

Digital NEW REPORTER

Alcoholics Anonymous, 4th Ed, p 77

WASHINGTON AREA INTERGROUP ASSOCIATION

VOLUME 61

NUMBER 6

June 2024





Step 6 WEHAVE FOUND Were MUCH CEHEAVEN AND entirely VE HAVE BEEN ROCKETED ready to INTO A FOURTH DIMENSION have God OF EXISTENCE remove OFWITHCH WEIRIAD NOT all these defects of EVEN OREAMED character.

We have emphasized willingness as being indispensable.

Are we now ready to let God remove from us all the things which we have admitted are objectionable?

Can He now take them all - every one?

If we still cling to something we will not let go, we ask God to help us be willing.

AA, p76



VOLUME 61

NUMBER 6

June 2024

WAIA June 2024 Announcements

WAIA Monthly Board Meeting—June 11,2024—8:00PM—9:00 PM

A message from the Finance Committee

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 headquarters; 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 aa-dc.org, or via Venmo to @WAIA-DC.

The Finance Committee and Technology Committee are exploring the possibility of setting up recurring contributions on the WAIA website. In the meantime, you can request recurring contributions to WAIA by calling or emailing the Office Administrator, Luella T., at 202-966-9783 or luella.t@aa-dc.org.

We have a few current Faithful Fivers; consider becoming one. Faithful Fivers are AA members who in gratitude commit to contributing at least \$5.00 a month toward the support of WAIA in its quest to carry the message of hope and recovery to those who still suffer in the Washington DC area. If interested email Luella T., at 202-966-9783 or luella.t@aa-dc.org.

Calls for Service

OFFICE and HELPCHAT Volunteers Needed!

Available In Person Shifts: Sunday 1-4, Wednesday 1-4 PM, Wednesday 4-7 PM, Thursday 7-10PM, Friday 10AM-1 PM

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

NIGHTWATCH Volunteers Needed! (1 Year Sobriety Requested)

Tuesday 6-10 AM, Wednesday 6-10 AM, Thursday 6-10 AM, Saturday 6-10 AM, Saturday 10 PM—6 AM

Email Nightwatch@aa-dc.org to volunteer.

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



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Gorski on the 6th Step

(From *Understanding the Twelve Steps*, Terence Gorski, 1989)

Step six is tricky, and it can be difficult to understand. The first part of the Step says that we "were entirely ready." You can't change until you are ready to do so, and this Step recognizes that fact. The next part of the Step says that you "have God remove all these defects of character."

This baffled me. I always thought that recovering people had to change, that they had to do the legwork. Initially, I thought that this was a passive step, telling the alcoholic just to sit back, do nothing, and wait for God to intervene. But I later changed this view.

I now believe that God removes the alcoholic's defects as the result of a process. First you have to identify the defect that you want removed. This occurs in Step Four. Then you acknowledge that character defect to your Higher Power in order to find courage, strength, and hope, and to acknowledge it other people with experience in recovery in order to find expert advice on getting rid of that defect. This occurs in Step Five. Then you must develop a deep belief that you can solve the problem and become willing to do so. This is the Sixth Step.

The God of my understanding doesn't do the "legwork" for others. Many chemically dependent people want others to do the work of recovery for them, and they take this addictive way of thinking and apply it to their Higher Power. In the process, they create the image of a codependent God who will allow them to be irresponsible while miraculously taking away the resulting problems. The God of my understanding is not codependent. My God allows recovering people to experience the consequences of their own behavior, to learn from their mistakes, and to make choices in order to do what is necessary to correct the problems.

There is no such thing as a "free lunch" in life. God doesn't pay the tab for you. Instead, God gives you the courage to pay the price you need to pay in order to get out. You can do just about anything you want to do in this life if you are willing to pay the price – and that's the big if. What makes you willing to pay the price? I believe it's the God of your understanding. And if you

are hooked into a Higher Power that doesn't give you the courage necessary to get free from a character defect, perhaps you need to consider trading in your Higher Power for one that works a little better.



At the heart of Step Six is the personal struggle to understand who God is and how God operates in your life. You can select your own concept of a Higher Power. That's what the A.A. program is about. For most recovering people who work the program, the concept of God changes over time. The concept of God that saved them three days sober is different from their concept of God that saves them at three years sober. God doesn't change but their understanding of Him does. People get into trouble when they fail to separate the difference between the Higher Power and "my understanding" of the Higher Power. Many of them enshrine a mistaken notion of God and then insist that the world should believe as they do.



VOLUME 61

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June 2024

Moving Away From ... I'm OK -- If Only.

number of books that suggested new ways to live a happier life. They included *The Road Less Travelled*, Going Within, After the Ecstasy the Laundry, and Conversations with God. These books are still on my bookshelf. Their suggestions echo many of the principles I've come to discern from our beloved twelve step program of recovery.

I came to A.A. because life was just not working out for me. It was hard trying to manipulate circumstances to work to my benefit. Always trying, trying, and fearing this or that way won't work either. If only I had a better job, one that made a difference. If only I was shorter, had rich parents, had kids who excelled . . . if only Adonis would call, and on and on. How exhausting! And what if I do get that job but it turns out I don't like the people there. What then? Suppose Adonis does call and he turns out to be abusive, inattentive, dull. If only he was more loving, compassionate, and attentive. My if only needs adjusting. I came to realize that I keep changing what it is I want. My ego-driven wants could never be pacified. Since joining A.A., I've learned to do selfinventories, and that my problems are of my own making. I had been looking for happiness out there. That happiness seemed to depend upon all of those things, situations, and people — out there. Instead, A.A. tells me my recovery is an inside job. I had attached my happiness and wellbeing to externalities, all out of my control, and all changing and fluctuating as frequently as seasons change. Living with the if only made me full of FEAR; fear of it all falling apart. This is an impossible way to live (taken from the Big Book). That kind of life was unstable, teetering on a swizzle stick. I had to admit a life driven by my will alone had been disastrous. Having now been in A.A. over many years, and gone to lots of meetings, and not had alcohol in my body this entire time, the first half of step 1 has been arrested. Alcohol is no longer my problem. Then comes the hyphen—'that our lives had become unmanageable.' I might even go as far as to read the second half of the first step first. "My life" was there before the introduction of alcohol and continues now that alcohol has been removed. Alcohol is but a symptom is what our basic text says. It is here, at this point that I went further to uncover, and discover the root causes of my affliction.

Over time, steps 2 & 3 have come to mean more to me. I've come to believe it's gonna take more than lip service to just believing that a Power greater than me can fix me. I must put my belief into action. I must give it the weight of faith. Einstein said that... the same consciousness that made the problem cannot solve it. Step 3's decision turns my life over to a Power greater than me can be my salvation. 'My life' and

'my life situation (those ever-changing environmental circumstances)' are two different things. One of my ah-ha mo-Before I entered Alcoholics Anonymous, I had been reading a ments came when I realized when I turn my life over to the Universal Spirit, my life situation falls into place. It's the result of my total surrender. It is said alcoholics have a visceral thirst for a spiritual connection but took the lower side of liquid spirits--one of Dr. Jung's discoveries. I have felt this separation, the void between me and the world around me. A deeper dive into emotional sobriety and spiritual development goes beyond putting the plug in the jug and eliminating alcohol from my life. Living a life of fear only perpetuated the old ideas.

"You've got to learn to leave the table when love's no longer being served"

Acceptance of what is; acceptance of the situation right now in front of me was the principle that dissolves the *if onlys*. I once lost over \$250 during a vacation. It was nowhere to be found from where I had stayed, and back to my home. I figured it must have fallen from my purse when I pulled out a mask to wear around the airport. The loss was great, and it nearly kept me up over several nights wondering and worrying. I knew I had to accept the loss. I knew I had to turn it over. I finally checked my mail and there was a refund check from the IRS, which I hadn't been expecting, for nearly triple the amount of my loss. Amazing right! One year later, I dragged out my luggage for another trip. I open a small section of my luggage and discover an envelope. with \$250. Double amazing, right!!

The 12 Steps when practiced will and have helped me grow and evolve into the vessel through which the Eternal I AM can be expressed. My practice has only scratched the surface. It is a lifelong endeavor, one that will undoubtedly bring about many more ah-ha's, and indescribable feelings of becoming one with the Universe. I want to remain present and awakened on this journey and join you on the road to our happy destiny.

by clo'via c, DC area



VOLUME 61

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Drunken -Driving Deaths Are Up. Why Are DUI Arrests Down?

Story by Scott Calvert, Wall Street Journal

Drunken-driving deaths in the U.S. have risen to levels not seen in nearly two decades, federal data show, a major setback to long-running road-safety efforts.

At the same time, arrests for driving under the influence have plummeted, as police grapple with challenges like hiring woes and heightened concern around traffic stops.

"We are really stuck in some quicksand," said James Fell, who has been studying impaired driving since 1967 and is a principal research scientist at NORC at the University of Chicago, a nonpartisan research organization.

That's one person every 45 minutes, on average.

Severy Amiutes, a person is injured in a drunk driving crash.

28% of all traffic deaths in wolved in a drunk driving crash.

29% of all traffic deaths in involved in a drunk driving crash in their lifetime.

About 13,500 people died in alcohol impairment-related crashes in 2022, according to data released in April by the National Highway Traffic Safety Administration. That is 33% above 2019's toll and on par with 2021's. The last time so many people died as a result of ac-

cidents involving intoxicated drivers was in 2006.

NHTSA hasn't released 2023 data, but anecdotal reports suggest alcohol-related crash deaths fell only slightly last year, said Jonathan Adkins, who runs the nonprofit Governors Highway Safety Association, which represents state highway safety offices.

"It's still a very urgent situation," he said. Drunken-driving deaths began rising in 2020, early in the Covid-19 pandemic. Within weeks police saw jumps in risky behavior—speeding, lack of seat-belt use, impaired driving—on roads that were relatively empty with so many people staying home. During this time, police tried to limit contact with drivers to avoid catching the coronavirus.



VOLUME 61

NUMBER 6

June 2024

Ups and Downs in Sobriety Moe A, Waters Park

Sobriety is truly an amazing gift from God. But anything that is truly worth it in life does not always come easy. In my three years of being sober my life has surely gotten a lot better, but hardships, trials and tribulations still take place. One thing that I know to be true is that sobriety is not meant for the faint of heart. I have lost a lot of friends and loved ones throughout my journey in sobriety, had some heartbreaks, had God open my eyes and reveal some things to me that were beneficial for me to know, but it still hurt. But hard times are not meant to cripple us or to be used as an excuse to go back to drinking. I look at hard times as the boot camp of life and sobriety. Going through them is meant to make us stronger mentally and spiritually. A person does not get stronger by using weak or easy tactics. I never needed a reason to drink when I was out there but if some hard times came about or things were not going my way that was just more justification to keep causing destruction to myself and my life.

God allows us to go through those things to build us up and to go through them properly and rely on Him. I know that for me it is really easy to pray and be grateful when things are when I was drinking. As long great, but it is not the same when going through storms. It has even been heard of that success takes some alcoholics back out drinking - which is why I always remind myself that it is because of God and His mercy why I have all that I do. I try to stay really humble. Nothing in life is a coincidence; all things happen for a reason. If it were not for struggles, we would not appreciate the good things and times that come.

Going through hard times will also enhance our compassion toward others. Even though it is not fun going through trials and tribulations, I always try my best to not throw in the towel and quit because I know that once I make it through, something amazing is waiting on the other side. Many folks want sunshine yet never want it to rain. To anyone who thinks that sobriety is all peaches and cream, take that idea out of your head. Depending on the work one puts in

their life, it will get better, still hard times do come; it is a part of life. I have truly been able to say that my worst day sober is much better than my best day as I keep doing the next right thing, good always comes back around. They say is "this too shall pass."

By having the Twelve Steps, some good support and God in our lives, we can make it through anything. Even when the going gets tough never let the gift of sobriety lose its importance. Choosing to quit and go back to drinking is guarantees that things will instantly get worse. Drinking again will not change the hardships, it will just compound the hard times.

Sobriety is not always easy but it surely is always worth it.





MAKES ME LAUGH

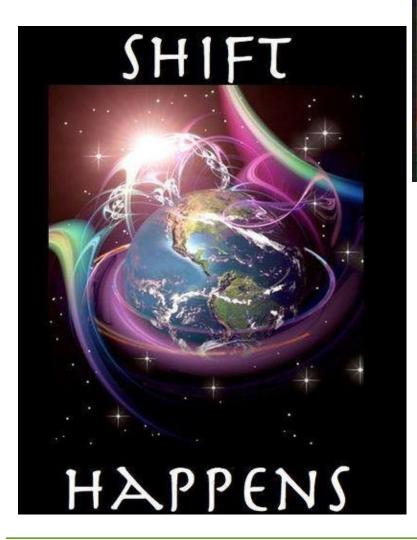
WASHINGTON AREA INTERGROUP ASSOCIATION

VOLUME 61

NUMBER 6

June 20234

A state trooper pulls a car over for speeding. As the officer approaches the window, he notices several bowling pins on the seat next to the driver. What are those for? The man tells the trooper that he is a juggler on his way to a circus job and asks if he'd like a demonstration. The officer says OK, so the man steps out of the car with the bowling pins. On the side of the road, as the trooper watches, the man tosses the pins into the air and juggles them expertly. At the same time, an AA member and his wife drive past. They notice the juggler with the state trooper on the road-side. The man turns to his wife and says, I'm sure glad I got sober when I did. Look at what they make you do for the sobriety test now!





After joining AA, I gained quite a bit of weight. A friend told me it was because I didn't get as much exercise as I used to. But I never exercised while I was drinking I protested. Sure, you did he countered. The exercise program you were on had a number of routines; hitting the bottle, bending the rules, stretching the truth, running into trouble, jumping to conclusions, stepping on toes, dodging responsibility, pushing your luck, carrying a grudge, throwing fits and picking up the pieces. Bob M.

Green Valley, AZ



14 Promises AAA 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

CELEBRATE

METROPOLIS 58TH ANNIVERSARY FUNDRAISER

SPAGHETTI DINNER
SPEAKERS MEETING

DANCE

RAFFLE

SOBRIETY COUNTDOWN

WHEN: JUNE 8, 2024

WHERE: 5656A 3RD ST. NE

TIME 6PM-10PM

TICKETS: \$30.00

TICKET INFO CONTACT:

ELEANOR C 404--889-9908

JAYNADA H 202-710-4814

WASHINGTON AREA GENERAL SERVICE ASSEMBLY (WAGSA)

AREA 13: WASHINGTON, D.C., MARYLAND, AND SPANISH-SPEAKING GROUPS IN VIRGINIA

Delegate Report Back On The 74th A.A. General Service Conference

Date: Monday, June 10, 2024 Time: 6:00 pm to 9:00 pm

> Zoom ID: 835 6563 8123 Password: 6970mc

> > All are welcome! area13aa.org

Questions? Email delegate@area13aa.org



** "79th Anniversary"

"Silver Spring Group"

Thursday, June 13, 2024 @ 8:30 pm.

St. Luke Lutheran Church 9100 Colesville Rd.Silver Spring, Md 20910

HYBRID meeting:

IN-PERSON & On Zoom: Zoom ID 701 865 3009.

No Password

Socializing for 30 minutes prior to start of mtg.

Hope to see you all there. A SA WAS





Laurel Recovery

368 Main Street

Saturday June 15th 3 - 6 PM

Decade Dress - dress in your favorite decade

Bring a Snack to Pass

Laurel Recovery

Sober

SUMMER

Dinner & Dance

Speaker

Countdown 50/50 Raffle

Selfie Booth

Friday June 21, 2024

Catered by Tino's

Doors Open at 6:00 PM

6:30 PM - 10:30 PM

8521 Corridor Rd. Savage, MD 20763

Tickets \$20



2024 MONTHLY

April 12-14 (MD) Milburn Landing SP

May 10-12 (PA) Caledonia SP

June 21-23 (VA) Westmoreland SP

July 26-28. (MD) Susquehanna SP August 16-18. (MD) Tuckahoe SP

September 20-22 (MD) Greenbriar SP

October 18-20 (MD) Shad Landing SP

Wm. G. 717.504.5833 Elkton, MD

Tom E. 301.602.8680 Georgerown, MD

Jim W. 717.858.5617 Fredrick, MD

Each campground has Modern Bathrooms and Electric Sites
This group was origionally 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 Maving Fun"

ICYPAAUSTINI

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







REGISTER TODAY—



28th Annual Southeast Woman to Woman Conference



"Secrets Women Don't Share"

A Conference for Sober Alcoholic Women with Al-Anon Participation No Children Allowed in Conference Rooms



"OUR COMMON BOND" AUGUST 16-18, 2024

Hilton Charlotte University Place

8629 JM Keynes Drive - Charlotte, NC 28262

Reservations: 704-547-7444 or online at https://www.sewomantowoman.org/

King or Double rooms \$169 - Code SEW (Cutoff 07/10/24)

[Breakfast Saturday and Sunday mornings for registered hotel guests included in the room rate.]

Text Message Contacts

Chair: Betty G. Co-Chair: Lisanne S. 704-491-1519 chairsew2w24@gmail.com

704-905-1706 treassew2w24@gmail.com Registration: Claudia H. 630-362-9086

RegisSEW2W24@gmail.com

CUT OFF DATE FOR ONLINE AND MAIL IN REGISTRATION IS 7/31/2024

Conference Registration: \$65.00 until March 31st \$70.00 April 1st to July 31st, then On-site Registration **REGISTRATION IS TRANSFERABLE BUT NOT REFUNDABLE!**

Register Online at https://www.sewomantowoman.org/ beginning October 15, 2023

Or: Clip and mail the Registration Form at the bottom with your payment

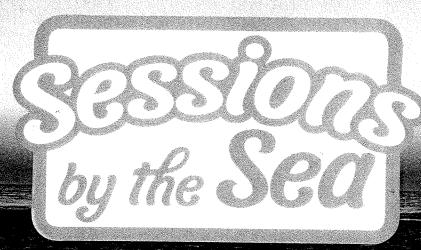
Queens Banquet: \$75.00 (Capacity is 400) **Register Early**

Optional Dress Code: "Gowns, Crowns and Tiaras"

Colors: Purple and Silver/White "We do clean up nicely!"

Clip and Mail Registration with payment Payable to: Southeast Woman to Woman Mailing Address: SEW2W, c/o Claudia Howard, 8705 Fox Chase Lane, Charlotte, NC 28269

Name:		Badge Name:	
Address:		City:	, State Zip
Contact Phone:	Email:		Sober Date:
Registration Fee: \$65.00 \$70.00 (AFTER 3/31/24)		Banquet: \$75.00	AA Al-Anon
Are you willing to Volunteer? _	Special Needs:		
	Souven	irs:	
Tumbler: \$20.00 T-Shirt: \$22.0	0 Hoodie: \$32.00 Bal	l Cap \$15.00 S M_	L XL 2XL 3XL
тот	AL AMOUNT ENCLOSED: \$		



REGISTRATION OPENS May 9, 2024-July 31, 2024

REGISTER ONLINE ONLY

www.sessionsbythesea.com



• CALENDAR • DIGITAL REPORTER

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VOLUME 61

NUMBER 6

June 2024

Area 13 WAGSA Delegate Report Back—Online Only

Monday, June 10, 2024

6:00 PM —9:00 PM

Join Zoom Meeting

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

WAIA

Monthly Board of Directors Meeting

Tuesday June 11, 2024—8:00 PM (2nd Tuesday of the month except August)

Join Zoom Meeting:

https://us02web.zoom.us/j/83460598434?

pwd = VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09

Meeting ID: 834 6059 8434

Passcode: 819862

14 Promises 37th Group Anniversary

Saturday June 8, 2024

12:00 PM

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

CHECK OUT OUR EVENTS CALENDAR

ttps://aa-dc.org/events

Events are updated regularly!

If you would like to submit an event, send an email to events@aa-dc.org.



CONTRIBUTIONS

January 01, 2024 - May 20,,2024

WASHINGTON AREA INTERGROUP ASSOCIATION

VOLUME 61

NUMBER 6

June 2024

515	9:30 Club Online
90	180 Degree Club
60	14 Promises
150	As Bill Sees It NW
66	Anacostia Group
766	Andrew Armed Forces
225	Any Lengths
179	Aspen Hill 5th Chapter
105 187	Aspen Hill Phoenix Fri Attitude & Action
302	Back to Basics
60 60	Beginners R Winners-Live
987	•
250	B.Y.O.L.
800	BYOL Non-Smokers
1511	Capitol Hill Group
380	Cedar Lane Women
60	Chinatown Big Book
113	Chinatown Men's
125	Clinton 6:30
30	Clinton Day
50	Clinton Sun Nite
100	Colesville Sun Night
989	Cosmopolitan Group
25	Daily Reflection-UP
1635	Darnestown Men
25 225	Daily Reflection-UP
225 238	DC Men's Adhoc Deanwood Step Group
236 85	Deanwood Women Rap
250	-
52	
300	•
104	
660	Epiphanies
138	Free Spirits
356	Georgetown Group
112	Glen Echo Group
200	Goldsboro Group
220	Good News Beginners
914	Greenbelt Step Club
153	Growing Group
656	Grupo Virtual Washingonno
895	Haven At Last
207	Heliotrope Men's Stag
60	High Sobriety

Hyattsville Hope Live

172 Kid Friendly TP Women

264 Informed Group

44

CIATI	ON VOLUME 61
100	Last Stop Group
53	Lawyers Group
25	Let Go Let God
191	Lit Womxn
50	Make It Happen
217	Men in Recovery
163	Merry Miracles
420	Messengers
1458	Midtown
100	Montgomery Cty Women
480	Montrose Gay
232	More Peace of Mind
84	New Beginners
243	Oasis Women Big Book
14	On Awakening
1800	Olney Farm Group
300	Olney New Times
952	Olney Stag Rap
200	Open Arms
90	Out to Lunch Group
500	P Street
42	Pit Stop
162	Potomac Oaks
576	Progress Not Perfection
174	Prospect Group
67	Quince Orchard
390	
500	•
120	•
300	
29	Sat. Afternoon UP
240 120	
20	Sat. Night Happy Hour Serenity House
210	Serious Business
120	Sheepherders
233	Sil Spring Beginners BB
60	Simply Sober
220	Six & Seven Step
240	Sober Living Group
630	St. Francis Group
1386	Sun Morn Breakfast Club
138	
200	
919	
700	
180	
195	
131	T.G.I.F.
. • .	

166 Tenly-Keep Coming Back 610 Thursday Night Men's BS 15 The Way Group 251 Triangle Club 200 Twelve Point Bucks 226 Uptown Group 159 Village Idiots 28 Virtually Sober 292 We Are All Beginners 300 We Care 51 Westmoreland Women 300 Westside Women 448 Westside Club 200 What's Happening Now 125 Women's AA Meeting 1200 Yacht Club 147 Birthday 295 Faithful Fivers 9283 Individuals Memorial



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WASHINGTON AREA INTERGROUP ASSOCIATION

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MAY 2024

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





CELEBRATING

WASHINGTON AREA INTERGROUP ASSOCIATION

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June 2024

Day

June 8	Gwen J.	Andrews	32 years
June 17	Jean C.	Unity Place	3 years
June 28	Linda W.	Brightwood	33 years

THINGS WE CANNOT CHANGE

Hazel Belton– April 23, 2024, Sat Morning Steps & Sun Morning Joy– 42 years sober

The **NEW REPORTER** is a monthly publication of the WAIA Inc., 4530 Connecticut Avenue, N.W. Washington, D.C. 20008. Printed Subscriptions are \$15.00 per year and Digital Subscriptions are FREE. Articles and event information are encouraged from members of the Fellowship.

VOLUNTEER

Opinions expressed herein are not necessarily those of the **Washington Area Intergroup** Association or A.A. as a whole. Guess who it really Helps? Call 202-966-9783

202-966-9783



June 2024