

Fifth Step Prayer

*Higher Power,
My inventory has shown me who I am,
Yet I ask for Your help
In admitting my wrongs to another person and to You.
Assure me, and be with me, in this Step,
For without this Step I cannot progress in my recovery.
With Your help, I can do this, and I do it.*

2024 WAIA GALA

Join us on this road of new-found hope and endless possibilities...

Date: Saturday, May 11th 2024, Doors at 6PM, Dancing until 11PM

Location:

AR Grand Hall (Saints Constantine & Helen Greek Orthodox Church)
721 Norwood Road
Silver Spring, MD 20905

Attire: Dress to Impress

Dinner: Italian Fare

Tickets: \$50.

To get tickets Scan the QR code or go to [aa-dc.org/2024 Gala](https://aa-dc.org/2024%20Gala)



Program

Fellowship, Dinner, Sobriety Countdown, Keynote AA Speaker, Live DJ / Dancing

Plenty of free, on-site parking

Questions? Email :gala@aa-dc.org

Calls for Service

Office and HelpChat Volunteers Needed!

Available In Person Shifts: Monday 1-4, Wednesday 4-7 PM

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

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

Gorski on the 5th Step
(From Understanding the Twelve Steps,
Terence Gorski, 1989)

The Fifth Step builds upon the foundation created by thoroughly working the first four steps. The First Step convinces alcoholic that they are addicted, cannot safely use alcohol or other drugs, and need to abstain. Step Two convinces them that there is a source of courage, strength, and hope, and a body of technical know-how that can help them stay sober one day at a time. Step Three allows them to move beyond their addictive grandiosity and ask for and receive help from others. Step Four guides them in creating a written list of strengths and weaknesses that captures the essence of who they are as people. Their core strengths become their foundation in building a life of sobriety. Their weaknesses become a target or personal growth and change. When you have succeeded in identifying your core mistaken beliefs and your character defects, then you discuss these things with other people. Your refusal to do so will keep you sick. In order to change, you must share what you have learned about yourself by doing a Fourth Step. It's self-defeating to keep it secret. Once recovering person put it this way: "We are only as sick as our secrets." Why? Because keeping secrets forces us to live in isolation. If you know yourself, you can't really know anybody else. Your addictive self keeps you out of touch with yourself and isolated from other people. The Fifth Step is the path out of isolation. It is important to remember that you are not merely reciting a litany of sins. You are describing the core character defects in your personality that drive you to do things repeatedly even though you know they are not good for you. And you can't complete that inventory pro-

cess alone How do you do this?

- 1. You acknowledge that you are living in isolation from other people and that this isolation prevents you from achieving a comfortable sobriety.**
- 2. You acknowledge that your ego (your addictive self) is preventing you from sharing the results of your inventory (about your deepest thoughts, feelings, beliefs, and problems).**
- 3. You acknowledge that it is self-defeating to keep the results of your inventory secret by refusing to discuss it with another person.**
- 4. You become willing to confide the results of your inventory to another person.**
- 5. You select the person in whom you are willing to confide.**
- 6. You discuss the results of your inventory openly and honestly with the chosen person in private.**
- 7. You listen to and accept advice and direction from the person in whom you confided your inventory.**

A Fifth Step becomes a ritual of deep personal sharing: You read your Fifth Step to someone because you need to learn about your self and grow; that person listens to your Fifth Step because it helps him or her to grow; both of you benefit from helping each other to stay sober. A.A. Is a selfish program based on love.



George E. Vaillant, M. D.
Class A (nonalcoholic) trustee
A.A. General Service Board

“Singleness of purpose” is essential to the effective treatment of alcoholism. The reason for such exaggerated focus is to overcome denial. The denial associated with alcoholism is cunning, baffling, and powerful and affects the patient, helper, and the community. Unless alcoholism is kept relentlessly in the foreground, other issues will usurp everybody’s attention.

Mental health workers, however, have great difficulty with A.A.’s Fifth Tradition: *“Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”* Since mental health workers often admire the success and geographic availability of Alcoholics Anonymous, they understandably wish to broaden its membership to include other substance abusers. They also note that pure alcohol abuse is becoming less frequent, and polydrug abuse more common. In addition, mental health workers sometimes view singleness of purpose as outmoded and exclusionary. They worry that the Tradition is a holdover from the early days of A.A. and that the young, the poor and the minority with a criminal record will be barred. Besides, when there is no professional drug treatment center or [Narcotics Anonymous \(NA\)](#) group easily available, mental health workers find it hard to understand why A.A., with its tradition of Twelfth Step work, won’t step in and fill the breach. As both a mental health worker and a researcher, it seems to me that there are two arguments that trump *“The only requirement for A.A. membership is a desire to stop drinking,”* renders A.A. non-exclusionary. Each year A.A. welcomes many thousands of minorities, many thousands of poor, many thousands of alcoholics with coexistent drug problems and tens of thousands of convicts into its membership. Nobody with a desire to stop drinking is excluded.

The second argument, that *“Singleness of Purpose”* is

necessary to overcome denial, is even more compelling. Given a choice, nobody wants to talk about alcoholism. In contrast, drug addiction commands newspaper headlines, research funding and the attention of clinical audiences. After two years of work at the Lexington, Kentucky Federal Narcotics Treatment Center, I, a mere assistant professor, was invited around the world to lecture on heroin addiction. In the late 1990s, as a full professor and after 25 years of research on alcoholism and its enormous morbidity, I was finally asked to give a medical grand rounds on alcohol in my home city. My assigned topic, *“Why alcohol is good for your health.”* In short, the greatest single obstacle to the proper treatment of alcoholism is denial.

I first began my psychiatric career at a deeply dedicated community health center. The community had voted alcohol abuse as their biggest problem. After its first ten years of operation the center was still confining itself to addressing the community’s most pressing second, third, and fourth problems. No resources at all were devoted to alcohol treatment.

I moved to another community mental health center that had listened to its citizens and had opened an alcohol treatment center. In being asked to fill the position of co-director of the clinic I was the last staff psychiatrist hired by the mental health center. Significantly, I had had no experience with alcoholism, but no one else wanted the job.

With the exception of cigarettes, **alcoholism is a bigger health problem and family problem than all other drugs of abuse.** Alcohol abuse costs the nation more than all lung diseases and cancers combined. After smoking and obesity, alcohol abuse is perhaps the nation’s third largest killer. But it is terribly difficult to hold this danger in mind. Alcohol abuse claims 100,000 lives a year, and on medical and surgical wards it costs two to six times, as much to treat the 25% of patients with coexistent alcoholism as to treat the other patients. Yet cost conscious 21st century medical and surgical residencies steadfastly exclude alcoholism from their curricula. There is not enough time, they argue, to pay attention to alcoholism. To combat such denial the principle of singleness of purpose becomes a necessity.

Put differently, the experimentally documented success of A.A. in the treatment of alcoholism is in part because A.A. groups are the only place in the world where the focus is on alcoholism and nothing but alcoholism. There is simply no other way to overcome the denial.

Release from Fear

The Fifth Step was a giant step in her progress, taking her farther than she realized

I APPROACHED the Fifth Step reluctantly. It was like swallowing a bitter pill. I knew that it had to be done, that it was best for me. But I didn't know why. My choice of another person with whom to take the Step would be quite different now, because I feel that I have become a better judge of maturity and mental sobriety. But the person I chose at that time was a dear friend, at least on a superficial level, and we seemed to have much in common. It is true that she made it quite easy for me. Afterwards, I still didn't know why I had taken the Step. But I had done it! I felt terrific relief, knowing that it was behind me and that it was one Step I could say had been taken. It was finished, I thought.

Then the woman with whom I had taken the Fifth Step seemed to have a relapse. While she didn't drink, she became quite erratic and frantic. All I could see, not having much maturity, was that she was not as pleasant and nice as she had been. One day she threatened me, in a veiled way, with the knowledge she had acquired when I took the Fifth Step with her. I could hardly believe it. My husband was present at the time, and all I had to do was glance at him to know that the threat wasn't in my imagination. My first reaction was disbelief. Then a great sorrow and compassion flowed through me, that a human being could be so desperate for re-assurance. Only later did it occur to me that there was absolutely no fear within me because of what she knew about me or might possibly reveal. The mere fact of having taken the Step had washed away the hidden fear and the secret, exaggerated guilts I had lived with. I realized that simply by taking the Fifth Step my inability to see anything outside myself had been removed. I now was able to think in terms of another person. Then I started to understand what this Step means: release from fear, in order that we may begin. For until this release from fear is effected we can't possibly find the freedom that is vital for progress in our new way of life. The Fifth Step isn't, after all, an ending. It is the beginning--of truth, of reality, of living in the present, rather than in the nightmarish past or frightening future.

-- J. V., Malawi, Africa <http://www.aagrapevine.org/node/25246>

Plain Language Big Book (PLBB) Frequently Asked Questions (FAQs) Developed by the Trustees' Literature Committee March 2024

1. How did the PLBB come about?

The development of a plain language Big Book can be traced back to an agenda topic in 2016, at which time the General Service Conference began the assessment of the need for plain language literature. Following lots of in-depth research and reports, in 2021 the Conference as a whole requested:

“That a draft version of the book, Alcoholics Anonymous, be translated into plain and simple language and be developed in a way that is accessible and relatable to as wide of an audience as possible and that a progress report or draft be brought back to the 2022 Conference Literature Committee.”

2. Will the PLBB replace the Big Book?

No. The intent was and remains for the PLBB to be a tool to access original text and be a companion piece. The original Big Book is not going away and will remain in publication.

3. Is this the first time A.A. has developed plain language literature?

No. Most of our pamphlets are in plain language. Also, at the time the Big Book was first published, Dr. Bob was concerned that the language was beyond the capability of blue-collar members to grasp and, as a result, 5 pamphlets (still available and known as The Akron Pamphlets) were written by Evan W. at the request of Dr. Bob during the 1940s.

4. What is Plain Language?

Plain language is a style of writing designed for word choice, sentence structure, and layout to improve readability and increase understanding.

5. Is it a word-for-word translation?

No. It is a rewrite into plain language that also reflects the scope of the task assigned to ensure that the draft “be developed in a way that is accessible and relatable to as wide of an audience as possible.”

6. Will it be available in Spanish and French?

We will address this question if and when the PLBB is published. However, we understand that English Plain Language is an approach not a language and so any simplified French or Spanish versions will need to spring from the original translations into French and Spanish.

7. What reading level will the PLBB be at? 5th Grade

8. Why is the draft confidential to Conference Members only and why can't I see a draft?

Historically, whenever the Conference reviews new or significantly revised books or pamphlets, only the Conference Literature Committee (or whichever Committee is reviewing the item) is provided with copies of the new or revised literature before Conference begins. In the case of pamphlets, all other Conference members have been required to sign out copies of the new or revised pamphlet(s) sometime during Conference and have been given a limited time to review the literature. In the case of books, Conference members, other than those on the reviewing committees, have not been given any opportunity to review the manuscripts and have, therefore, had to base their votes entirely on the recommendation of the committee.

Plain Language Big Book (PLBB) Frequently Asked Questions (FAQs) Developed by the Trustees' Literature Committee March 2024

8. *(continued)*

The reasons for operating in this way are as follows:

1) In order to retain the copyright of A.A.'s literature assets, we have to be able to assert that they were not "at large," shared widely in whole or in part within the Fellowship or shared on social media, prior to being published.

2) It usually takes several years to complete a piece of A.A. literature. During that time, multiple versions of the piece are shared with the reviewing Conference Committee. If shared widely, it would be possible for the Fellowship and the public to become confused about what is in revision, what is the current revision and what is "Conference Approved."

When circumstances such as these require that we trust the Conference process explicitly, it may be helpful to remember that Tradition 2 asserts that God's will is expressed through the group conscience and that Concept 2 states that the Conference has become "the active voice and the effective conscience of our whole Society in its world affairs."

9. What is being translated? Five things:

- i) The Doctor's Opinion
- ii) The first 164 pages of the original
- iii) Dr. Bob's Nightmare
- iv) The Appendices
- v) Forewords from the first 4 editions (which, together, are now a new Appendix VIII in the translation)

There will also be a new Preface, a new Foreword, and a Glossary.

The stories (other than Chapter 1 – Bill's Story and Dr. Bob's Nightmare) are not being translated.

10. Does that mean the Steps, Traditions, and Warranties are being changed?

No. As laid out in the Conference Charter, only a $\frac{3}{4}$ vote of all the groups in the world responding to a proposal has the authority to do that.

The Steps and Traditions will be printed in their current form. However, alongside those items, an explanation in plain language will be included.

11. What will be the title of the PLBB?

Subject to the draft being approved for publication and the views of the General Service Conference, the working title is: Plain Language Big Book: A Tool for Reading Alcoholics Anonymous.

12. How much has this cost?

The hard costs are \$100,000 for the writer and approximately \$40,000 in publishing-related expenses. \$140,000 to date.

13. What printing options will be available if this book gets published?

As with other A.A. Conference approved literature, hardcover softcover and large print are options that will be decided if the Conference approves publication.

Plain Language Big Book (PLBB) Frequently Asked Questions (FAQs) Developed by the Trustees' Literature Committee March 2024

14. How was the writer chosen and are they an A.A. member?

Alcoholic Committee Members chose the best writer for the task through a Request For Proposal (RFI) process. Proposals were received from A.A. members and non-A.A. members. The writer who was eventually chosen is not an A.A. member. Alcoholics have been reviewing the work of the writer at all stages and making changes to ensure that the intent (as expressed in the RFI) that it “must capture the welcoming and inclusive spirit of Alcoholics Anonymous and inspire a sense of belonging and hope in the alcoholic seeking help” is followed.

15. Was AI (ChatGPT or similar) used in the plain language big book development?

No AI or text generator was used in the plain language draft.

16. Were any Non-Alcoholics on the Tools to Access the Big Book (TABB) or Plain Language Big Book (PLBB) subcommittees?

No. All members were alcoholics.

17. How will the PLBB address gender and God?

The gender of named individuals will not be changed, but where the example given is of an archetype, e.g. the Jaywalker, we will switch up things so that there is a broader representation of both men and women. The original Big Book contains about 250 he/him/his to about 50 she/her/hers. The plain language big book will be more balanced.

Where God is mentioned, and will continue to be mentioned, this is sometimes paired with ‘Higher Power.’”

18. When the 2023 General Service Conference got to review the work in progress, i.e., the draft of the first 6 chapters, what did the Conference think?

The response was overwhelmingly positive. Even those who initially expressed concerns liked the plain language BB after reviewing it.

19. If published, who will own the copyright?

Alcoholics Anonymous World Services, Inc.

20. What happens next?

The 74th General Service Conference will review the complete draft at the Conference. Possible outcomes include:

- i) Approving the draft for publication as presented
- ii) Approving the draft with minor changes as may be suggested by the Conference Committee on Literature or the Conference floor
- iii) Sending the draft back for more work, indicating the issues to be addressed
- iv) Halting the project

CAMPING !!!



2024 MONTHLY

April 12-14 (MD)
Milburn Landing SP

August 16-18. (MD)
Tuckahoe SP

May 10-12 (PA)
Caledonia SP

September 20-22 (MD)
Greenbriar SP

June 21-23 (VA)
Westmoreland SP

October 18-20 (MD)
Shad Landing SP

July 26-28. (MD)
Susquehanna SP

Wm. G. 717.504.5833
Elkton, MD

Tom E. 301.602.8680
Georgetown, MD

Jim W. 717.858.5617
Fredrick, MD

*Each campground has Modern Bathrooms and Electric Sites
This group was originally started in 1970's - many many good memories!!
We encourage all new and experienced travelers to join us
Bring the kids, fishing poles, bug spray, tp., tent., RV, (homemade bread?)*

"We Absolutely Insist on Having Fun"

JOIN US ON THIS ROAD OF NEWFOUND HOPE
AND ENDLESS POSSIBILITIES

79th Annual WAA Gala

COME DRESSED
TO IMPRESS

RECOVERY EVENT
OF THE YEAR!

May
11th



[BUY TICKETS](#)

SATURDAY, MAY 11TH
6:00 - 11:00 PM

AR GRAND HALL AT THE MAJESTIC
SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX CHURCH
721 NORWOOD ROAD
SILVER SPRING, MD 20905

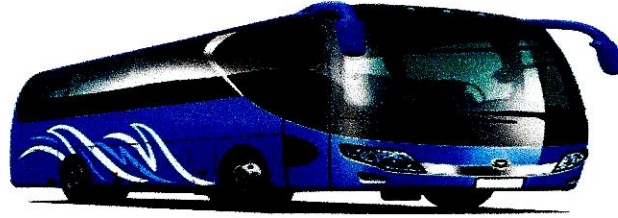
DINNER | LIVE DJ
KEYNOTE AA SPEAKER
AA FELLOWSHIP
SOBRIETY COUNTDOWN

PLENTY OF FREE PARKING

TICKETS \$50

FOR ADDITIONAL INFORMATION AND TO PURCHASE TICKETS,
SCAN THE QR CODE OR VISIT [AA-DC.ORG/2024GALA](https://aa-dc.org/2024gala)

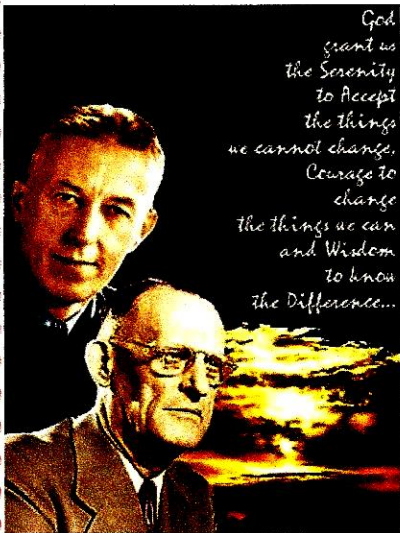
Get On The Bus



To The 89th Founders Day In Akron, Ohio

Three Days of Inspiration, Fellowship, And Fun

June 7 – 9, 2024



Founders Day marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of our Society in 1935. Members and their families and friends from around the globe attend the event. People attend meetings, workshops, dances and events. A highlight is the traditional *Motorcycle procession and graveside memorial tribute to Dr. Bob & Anne*

Depart: 4:00 AM, June 7, 2024, Exodus Missionary Baptist Church, 901 Rittenhouse St., NW Washington. DC 20011

Breakfast (on your own) in Breezewood, PA – Bob Evans Restaurant
Lots of fun on the bus with movies, games, music and giveaways. Also planned rest stop to stretch legs, restrooms, smoke break.

Arrival: Approx. 11:00 AM: University of Akron (lodging is on the campus) Cost includes round trip via deluxe motor coach with restroom, wifi equipped, refreshments, and beverages enroute both ways, choice of campus housing with or

without meals, (see highlight below) visit to the National Football League Hall of Fame (optional) (entrance fee not included), visit to Dr. Bob's home, and to the grave site for the memorial speakers meeting.

Housing plus meals \$449.00 per person (double occupancy only)

Housing without meals \$389.00 per person (double occupancy only)

Deposit \$99.00 due ASAP and final payment due NLT April 5, 2024

All payments are NON-REFUNDABLE (unless there's someone to take your place)

If the event is cancelled all monies will be returned

Depart: June 9, 2024 immediately after grave site meeting for home with a meal stop enroute

Arrival Home: Approx. 6:00 PM

For more information please contact Paulette Johnson cell 202-215-9291 / Paulette_114@verizon.net or Kenneth Ford cell 202-439-2620 / kennyken30@aol.com

Payments may be made by check /money order to Paulette Johnson 635 Edgewood St NE, Washington, DC 20017 or Kenneth Ford 4603 Mary Beth Blvd. Clinton, MD. 20735

Payments may also be made via Zelle or PayPal to Kenneth Ford 202-439-2620

This trip will fill up fast so please make your deposit ASAP so you won't miss the bus 😊

Founders' Day Registration Form | online at www.foundersday.org

Everyone must be registered, including children. All registrations must be postmarked by May 15, . NO EXCEPTIONS!

Name (please print clearly) _____

Address _____ Phone (_____) _____

City _____ State _____ Zip _____

E-mail address* _____

* If you provide an e-mail address, you will get confirmation via e-mail only!

Onsite registration closes at 6:00 pm Saturday, NO EXCEPTIONS!

Basic Registration \$35 x QTY = \$ _____ TOTAL

(Basic Registration will be \$40 on site conference weekend)

INCLUDES ADMISSION TO ALL MEETINGS.

MUST have a picture I.D. for pickup.

Package Plan A \$275 = \$ ONE ONLY

Sex: M F

BASIC REGISTRATION INCLUDED.

Includes admission to all meetings, meals, room, and bus tour.

Report directly to designated dormitory to pick up weekend package and room key.

You must have a picture I.D. to pick up your reservation package.

All rooms and buildings at the university are non-smoking.

Package Plan B \$200 = \$ ONE ONLY

Sex: M F

BASIC REGISTRATION INCLUDED.

PLAN B DOES NOT INCLUDE MEALS.

Includes all items in Package Plan A *except* meals.

Check for special needs - handicapped.
Handicapped parking will be strictly enforced.

Hearing Impaired- ASL Interpreter Requested

All beds are at a fixed height of 42 inches. The University of Akron **CANNOT** adjust bed height.

***INDIVIDUAL FORMS
REQUIRED FOR EACH
PACKAGE PLAN***

Rooming with: _____

MEALS

QTY

TOTAL

SATURDAY

Breakfast

\$20 x _____ = \$ _____

Lunch

\$25 x _____ = \$ _____

Dinner

\$35 x _____ = \$ _____

SUNDAY

Breakfast

\$20 x _____ = \$ _____

SPECIAL DIETARY NEEDS Diabetic Vegan Vegetarian Gluten-Free

MOTORHOME SITE FEES

QTY

TOTAL

NO TENT CAMPING!

RV Site Tag

\$40 x _____ = \$ _____

(no hook-ups available)

per site/whole weekend

Each RV must have a **Site Tag** to set up.

ABSOLUTELY NO PETS OR FIRES!

REGISTRATION TOTAL \$ _____

PAYMENTS MUST BE IN U.S. DOLLARS ONLY. MAKE CHECKS / MONEY ORDERS PAYABLE TO:

Akron Intergroup
PO Box 12
Akron, OH 44309-0012

REFUNDS requested in writing only by mail or email and postmarked / received prior to May 15, 2024. treasurerfd@akronaa.org

PAYMENT METHODS FOR MAIL IN REGISTRATION:

CHECK MONEY ORDER

All Credit Card payments must be made online at www.foundersday.org.

**NO REFUNDS FOR BASIC REGISTRATION.
\$35.00 FEE FOR ALL PACKAGE PLAN CANCELLATIONS!**



14 Promises AA Group Anniversary

**Thirty-Seventh Year Group
Anniversary On
Saturday June 8, 2024 at 12:00 noon
True Believers Pentecostal
Glorious Church of God
5670 Central Ave SE,
Washington, DC 20019**

THE 64TH

ICY PAA AUSTIN

TEXAS

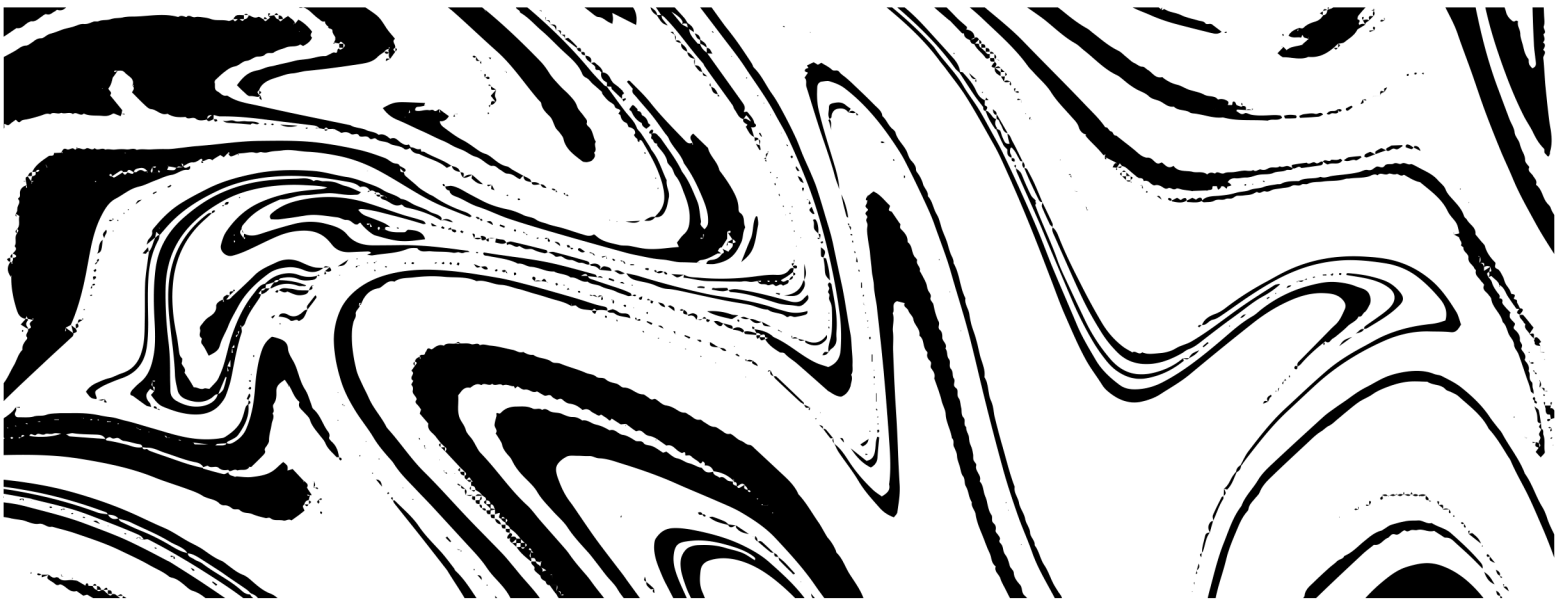
INTERNATIONAL CONFERENCE OF YOUNG PEOPLE IN AA

JUL * 4-7 * 2024

JW MARRIOTT AUSTIN

110 E 2nd St. Austin, TX 78701

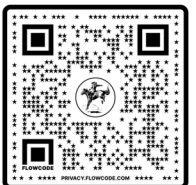
ERA OF CHANGE



BOOK ROOM ←



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www.the64thicypaa.org



Early sobriety sometimes be like...

@sober.as.a.mother



Whoever told me to leave my car at the pub and take the bus home... well, it turns out I was in no shape to drive it either!



Area 13 WAGSA Area Committee Meeting—HYBRID

Monday, May 13, 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 or email:
chair@area13aa.org

14 Promises 37th Group Anniversary

June 8, 2024—12 Noon

**True Believers Pentecostal
Glorious Church of God**
5670 Central Ave SE
Washington, DC 20019

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

Tuesday May 14, 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=VVBK2FNSzcxS3VXZDFVOXhMa1oxZz09)
[pwd=VVBK2FNSzcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBK2FNSzcxS3VXZDFVOXhMa1oxZz09)

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.

515	9:30 Club Online	420	Messengers	105	Birthday
90	180 Degree Club	1458	Midtown	230	Faithful Fivers
60	14 Promises	100	Montgomery Cty Women	8601	Individuals
150	As Bill Sees It NW	480	Montrose Gay		Memorial
66	Anacostia Group	232	More Peace of Mind		
179	Aspen Hill 5th Chapter	243	Oasis Women Big Book		
105	Aspen Hill Phoenix Fri	14	On Awakening		
187	Attitude & Action	300	Olney New Times		
302	Back to Basics	952	Olney Stag Rap		
60	Beginners R Winners-Live	200	Open Arms		
651	Burtonsville Big Book	90	Out to Lunch Group		
800	BYOL Non-Smokers	42	Pit Stop		
380	Cedar Lane Women	576	Progress Not Perfection		
60	Chinatown Big Book	174	Prospect Group		
113	Chinatown Men's	67	Quince Orchard		
30	Clinton Day	390	Radicals		
50	Clinton Sun Nite	500	Rarely Have Seen P'r Fail		
100	Colesville Sun Night	120	Read & Speak		
989	Cosmopolitan Group	240	Saturday Morn Steps		
25	Daily Reflection-UP	120	Sat. Night Happy Hour		
1200	Darnestown Men	20	Serenity House		
225	DC Men's Adhoc	210	Serious Business		
238	Deanwood Step Group	120	Shepherders		
85	Deanwood Women Rap	233	Sil Spring Beginners BB		
250	District 2	60	Simply Sober		
52	Double Recovery	220	Six & Seven Step		
300	DCC Noon	120	Sober Living Group		
104	Dunrobbin Group	450	St. Francis Group		
660	Epiphanies	1386	Sun Morn Breakfast Club		
138	Free Spirits	138	Sun. Morn Break'f Outdoors		
356	Georgetown Group	200	Sunday Morn Joy		
112	Glen Echo Group	919	Sunshine Group G'burg		
200	Goldsboro Group	700	Sunrise Zoom		
220	Good News Beginners	180	Takoma Pk Necessity		
914	Greenbelt Step Club	195	Terrapin Thanksgiving B'fast		
233	Grupo Virtual Washingtoniano	131	T.G.I.F.		
895	Haven At Last	166	Tenely-Keep Coming Back		
60	High Sobriety	610	Thursday Night Men's BS		
44	Hyattsville Hope Live	15	The Way Group		
264	Informed Group	251	Triangle Club		
172	Kid Friendly TP Women	226	Uptown Group		
100	Last Stop Group	159	Village Idiots		
53	Lawyers Group	28	Virtually Sober		
25	Let Go Let God	292	We Are All Beginners		
191	Lit Womxn	51	Westmoreland Women		
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Day

May 23	Simon	Progress not Perfection	46 years
May 26	Eraline W.	Pit Stop	42 years
May 28	Jeretha G.	As we Understood Him	43 years

THINGS WE CANNOT CHANGE

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