



In Recovery, we commit first to becoming our best selves, and then we focus on helping others to change their lives as well.



## WAIA December 2024 Announcements

**WAIA Executive Committee Elections** will be held at the Tuesday, December 10th monthly Board meeting. You must be a current WAIA representative for your group to be eligible for the following positions: Chair, Vice Chair, and At-Large positions. Nominations can be made from the floor on the night of the elections.

Join Zoom Meeting, 8:00 PM

<https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09>

**Call for Service for Committee Chairs**—Please contact Daniel R., Executive Committee Chair, at [chair@aa-dc.org](mailto:chair@aa-dc.org) if you're interested. Descriptions of responsibilities for the positions can be found in the WAIA by-laws at <https://aa-dc.org/rules>.

- **Finance Committee Chair:** we need someone to chair the Finance Committee for 2025.
- **New Reporter Editor:** Tony F. is retiring as the New Reporter Editor as of this issue. Thank you Tony for your over 25 years of faithful service! You will be surely missed!

**The Plain Language Big Book:** We have a few copies left in the office from our first delivery. The demand for this new book has been unprecedented; AA World Services has sold out already. We'll receive more as soon as they are available which AAWS says is "soon". If you'd like to order a copy or want us to let you know when the new supply arrives, email us at [help@aa-dc.org](mailto:help@aa-dc.org).

Email holiday event information that didn't make it in this issue to [events@aa-dc.org](mailto:events@aa-dc.org) so we can post them on the events page of our website, <https://aa-dc.org/events>

## Calls for Service

### OFFICE and HELPCHAT Volunteers Needed!

**Available In Person Shifts:** Tuesday 10-1, Wednesday 1-4 PM, Wednesday 4-7 PM, Friday, Saturday 1-4 PM. Email [help@aa-dc.org](mailto: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)

email [Nightwatch@aa-dc.org](mailto: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!**



## Gorski on the 12<sup>th</sup> Step (From *Understanding the Twelve Steps*)

“Having had a spiritual awakening” means that you have undergone a change as a result of working these Steps. You are different now and thus are in a position to help other people do what you have done. It is important, though, not to jump the gun and start trying to carry the message before you have gone through positive change.

If spirituality is real, it is governed by laws and principles. If you learn what to do and activate those laws and principles, it will happen to you. The modeling process ensures the continuation of the program. Your sponsor models positive behavior for you, and you, in turn, model to others.

- 1) You recognize that a spiritual awakening has occurred as a result of practicing the previous eleven Steps.
- 2) You carry the message of hope and recovery to other suffering alcoholics.
- 3) You provide service to others with no expectations of personal reward or compensation.
- 4) You participate in the ongoing recovery process with other alcoholics by attending A.A. meetings and sharing your experience, strength and hope.
- 5) You practice Twelve Step principles in all your affairs by bringing the spirit of love and tolerance into all aspects of your life.
- 6) You continue to grow spiritually while recognizing that you can make progress, but you will never reach perfection.

The God of your understanding is what you create in your life, so you had better choose one and realize that your beliefs, thoughts, behaviors, and relationships all have consequences. And it all starts out on this fundamental core level – what do you believe? What you believe has consequences because it creates what you think. What you think has consequences because it creates your feelings and behaviors. What you do has consequences because it creates or destroys your relationships. And finally, your relationships have consequences because ultimately, they create or destroy the history of mankind.

We are all going to die, and, to a large extent, we can choose our deaths by making careful decisions about how we live. People who live courageously die courageously. People who live violent lives tend to die violent deaths. People who surround themselves with others who love them in life tend to die surrounded by people who love them.

The Twelve Steps are designed to open you up to life, to teach you how to live effectively, and ultimately to give you a spiritual awakening so you can carry the message to alcoholics and practice these principles in all your affairs.

## Binge Thinker

Before I was powerless over alcohol and my life had become unmanageable, I was powerless over unhappiness and my life had become unmanageable. I turned to alcohol in my late 40s as the best self-help option I thought I could find. Often, my unhappiness seemed to melt as I drank. But drinking became an ever more elusive and flawed solution to my unhappiness. It began to create unhappiness of its own. My overall unhappiness was eventually much greater than what I had evaded and yet not solved at the beginning of my alcoholism. Now what?

Maybe the best way to feel was to be happy. How was that possible? Long before I was a binge drinker, I was a binge thinker. I tended to think incessantly, as if this were an essential part of staying alive. My mind either had no "off" switch, or, if it did, I had no idea where it was. In this constant banter, I could find all sorts of resentments to chew on, grudges to hold, victimization to ponder and catastrophes to protest. Life was unfair, people were the harbingers of much injustice and unkindness, and I was justifiably withholding my seal of approval by not accepting what already was.

I create thoughts. I can do so from default behaviors (what I have come to otherwise recognize as "character defects"), or I can create thoughts within the awareness of having choices. Awareness for me is realizing that I am not my thoughts. Rather, I observe my thoughts and their creation and content. If I need not be run by my conditioned default thinking, then have I discovered the choice of observing and creating constructive thinking?

Once I learned to meditate, as encouraged in step Eleven, I was able to find the "off" switch to my thinking when that thinking is neither needed nor useful to me. I can use thought, rather than have my thinking use me. "Awareness," I believe, is the most accessible doorway to what has been referred to as "spirituality" throughout my life and in AA.

-- KEN T. Ames, Iowa

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## Setting the Table

My sponsor taught me to always give the group a topic when leading a discussion meeting. I call this setting the table. If you set the table properly, they will come to eat. In A.A. meetings, our members need something to eat on – an appetizing topic such as gratitude, acceptance, one day at a time, the Steps or Traditions, powerlessness, or hitting our bottom, just to name a few. Even every issue of the Grapevine has a suggested topic to discuss each month.

Our newer members need to know right away that we come together and talk with a purpose to carry the message to those who need and want what we have. I am grateful I heard exactly that when I arrived at the doors of A.A. thank you to all who set the table for me to eat.

Irving M., Washington, DC  
(this first appeared in the Grapevine in 2017)

## SPONSORSHIP - A GREAT WAY TO SHARE

What is sponsorship? The pamphlet, "Questions and Answers on Sponsorship" answers this question in great detail. It talks about how Bill W. knew he needed another alcoholic to protect his own sobriety. This led to his meeting with Dr. Bob. "Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure."

"In A.A. sponsor and sponsored meet as equals, just as Bill and Dr. Bob did. Essentially, the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A. Seems simple, doesn't it? Simple, but not always easy.

"When we first begin to attend A.A. meetings we may feel confused and sick and apprehensive. Although people at meetings respond to our questions willingly, that alone isn't enough. Many other questions occur to us between meetings; we find that we need constant, close support as we begin learning how to 'live sober'." This pamphlet really nails it right on the head, doesn't it? I remember feeling this way, do you?

"So we select an A.A. member with whom we can feel comfortable, someone with whom we can talk freely and confidentially, and we ask that person to be our sponsor." I think for some of us this is the hardest thing to do. It seems as though we are bothering them or they won't want to work with us or any of the other excuses we come up with. But look at what the sharing with a sponsor does for the sponsor: it enriches their sobriety, too. So, you are actually doing that person a favor when you ask them to be your sponsor.

Yes, what about the sponsor? "The act of sharing sobriety makes it easier for a member to live without alcohol. By helping others, alcoholics find that they help themselves." The pamphlet goes into great detail about the person wanting to be a sponsor.

Of course, you need to have and be the right sponsor. There are sponsors who would not work at all for one person, but make a fantastic fit for someone else. I usually start out as a temporary sponsor in case things don't work well. Then I can be fired without the fear of hurt feelings. Sharing through sponsorship is one of my favorite parts of the program. Is it yours?

By Sue Ann

## Can Zapping the Brain Help Treat Addiction?

**A radical experiment uses focused ultrasound waves to reset cells inside the brain's reward center to combat craving**

A team at West Virginia University's Rockefeller Neuroscience Institute is using focused ultrasound to waves to reset cells in the brain. They hope to develop a procedure that treats the physical brain to curb addictions ranging from drugs to gambling and eating.

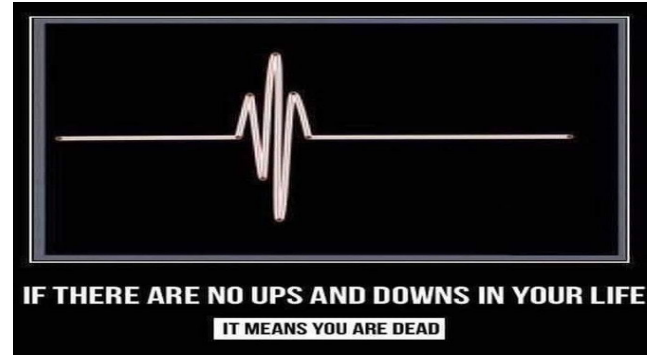
Doctors at West Virginia University's Rockefeller Neuroscience Institute are placing a £790,000 (\$1 million) helmet and goggles on willing participants and then showing them images of the substances they have a problem with.

While this is happening they pulse specific parts of the brain using ultrasound waves until the patient no longer has any cravings for the thing they are addicted to, as reported by *The Wall Street Journal*.

Joe Hilton, 41, who has a problem with heroin and methamphetamine, tried the experimental treatment after rehab and 12-step meetings could not stop him from relapsing.

After undergoing the "brain zapping", he told the *WSJ* the cravings for the drugs he had before the treatment were no longer there and he felt nothing about the substances he had used for the last two decades.

Scientists are hopeful this new treatment can be used to treat drug and alcohol problems, but also help people with eating disorders or addictions to gambling.



Scientists are hopeful this new treatment can be used to treat drug and alcohol problems (*Getty*)

Mr. Hilton was the third patient to take part in the 30-patient clinical trial. Results so far are promising, with three-quarters of participants substance-free a number of months later.

However, researchers have sounded caution over it being a kind of miracle cure.

James Mahoney, clinical neuropsychologist at the Institute, told the *WSJ*: "If you take away the craving, but you don't remove the stressors and you don't replace the craving with more adaptive coping mechanisms, eventually you're going to revert back."

Utilizing brain zapping through a headset a home could also be used to treat depression, a different study has found.

The treatment relieves all symptoms of depression in more than half of patients (57.5 per cent) in just 10 weeks, the research suggests.

The study also showed that the headset, which zaps the brain, was able to improve symptoms in 64.2 per cent of the patients involved in the trial.



Bartender: Ur cut off. Ur wasted  
Dog: I've only had 3 beers  
Bartender: Yeah but that's 21 dog beers



**IT'S 6AM ON A  
COLD WINTER MORNING**

Dog people:



Cat people:



**Don't drink and Prime**





# A letter from Bob W., General Manager, G.S.O

November 14, 2024

To: GSRs, Alt GSRs, DCMs and Chairs, Area Officers and Committee Chairs, Delegates, Alt Delegates, Appointed Committee Members, Non-trustee Directors, Trustees, GSO Employees, Intergroups and Central Offices, Group Contacts

Dear A.A. Friends:

As a Fellowship, we celebrate and recognize November as Gratitude Month. This is a time when we A.A.s reflect on the many gifts and blessings sobriety has given us. The program of Alcoholics Anonymous encompasses many facets: our home groups, sponsorship, the Twelve Steps and Twelve Traditions, Fellowship among each other, service on many levels, and much more. As the General Manager of the General Service Office (GSO), I'm grateful to see firsthand the many services GSO provides that support the spiritual purpose of Alcoholics Anonymous – carrying the message of sobriety to the alcoholic who still suffers. These services assist the many facets of the A.A. program.

Last year I shared with you the challenges of the financial health of Alcoholics Anonymous and the potential of continued challenges ahead. As I've shared in subsequent communications throughout this year, the response from the Fellowship has been very generous and heartfelt. Our groups and members truly heard and understood that the long-term solution to the financial challenges we face as a Fellowship lie with "more frequent and incremental contributions."

Year to date through October, contributions exceeded the same period last year by more than \$760,000, which is about a 9% increase. Also significant is the number of contributions, which increased about 5%. In addition, with the exception of August and October, contributions each month have exceeded those for the same month in the previous year.

The office, along with the A.A. World Services Board and General Service Board, have continued to work hard to manage our finances through prudent budgeting and making every effort to deliver the services to our groups and members that help them to meet our primary purpose. Please take a moment to review the attached snapshot of "[Services Provided By GSO](#)." As you review this document, you will likely realize as I do how many of these areas have helped you and your fellow A.A.s to not only find your way to A.A. but also to stay in A.A. I know each of us shares a strong desire to do all we can to provide assurance that our Fellowship continues and is here for future generations of alcoholics in need of A.A.'s solution to freedom from alcohol and a full and useful life.

Your contributions are vital to providing this assurance and keeping our services in place. Together, we have made great progress over the last year, but there is still more work to do--for example, the replenishment of the Reserve Fund. The Reserve Fund is intended for extraordinary expenses and circumstances and thankfully carried us through the financial challenges we faced due to the pandemic. Now it's time to begin replenishing the fund. The general expectation within our Fellowship is that its balance be sufficient to cover 9-12 months expenses. The current balance stands at 6.41 months. To reach the 9-month mark would require an additional \$4.8 million. Your participation and generosity have helped us immensely over this last year and has sustained us through very difficult times. As members we often say that when A.A. needs money, the Fellowship will respond. The financial need and challenges continue, so if your group is able, in the spirit of gratitude month, please consider a special contribution to the General Service Board. You can make an online contribution [here](https://contribution.aa.org/). (<https://contribution.aa.org/>) If you're interested, you can also set up a recurring contribution.

When contributing by check, please make your check payable to the General Service Board, Post Office Box 2407, James A, Farley Station, New York, NY 10116-2407 for US dollars

Thank you so much for everything each of you do for Alcoholics Anonymous.

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



Bob W.  
General Manager, G.S.O.



# 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.*



**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.*



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



**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.*



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



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



**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.*



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



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



**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.*



**8** *Worship in your own way.*



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

Come Recognize  
**Karl V's**  
**55 Years of Sobriety**  
with a  
**Potluck**



**At Neelsville Presbyterian Church**

20701 Frederick Rd, Germantown, MD 20876

**On Thursday, December 5<sup>th</sup>**

**Potluck at 7:30 PM**

**Meeting at 8:30 PM**



## JOIN IWC ONLINE!



Can't make it to the in-person 61st IWC in San Diego?  
Register today for the online program!  
Cost: \$15

**REGISTER FOR ONLINE IWC**

<https://internationalwomensconference.org/registration-form-2025/>

### Area 13 WAGSA

**Monday, December 9, 2024**

**6:00 PM —7:00 PM**

Orientation for GSRs + DCMs

**7:00 PM —9:00 PM**

WAGSA Committee Meeting

**In Person**

5656a 3rd St NE

Washington, DC 20011

For more info: [area13aa.org](http://area13aa.org) or email: [chair@area13aa.org](mailto:chair@area13aa.org)

### 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](mailto:events@aa-dc.org).

### WAIA Board Meeting

**December 10, 2024—8:00 PM - 9:00 PM**

Executive Committee elections tonight.

Join Zoom Meeting:

[https://us02web.zoom.us/j/83460598434?  
pwd=VVBEM2FNSzcxS3VXZDFVb0hMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEM2FNSzcxS3VXZDFVb0hMa1oxZz09)

Meeting ID: 834 6059 8434

Passcode: 819862

- |                              |                                 |                                |
|------------------------------|---------------------------------|--------------------------------|
| 8000 8AM Men's Big Book      | 500 Foggy Bottom Group          | 453 Norbeck Women Fri          |
| 1249 9:30 Club Online        | 440 Free Spirits                | 200 Norbeck Women-Wedn         |
| 180 180 Degree Club          | 500 Georgetown Group            | 125 N.W. Metro                 |
| 120 14 Promises              | 121 Glen Echo Group             | 435 Oasis Women Big Book       |
| 1490 AA @ CUA                | 200 Goldsboro Group             | 20 Old Fashion Group           |
| 66 Anacostia Group           | 220 Good News Beginners         | 68 On Awakening                |
| 1131 Andrew Armed Forces     | 338 Grapevine Women             | 1800 Olney Farm Group          |
| 401 Any Lengths              | 1356 Greenbelt Step Club        | 300 Olney New Times            |
| 232 As Bill Sees It NW       | 153 Growing Group               | 2027 Olney Stag Rap            |
| 179 Aspen Hill 5th Chapter   | 966 Grupo Virtual Wasingtoniano | 5 On the Hill                  |
| 165 Aspen Hill Phoenix Fri   | 904 Haven At Last               | 200 Open Arms                  |
| 1087 Attitude & Action       | 207 Heliotrope Men's Stag       | 50 Out of the Woods            |
| 604 Back to Basics           | 120 High Sobriety               | 127 Out to Lunch Group         |
| 135 Beginners R Winners-Live | 234 How It Works, G'town        | 6106 P Street                  |
| 400 Bethesda Youth           | 362 Hyattsville Hope Live       | 50 Pillars in the Park         |
| 10 Brightwood                | 124 Hyattsville Hope Online     | 42 Pit Stop                    |
| 660 Broad Highway            | 631 Informed Group              | 147 Poolesville Pot Luck       |
| 1747 Burtonsville Big Book   | 2000 Into Action Group          | 300 Potomac High Noon          |
| 550 B.Y.O.L.                 | 101 Kensington Big Book         | 429 Potomac Oaks               |
| 800 BYOL Non-Smokers         | 172 Kid Friendly TP Women       | 576 Progress Not Perfection    |
| 3450 Capitol Hill Group      | 100 Last Stop Group             | 128 Prospect Group             |
| 380 Cedar Lane Women         | 53 Lawyers Group                | 364 Quince Orchard             |
| 45 Chairman's Choice         | 25 Let Go Let God               | 690 Radicals                   |
| 120 Chinatown Big Book       | 190 Leisure World Noon          | 500 Rarely Have Seen P'r Fail  |
| 113 Chinatown Men's          | 96 Lifesavers Big Book          | 120 Read & Speak               |
| 100 Cigar Smokers            | 63 Lit Hoppers                  | 600 Room With A View           |
| 276 Clinton 6:30             | 264 Lit Womxn                   | 245 Rosedale Sobriety          |
| 30 Clinton Day               | 120 Mayday                      | 29 Sat. Afternoon UP           |
| 80 Coffee & Donuts           | 50 Make It Happen               | 240 Saturday Morn Steps        |
| 300 College Park Group       | 330 Men's Adhoc Group           | 120 Sat. Night Happy Hour      |
| 100 Colesville Sun Night     | 1000 Men of Dupont              | 100 Serenity Group             |
| 2535 Cosmopolitan Group      | 217 Men in Recovery             | 184 Serenity House             |
| 64 Crapshooters              | 256 Merry Miracles              | 210 Serious Business           |
| 37 Daily Reflection SW       | 900 Messengers                  | 264 Shepherders                |
| 100 Daily Reflection-UP      | 94 Mideast                      | 397 Sil Spring Beginners BB    |
| 2003 Darnestown Men's        | 2346 Midtown                    | 1400 Silver spring Group       |
| 320 Darnestown Men's Online  | 300 Mitchellville Group         | 950 Simplicity Group           |
| 375 DCC 9:30 Club            | 210 Monday Night Women BB       | 90 Simply Sober                |
| 225 DC Men's Adhoc           | 30 Monday Winners Online        | 100 Singleness of Purpose      |
| 489 DCC Noon Group           | 100 Montgomery Cty Women        | 1053 Six & Seven Step Live     |
| 238 Deanwood Step Group      | 720 Montrose Gay                | 432 Six & Seven Step Online    |
| 145 Deanwood Women Rap       | 732 More Peace of Mind          | 570 Sober Living Group         |
| 250 District 2               | 698 Moving Into Solution        | 777 St. Barnabas Women         |
| 360 Downtown Sil Spring      | 84 Mt. Rainier Group            | 1650 St. Francis Group         |
| 52 Double Recovery           | 269 Nativity                    | 1386 Sun Morn Breakfast Club   |
| 104 Dunrobbin Group          | 90 Never Walk Alone             | 321 Sun. Morn Break'f Outdoors |
| 20 Easy Does It              | 84 New Beginners SW             | 200 Sunday Morn Joy            |
| 1440 Epiphanies              | 100 New Unity Gay               | 56 Sunrise Sobriety            |
| 5 Ex-Libris                  | 360 N.E. Sunrise                |                                |

- 700 Sunrise Zoom
- 1827 Sunshine Group G'burg
- 540 Takoma Pk Necessity
- 195 Terrapin Thanksgiving B'fast
- 131 T.G.I.F.
- 166 Tenely-Keep Coming Back
- 626 Thursday Night Men's BS
- 15 The Way Group
- 251 Triangle Club
- 550 Twelve Point Bucks
- 286 Uptown Group
- 400 Victory Lights
- 159 Village Idiots
- 28 Virtually Sober
- 543 We Are All Beginners
- 720 We Care
- 100 Welcome Group
- 25 West Side Beginners
- 190 Wednesday Night Winners
- 543 Westmoreland Women
- 618 Westside Women
- 448 Westside Club
- 407 What's Happening Now
- 125 Women's AA Meeting
- 215 Women's Grapevine
- 216 Women's Happier Hour
- 240 Women Living Sober
- 1200 Yacht Club

- 293 Birthday
- 1629 Faithful Fivers
- 31212 Individuals
- 100 Memorial

You can make a contribution directly to WAIA for your group or as an individual:

<https://aa-dc.org/give>.



Checks can be mailed to

WAIA  
4530 Connecticut Ave, NW  
Suite 111  
Washington DC 20008.

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





Day

## THINGS WE CANNOT CHANGE

Hazel Belton, April 23, 2024, Saturday Morning Steps  
& Sunday Morning Joy, 42 Years sober

Kenny Swift, November 9, 2024, What's Happening Now, 36 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.



*Opinions expressed herein are not necessarily those of the Washington Area Intergroup Association or A.A. as a whole.*

## VOLUNTEER

Guess who it really Helps?

Call 202-966-9783

# DECEMBER 2024