**



# 2024

# 60th International Women's Conference

**ONLINE!**

INTERNATIONALWOMENSCONFERENCE.ORG



**February 8-11, 2024**  
Live from Portland, Maine

**KEYNOTE SPEAKERS** broadcast to you from Portland, Maine  
**ENTERTAINMENT** and fellowship Friday and Saturday nights  
**HYBRID PANELS:** Attend select panels as they happen live  
**EXCLUSIVE** online panels & workshops for attendees  
**OPPORTUNITIES** to be of service to other sober women

**\$15**  
Registration

Questions? IWCPORTLAND24@GMAIL.COM

"Into Action"

**PLEASE REGISTER  
EARLY**



**THE WYNDHAM HOTEL**  
5700 ATLANTIC AVENUE  
VIRGINIA BEACH, VIRGINIA 23451

**FEBRUARY 16, 17, & 18, 2024**

**EARLY BIRD MEETING**

For those who wish to arrive early, there will be an Early Bird meeting at the hotel,  
Thursday at 8:00 p.m. in the Mariner Room.

**All scheduled conference speaker meetings will be held in the Atlantic Ballroom.**

<b>FRIDAY</b>	8:30 p.m. .... Nicholas G Deming, NM..... AA Meeting
<b>SATURDAY</b>	9:30 a.m. .... Azell M. Atlanta, GA ..... AA Meeting
	11:00 a.m. .... Catherine K. Dallas-FW, TX..... Al-Anon Meeting
	1:00 p.m. .... Larry W. Baltimore, MD ..... AA Workshop (Into Action Workshop)
	3:00 p.m. .... Red Ball Meeting
	3:00 p.m. .... Al-Anon Meeting
	8:00 p.m. .... Polly P. Jacksonville, FL ..... AA Meeting
	<i>Saturday Dance Following Speaker</i>
<b>SUNDAY</b>	10:00 a.m. .... Larry W. Baltimore, MD ..... AA Meeting

*Smoking / Vaping In Designated Areas Only*

**REGISTRATION OPENS 2:00 P.M. FRIDAY**

**\* Use Registration Form on Back**

Please send check for  
Oceanfront Conference fee of \$30 to:  
REGISTRAR  
P.O. Box 66173  
Virginia Beach, VA 23466  
[www.oceanfrontconference.org](http://www.oceanfrontconference.org)

Please send Hotel deposit of \$83 plus taxes to:  
THE WYNDHAM HOTEL  
5700 Atlantic Ave.  
Virginia Beach, VA 23451  
Call 757-428-7025  
Hotel Room Rate Cut-off January 16, 2024

**\*Registration at the Conference**

**Cash or Check Only, No Electronic Payment Available**



# NERAASA 2024

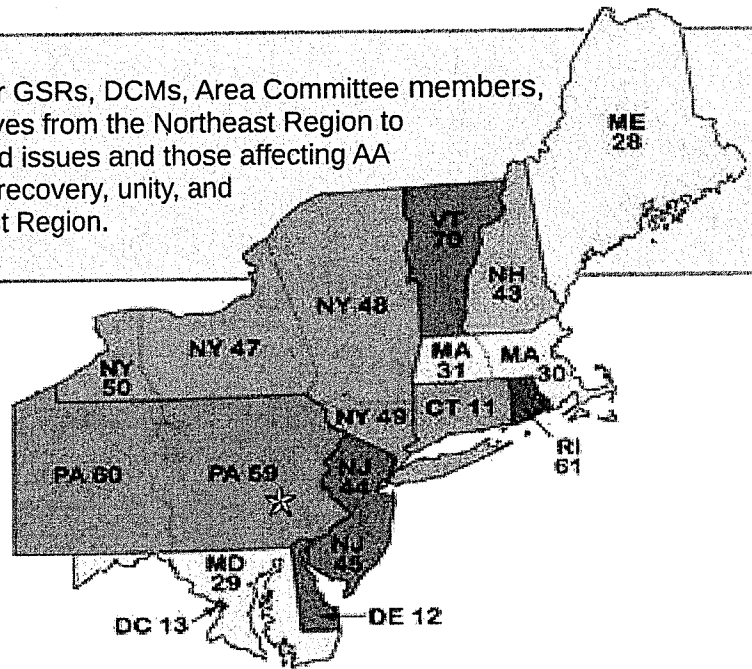
## NorthEast Regional A.A. Service Assembly

**PURPOSE** The purpose of NERAASA is for GSRs, DCMs, Area Committee members, and Intergroup/Central Office Representatives from the Northeast Region to discuss General Service Conference-related issues and those affecting AA as a whole, as well as pertinent aspects of recovery, unity, and service common to the Areas of the Northeast Region.

February  
22–25, 2024

Hershey Lodge  
325 University Dr.  
Hershey, PA 17033

*Deadline for registration by mail:  
February 14, 2024*

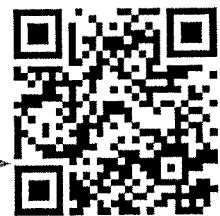


**ROUNDTABLES:** Area Chairpersons • Archives • Accessibilities • Corrections • Cooperation with the Professional Community (CPC) • Delegates / Alternates • DCMs / DCMCs / Alternate DCMs • Grapevine / La Viña • GSRs / Alternate GSRs • Intergroups / Central Offices • Literature • Newsletters • Public Information (PI) • Registrars • Secretaries • Technology • Treasurers • Treatment & Bridging the Gap (BTG) • Young People in A.A. (YPAA)

Hotel Rooms: \$175 + 11% tax = \$194.25 per room per night. Room block cut-off date is Feb 1, 2024; rates may be higher after that date. Credit cards are charged one night's advance deposit, including tax, at the time of booking.

Rooms may be reserved by calling Hershey Lodge at (717) 533-3311, 7 days a week, 8AM–8PM (Eastern) only. Ask for the room block for NERAASA 2024 at Hershey Lodge, from Thursday, Feb 22 to Sunday, Feb 25, 2024.

For complete information browse to [www.neraasa.org/register](http://www.neraasa.org/register)



**Questions?** [info@neraasa.org](mailto:info@neraasa.org) | **Information:** [neraasa.org](http://neraasa.org)

NERAASA PowerPoint presentation google link:

<https://drive.google.com/file/d/1WAX6UDZpme6JUSeu2CxVCAw6hyAvS9h0/view?usp=sharing>

# Southern Maryland's 13<sup>th</sup> Annual Roundup

with Al-Anon participation

# 24 Hours a Day

DoubleTree by Hilton  
Annapolis, Maryland

**March 15-17, 2024**



For conference and lodging information, please visit

[www.SouthernMarylandRoundup.org](http://www.SouthernMarylandRoundup.org)

or email: [Info@SoMdRoundup.com](mailto:Info@SoMdRoundup.com)

## SPEAKERS

Pam H. Amherst, OH  
Robert M. Stuart, FL  
Lisa L. Boyton Beach, FL  
Harold L. St. Louis, MO

Carole C. Columbus, OH  
Kelly C. Columbus, OH  
John E. Nashville, TN  
Al Anon: Teresa S. Clinton, MD

"FAITH HAS TO WORK TWENTY-FOUR HOURS A DAY IN AND THROUGH US, OR WE PERISH." -BB, Pg. 16



### Area 13 WAGSA Committee Meeting—HYBRID

**Monday, January 8, 2024**

**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](http://area13aa.org) or email:  
[chair@area13aa.org](mailto:chair@area13aa.org)

### Rockville Metro Club Game Night

**Every Saturday**

**8:30 PM—9:30 PM—Meeting**  
**9:45 PM-10:30 PM—Game Night**  
**11:00 PM –12:00 AM—Meeting**  
(bonfire weather permitting or  
Vandlelight)

**12319 Washington Ave**  
**Rockville MD 20852**

### Sunday Social Pizza Party

**1st Sunday of Every Month**

**12:00 PM—2:00 PM**

**\$5.00 suggested donation**

**Triangle Club, 1638 R St NW**  
**#120, Washington, DC 20009**

### WAIA Monthly Board of Directors Meeting

**January 9, 2024—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

- |                                 |                                 |                               |
|---------------------------------|---------------------------------|-------------------------------|
| 171 14 Promises                 | 1380 Epiphanies                 | 600 Moving Into Solution      |
| 2276 9:30 Club Online           | 1330 Fireside Spirituality      | 2 Navy Yard BB                |
| 110 All Are Welcome             | 350 Foggy Bottom                | 150 Neareast Group            |
| 232 Anacostia Group             | 499 Free Spirits                | 44 Neelsville Beginners       |
| 40 Anacostia Young Peeps        | 225 Friday Nite Big Book        | 589 N.E. Sunrise              |
| 1441 Andrew's Armed Forces      | 500 Friendship Group            | 46 Never Give Up              |
| 461 Any Lengths                 | 286 Gaithersburg Beginners      | 197 Never Walk Alone          |
| 247 As Bill Sees It NW          | 452 Gateway Wedn.               | 219 New Beginners SW          |
| 850 Aspen Hill 5th Chapter      | 370 Gay Group                   | 352 New Beginnings NW         |
| 126 Aspen Hill Phoenix Fri      | 130 Georgetown Group            | 232 New Hope 123              |
| 1107 Back to Basics (CB)        | 250 Glenarden Group             | 300 New Unity Gay             |
| 232 Beginners are Winners       | 433 Glen Echo Group             | 73 No Exclusion Group         |
| 90 Beginners are Winners Online | 400 Goldsboro Group             | 69 No Hard Terms              |
| 962 Bethesda Youth              | 33 Good News Beginners          | 100 Norbeck Women Wedn        |
| 250 Birds of a Feather          | 76 Grateful Participants Men    | 382 Norbeck Women Friday      |
| 1422 Brightwood                 | 632 Grupo Virtual Wash.         | 180 NW Metro                  |
| 600 Broad Highway               | 202 Happy Joyous & Free         | 307 Oasis Women's BB          |
| 1620 Burtonsville Big Book      | 180 High on the Hill            | 215 Old Fashion               |
| 1696 B.Y.O.L In Person          | 279 High Sobriety               | 2770 Olney Farm Group         |
| 260 Capitol Heights Group       | 200 How It Works                | 591 Olney Stag Rap            |
| 1794 Capitol Hill Group         | 267 Hyattsville Hope Live       | 240 Olney Women               |
| 185 Capitol Hill Reminders      | 339 Informed Group              | 31 One Day at a Time. R'ville |
| 50 Chey Chase Group             | 800 International AA Men's Conf | 19 On Awakening               |
| 270 Chinatown Big Book          | 3372 Into Action                | 385 Open Arms                 |
| 70 Chinatown Men                | 21 Just Before Noon             | 129 Out to Lunch              |
| 10 Cigar Smokers                | 810 Kensington Young Steps      | 726 P Street                  |
| 212 Clinton Day                 | 198 Kid Friendly Big Book       | 180 Petworth Group            |
| 50 Clinton Sun Nite             | 17 Landover Discussion          | 185 Pillars in the Park       |
| 255 Coffee & Donuts             | 358 Language of the Heart       | 215 Potomac Eye Opener        |
| 380 College Park Group          | 250 Lawyers                     | 504 Potomac High Noon         |
| 500 Corona Vagabond             | 175 Leisure World Noon          | 190 Potomac Oaks              |
| 3971 Cosmopolitan               | 11 Life Is Good                 | 190 Potomac Speakers          |
| 246 Crossroads/Damascus         | 107 Lifesaver Big book          | 815 Potomac Women             |
| 75 Daily Reflections, NW        | 42 Lit Hoppers                  | 628 Progress Not Perfection   |
| 50 Daily Reflections Bowie      | 182 Lit Womxn                   | 150 Prospect Group            |
| 219 Daily Reflections UP        | 30 Living Spiritual Principles  | 325 Quince Orchard            |
| 112 Darn Good Big Book          | 87 Mayday                       | 2746 Radicals                 |
| 1873 Darnestown Men             | 350 Men's Adhoc Group           | 50 Read & Speak               |
| 1837 DCC 930 Club               | 713 Men of Dupont               | 195 Renegade Travelers        |
| 50 DCC Friday Women             | 85 Merry Miracles               | 300 Riderwood bills           |
| 1602 Del Ray Club               | 1046 Messengers                 | 131 Rockville Metro Club      |
| 88 Deanwood Step                | 3242 Midtown                    | 94 Sat. Afternoon UP          |
| 203 Deanwood Women Rap          | 253 Mideast                     | 96 Sat. Morn. Fire Barrel     |
| 11 Double Trudges               | 40 Mitchellville Group          | 290 Sat. Morning Steps        |
| 3000 Downtown Noon              | 1150 Monday Men's               | 360 Sat. Night Happy Hour     |
| 532 Downtown Sil Spring         | 1019 More Peace of Mind         | 30 Serenity                   |
| 768 Dun Drinkin                 | 112 Mont. County Women          | 125 Serenity House            |
| 130 Dupont Circle Club          | 209 Mont. Cty Women Online      | 637 Serenity Speakers         |
| 360 Dunrobbin Group             | 55 Montrose Gay                 |                               |

771	Serious Business	560	Women's Grapevine
120	Shepherders	35	Women Living Sober
172	Sil Spring Beginners BB	1087	Yacht Club
1892	Silver Spring Group		
960	Simplicity	1027	Birthday
41	Simply Sober	860	Faithful Fivers
1417	Six & Seventh Step	28390	Individuals
321	Six & Seventh Step Online	715	Memorial
60	Sober Living Group		
157	Sober Sat. Matinee		
220	Sober Squares		
180	Sobriety Sisters		
517	Southern Sobriety		
4575	Spiritual Awakening		
148	Spiritual Hilltop		
98	St. Bartholomew		
850	St. Camillus		
1520	St. Francis Group		
89	St. Mary's Gay		
430	Sunday in the Park		
104	Sun. Men's Step Meeting		
200	Sunday Morning Joy		
269	Sun Morn Breakfast Outdoor		
50	Sun. Morn. Reflections		
201	Sunrise Sobriety		
1600	Sunrise Zoom		
1567	Sunshine Group G'burg		
60	Survivors		
465	Takoma Park Necessity		
230	Tenley Circle Men		
45	T.G.I.F.		
26	There Is A Solution		
63	Thursday Nite Men's		
216	Trusted Servants		
1090	Twelve Point Bucks		
96	Upper Marlboro Big Book		
406	Uptown		
680	Victory Lights		
356	Village Idiots		
75	Virtually Sober		
582	We Are All Beginners		
1260	We Are Not Saints		
848	We Care		
1200	Westmoreland Women		
276	Westside Club		
411	West Side Men		
168	Westside Women		
105	What's Happening Now		

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## THINGS WE CANNOT CHANGE

Eileen M. , December 13, 2023 , Lanham-Severn Group, 38 years sober

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New Reporter

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