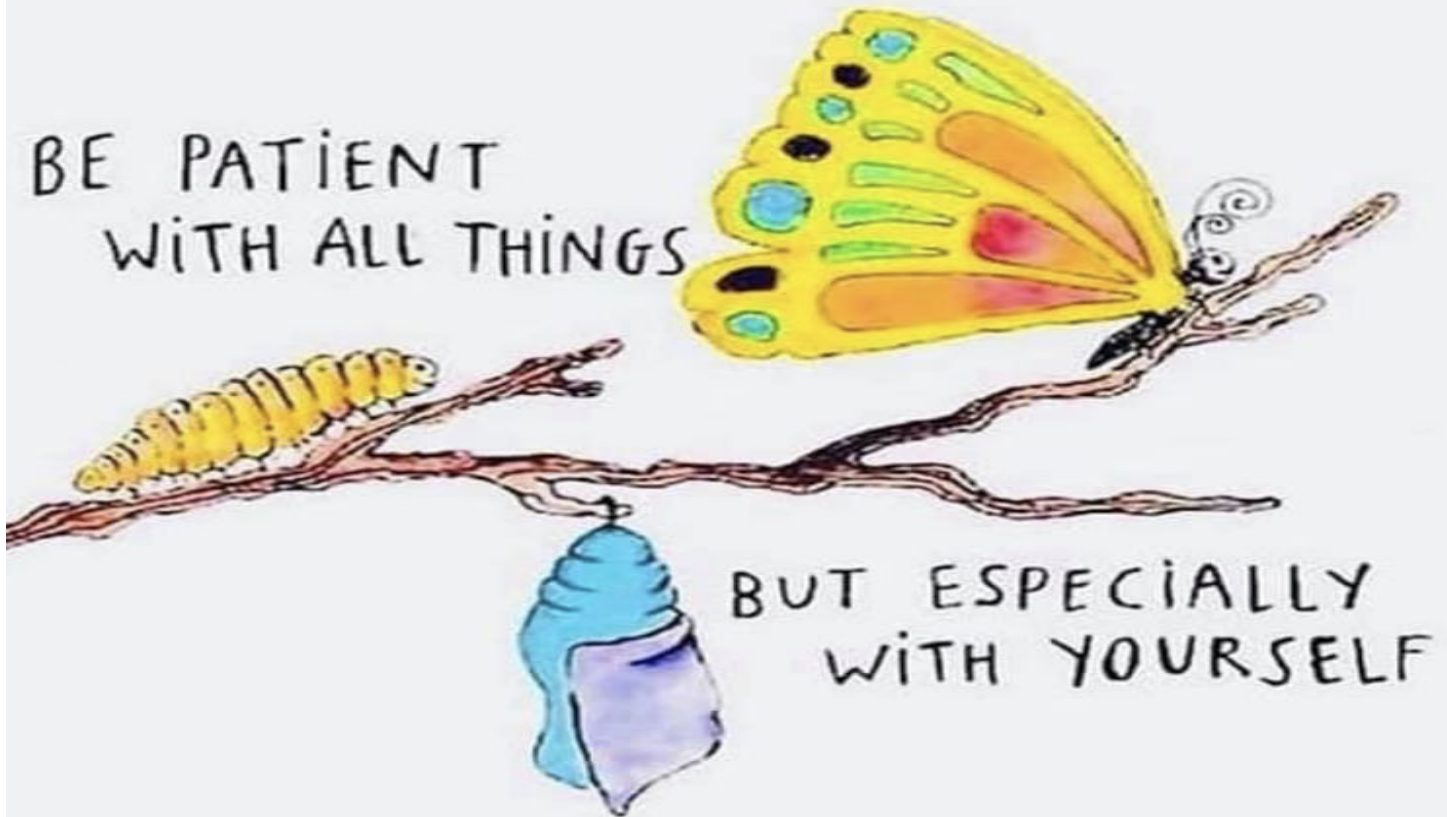


WE BECOME ENTIRELY READY TO HAVE OUR  
DEFECTS REMOVED



## WAIA June 2025 Announcements

**2 Notices from our Area 13 Delegate**, Stan C., 1) Area 13 is looking for a new secretary. If interested, email [chair@@area13aa.org](mailto:chair@@area13aa.org). 2) The Delegate's Report back from 2025 General Service Conference is Sunday, June 8, 2025. <https://aa-dc.org/event/area-13-delegate-report-back>

**The Accessibility Committee** is here to help make AA accessible to every member who desires it. Our goal is to include all alcoholics in the experience of belonging to a group and partaking in the full range of benefits of membership in AA.

It can be very expensive and difficult to hire a Deaf Interpreter for a meeting. There are other options. If you have a smart phone search for Speech to Text Apps in the phone store and you can find apps that may be suited to you as a deaf or hearing-impaired person. A very easy one to use is **Live Transcribe & Notification** but there are others such as **Write by Voice: Speech to Text**, **OtterAI Transcribe**, **Voice Notes**, **Speechnotes-Speech to Text**, **Transcribe Speech to Text**, **Voice Notepad-Speech to Text**, and others.

See the flyer on the next page for accessible [Deaf A.A. & ASL](#) interpreted meetings **everyday** of the week. Find fellowship, a sponsor and service opportunities.

If you use any of these apps let the Accessibility Committee know so the information can be disseminated. [accessibility@aa-dc.org](mailto:accessibility@aa-dc.org).

## Calls for Service

**H&I (Hospitals and Institutions) Co-Chair:** The **Hospitals and Institutions Committee** is looking for a **Co-Chair** that will step into the Chair position in the very near future. Please contact Eryn C to discuss, 301-651-4942.

**WAIA Office Committee Chair:** The Office Committee makes recommendations to the Executive Committee regarding office operations and personnel policies for WAIA staff. Current board members, current, past officers & past executive committee members are eligible to serve as chair. Contact [chair@aa-dc.org](mailto:chair@aa-dc.org).

## Office, Nightwatch and Helpchat Volunteers Needed!

**Available In Person Shifts:** Sunday 10 AM-1PM, Sunday 1-4 PM, Sunday 4-7 PM, Tuesday 1-4 PM, Wednesday 4-7 PM, Saturday 1-4 PM.

**Nightwatch Volunteers Needed:** Monday 6AM- 10AM, Wednesday 10P-6AM, Friday 10PM-6AM (1 Year Sobriety Request-ed) email [Nightwatch@aa-dc.org](mailto:Nightwatch@aa-dc.org) to volunteer.

**Helpchat** (1 Year Sobriety Requested) - many shifts.

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

[versión francesa](#) & [versión en español](#)

Deaf Alcoholics Anonymous [deafaa.org](http://deafaa.org)

Find an accessible Deaf Alcoholics Anonymous (A.A.) or  
ASL Interpreted Meeting **“TODAY”**



A.A. Literature In ASL



[DeafAA.org](http://DeafAA.org)



Deaf Alcoholic Recovery Stories

### Find tools for recovery from alcoholism

- Accessible [Deaf A.A. & ASL](#) interpreted meetings **everyday** of the week. Find fellowship, a sponsor and service opportunities.
- [Grapevine stories by Deaf alcoholics in ASL](#)
- A.A. literature in [American Sign Language](#)
  - [Plain language Big Book TOOL](#) (English)
- [LSQ](#) Langue des signes du Québec / Quebec Sign Language interpreted meetings.
- A.A. literature available in [LSQ](#)
  - A.A. literature in [French](#)
- [LSM Resources](#) Lengua de Señas Mexicana / Mexican Sign Language.
- Grapevine stories in Spanish [La Vina Magazine](#) & [YouTube](#)
- A.A. literature in [Spanish](#)

**[Save the Date January 17, 2026](#)**

**Special Forum for Deaf A.A. Members**

**Digital Flyer QR Code**



### Step 6

Were entirely ready to have God remove all these defects of character. This was one of those steps where the dawning came very slowly. It took years to see that it does not say "were entirely ready to have me remove all these defects of character." I knew God was involved but I figured that meant that God would inspire me in my efforts. I wandered around in the mental space I had created between doing the footwork and listening for the divine word telling me how to grow in my sobriety. As usual I was tripping over my estimation of my own intelligence. Yet again I had wrapped myself in the delusion that I alone could figure this whole thing out.

As awareness grew, I began to see that it never was just me figuring this whole thing out. It began to dawn on me that every thought I had that made sense I heard in a meeting or read in The Big Book or the 12 & 12. Despite what I considered my incredible mental agility, I was staying sober. And not only that, I was beginning to enjoy life. My relationships were going more smoothly and I was less afraid. All along it was not me alone who was staying sober. I went to meetings. I read the literature and did the steps. I talked to my sponsor and listened to her wisdom. That was the footwork, the part I was accountable for. One of the wise ones in the program told me one day, "I'm responsible for the fishing. God is responsible for the catching."

In my search for God's inspiration to show me how to overcome all of my defects of character, I had lost sight of the real issue. What I needed was to simply surrender, just surrender. I needed to let go of the image of myself with no defects of character which I so diligently was striving for and never attaining and just work on being a good person today. It was not my image of what I would look like with all of my character defects removed that mattered. It was all about what God had planned for me that was important.

In my efforts to understand how I was going to accomplish what God had planned for me, I missed the whole point. I was never meant to understand how God was going to work it out. All I needed to understand was my part in the whole deal.

OK God, I get it. All I have to do is my best. The meetings will show me. My program friends and my sponsor will show me. My sponsees will show me. All I have to do is work the program and let you do the rest.

Nan T., Tucson

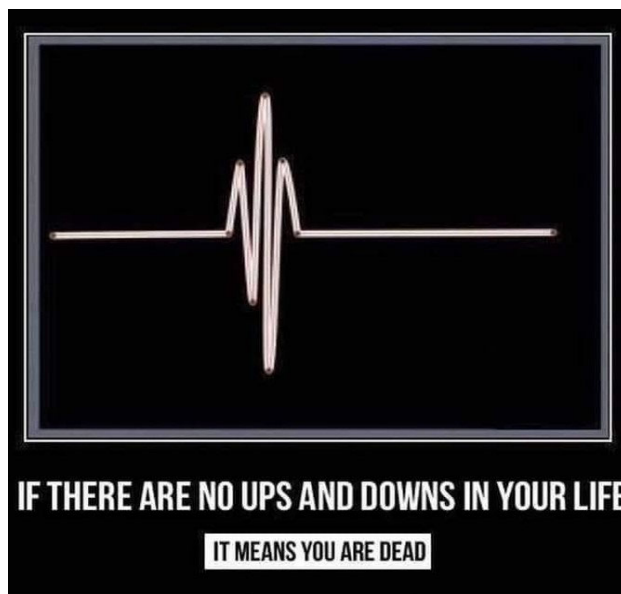


## Ups and Downs in Sobriety

By 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 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 when I was drinking. As long 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 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.**

## 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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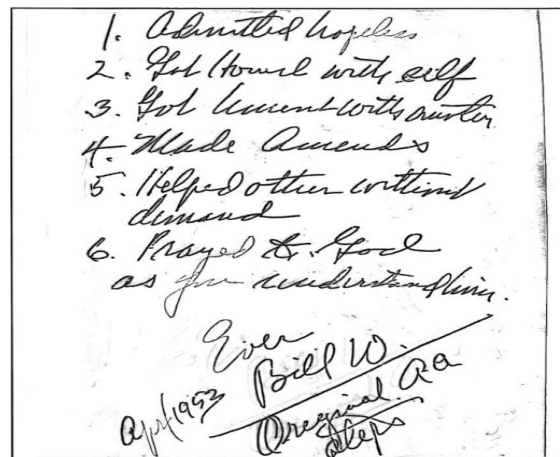
Many things have changed in A.A. over the years, however many have also remained the same.

**90 Years Ago This Month** -- In January 1933, Anne Smith attended a lecture by Frank Buchman, the founder of the Oxford Group. For the next two years, she and Dr. Bob attended local meetings of the group in an effort to solve his alcoholism, but recovery eluded him until he met Bill W. on May 13, 1935. Bill W., an alcoholic who had learned how to stay sober by helping other alcoholics through the Oxford Group in

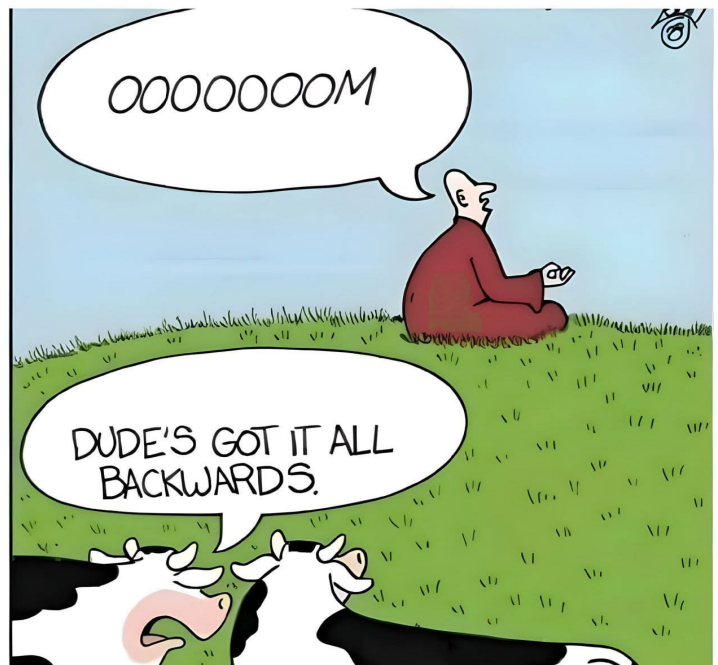
New York, was in Akron on business that had proven unsuccessful and he was in fear of relapsing. Recognizing the danger, he made inquiries about any local alcoholics he could talk to and was referred to Smith by Henrietta Sieberling, one of the leaders of the Akron Oxford Group. After talking to Bill W., Dr. Bob stopped drinking and invited Bill to stay at his home. He relapsed almost a month later while attending a professional convention in Atlantic City. Returning to Akron on June 9, he was given a few drinks by Bill to avoid delirium tremens. He drank one beer the next morning to settle his nerves so he could perform an operation, which proved to be the last drink he would ever take. After the operation Dr. Bob went into action, he admitted his faults and made amends until late that night. The date, June 10, 1935, is celebrated as the anniversary of the founding of Alcoholics Anonymous.

Bill W. called Dr. Bob the "Prince of Twelfth Steppers" because he helped more than 5000 alcoholics before his death. He was able to stay sober from June 10, 1935, until his death in 1950 from colon cancer.

**A.A. History Corner, thanks to The WAIA Archives Committee**









# The Great Big WorldPride 12 Step Meetings

*ALL ARE WELCOME!*

**Friday, June 6 | 6-7 PM**

*Welcome to DC! Speaker Meeting & Recovery Countdown*

**Saturday, June 7 | 9-10 AM**

*Speaker Meeting with coffee & donuts*

**First Baptist Church of the City of Washington, DC  
16th St. and O St. NW**

*Hosted by:*



Find more daily meetings at [triangleclub.org](http://triangleclub.org)

RMC hosts ...

# Trifecta Weekend 2025!



**Yard Sale**



**BBQ**



**Annual Meeting**

**When:** Sat. June 7 - Sun. June 8

**Where:** Rockville Metro Club | 12319 Washington Ave., Rockville, MD

**Yard Sale** **FUNdraiser** |

**June 7 & 8**  
**9 am - 5 pm**

**Come  
for  
the  
Deals.**



**\$20 Table Rental**

➔ Email [RMclub.vp@gmail.com](mailto:RMclub.vp@gmail.com)  
to reserve your table!

\*Renter responsible for removing unsold items.

**June 8**  
**12 pm - 5 pm** |

**Barbecue** 

Enjoy food cooked hot off the  
grill and yummy sides!

\$5 per plate



**Stay  
for  
the  
Food.**

**Annual Meeting** |

**June 8**  
**12 pm - 1 pm**

**Be  
Part  
of  
the  
Future!**



Join this open business meeting to learn  
more about....

- New club location updates
- Open service positions
- Membership opportunities
- Q&A session

Have questions?  
Want to Volunteer?

Email [RMclub.vp@gmail.com](mailto:RMclub.vp@gmail.com)



**WASHINGTON AREA GENERAL SERVICE ASSEMBLY**  
**AREA 13 (DISTRICT OF COLUMBIA)**

# **Delegate's Report-Back**

**On The 75th A.A. General Service Conference**

**Working Together  
Increasing Trust**



**Sunday June 8, 2025**

**Refreshments 12 Noon • Program 1 PM to 4 PM**

**5656-A Third Street NE  
Washington, DC 20011**

**(DC Teachers Federal Credit Union Building)**

**VISIT [AREA13AA.ORG](http://AREA13AA.ORG) • QUESTIONS? EMAIL [DELEGATE@AREA13AA.ORG](mailto:DELEGATE@AREA13AA.ORG)**



# **14 Promises AA Group Anniversary**

**Thirty-Eight Year Group Anniversary  
On**

**Saturday June 14, 2025 at 12:00 noon**

**True Believers Pentecostal**

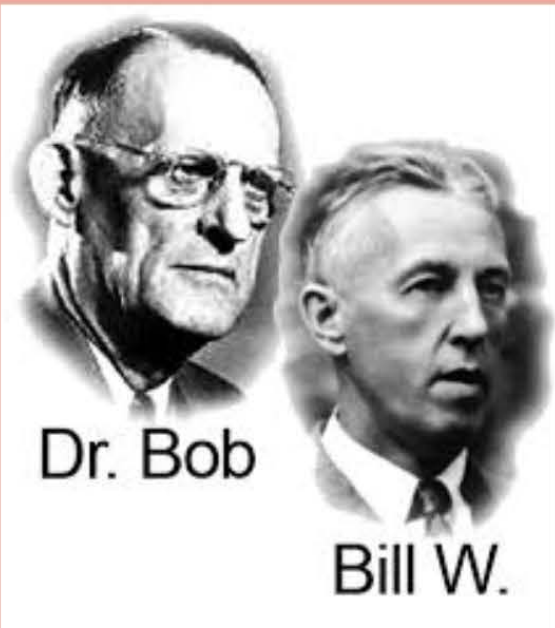
**Glorious Church of God**

**5670 Central Ave SE,**

**Washington, DC 20019**



# **"Founding Moments": The Story of the Critical Events that led to the historic meeting of our co-founders Bill W. & Dr. Bob**



Presented By: West  
Central Intergroup  
Workshop Committee

## **JUNE 21, 2025**

**12:30: Coffee and fellowship  
1-3: Mike M Presentation**

**IAFF 3666 Union Hall  
8829 Yellow Springs Rd  
Frederick, MD 21702**



**Parking lot and  
entrance in the  
back**

<https://aahispanomaryland.org/>

# Save the Date

## 13th Annual

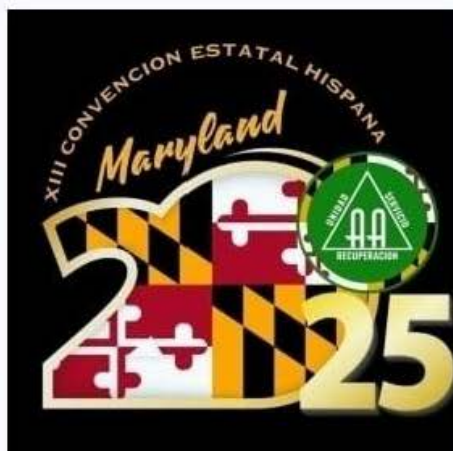
# Hispanic States Convention of Alcoholics Anonymous Maryland - DC - Virginia

## June 21-22, 2025

For more information or to volunteer  
to help, contact

Gil M.: [Gil9.medina@gmail.com](mailto:Gil9.medina@gmail.com), 240-374-9944

Jaime H: [Jaimeherrera193@gmail.com](mailto:Jaimeherrera193@gmail.com), 443-871-2604



**Best Western Plus Hotel  
& Conference Center  
5625 O'Donnell Street  
Baltimore, MD 21224  
410-633-9500**

**[www.bwhotelbaltimore.com](http://www.bwhotelbaltimore.com)**

**Book a hotel room using the  
"AA Convention" block by  
5/20/25 for \$119 plus tax**



## 2025 Men's AA Meditation Retreat: July 4<sup>th</sup> to July 6<sup>th</sup>



**What:** The Silver Spring Men's 11th Step AA Retreat

**When:** Friday, July 4<sup>th</sup> at 6 pm through Sunday, July 6<sup>th</sup> at 12 pm

**Where:** Loyola Retreat House, 9270 Loyola Retreat Road,  
Faulkner, Maryland 20632

**Why:** **To learn to improve conscious contact with your higher power through prayer and meditation**

**How much:** The cost of this retreat will be \$260.00 (includes 6 meals, private room, and an ice cream feast). \$130 non-refundable deposit is due by Friday, May 30<sup>th</sup>. The balance is due by Friday, June 20<sup>th</sup>. Payment can be done by Zelle to 301-651-1399, Check made out to SS AA 11<sup>th</sup> step retreat, and sent to Vince Kensil 10105 Brunett Ave, Silver Spring 20901, or cash.

This will be an AA only retreat and as such will not be affiliated with any sect, denomination, or religion. Scholarships are available for those unable to pay.  
Donations for scholarships gratefully accepted.

**Questions?** Vince Kensil (301) 651-1399 Victor Brown (202) 684-1308.

**Allen Rose (202) 253-3371**

### Area 13 WAGSA DELEGATE REPORT BACK

**SUNDAY June 8, 2025**

**12:00 Noon**—Refreshments

**1:00 PM—4:00 PM**—Delegate Report Back Program

DC Teachers Federal Credit Union Building

5656a 3rd St NE

Washington, DC 20011

For more info: [area13aa.org](http://area13aa.org)

email: [delegate@area13aa.org](mailto:delegate@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

**Tuesday, June 10, 2025—8:00 PM - 9:00 PM**

Join Zoom Meeting:

[https://us02web.zoom.us/j/83460598434?  
pwd=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEEK2FNSZcxS3VXZDFVOXhMa1oxZz09)

Meeting ID: 834 6059 8434

Passcode: 819862

### MIDEAST GROUP 69th ANNIVERSARY

Friday, June 27, 2025

6:30PM—Dinner

7:30 PM—Meeting

Church of the Atonement

5073 E Capitol St SE

Washington, DC 20019

Zoom Meeting ID: 84299689390

Zoom & Phone Password: 1937

Dial-in number: (301) 715-8592,

Meeting ID: 84299689390#



97 11th Step Practice  
100 Anacostia Group  
686 Andrew's Armed Forces  
80 As Bill Sees IT NW  
454 Attitude & Action  
349 Broad Highway  
320 Burtonsville Big Book  
315 B.Y.O.L. (nonsmokers)  
60 Change of Life  
124 Cedar Lane Women's  
575 Corona Vagabond  
182 Cosmopolitan Group  
48 Daily Reflections SW  
25 Daily Reflections UP  
73 Darne Good Big Book  
501 Darnestown Men's  
218 Darnestown Men's Online  
62 Deanwood Step Group  
151 District 20  
180 Epiphanies  
20 Foggy Bottom Young Peeps  
180 Free Spirits  
128 Glen Echo Group  
262 Greenbelt Step Club  
300 Georgetown Group  
312 Good News Beginners  
100 Greenbelt Step Club  
146 Grupo Washintoniano  
50 Hope Fellowship  
154 How It Works Germantown  
120 Hyattsville Hope Online  
53 Improving Consc. Contact  
135 Informed Group

481 Just 4-2 Day  
200 Language of the Heart  
10 Let Go Let God  
145 Liberty Group  
130 Menace 2 Serenity  
113 Mideast Group  
120 Midtown  
175 Monday Winners  
275 Mont. Co. Women Online  
228 More Peace of Mind  
93 Mt. Rainer  
20 New Beginnings NW  
66 New Hope 123  
242 New Unity Gay  
105 Northeast New Hope  
100 N.W. Metro  
201 Norbeck Women Friday  
25 Oasis Women Big Book  
50 Old Fashion Group  
20 On Awakening  
48 Out to Lunch  
1352 P Street  
14 Pointer Ridge Group  
100 Potomac High Noon  
490 Potomac Women  
443 Progress Not Perfection  
168 Quince Orchard  
59 Redgate  
144 Riderwood Bills  
254 Rosedale Sobriety  
65 Saturday Afternoon-UP  
144 Serenity House  
180 Serious Business

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

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



276 Silver Spring Beginners BB  
48 Simply Sober  
240 Six & Seven Step Online  
250 Sober Living  
3069 Spiritual Awakening  
91 Starting Over  
70 Sunday Men's Step  
270 Sunday Morning Breakfast  
144 Sunday Morning Brunch  
555 Sunshine G'burg  
180 Takoma Pk Necessity  
5 The Way Group  
247 Thursday Small Group  
170 Twelve Point Bucks  
91 Village Idiots  
300 We Are All Beginners  
600 We Care  
256 Westmoreland Women  
142 West Side Women  
317 What's Happening Now

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**Mail to:** WAIA

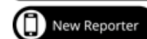
4530 Connecticut Ave, NW, Suite 111  
Washington, DC 20008

**\$15.00 per year, \$28.00 for two**

A free digital copy of the New Reporter is posted every month at: **<https://aa-dc.org/new-reporter>**



to our website



**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**

**June 25**

**Linda W.**

**Brightwood**

**33 years**

## THINGS WE CANNOT CHANGE

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.



New Reporter

*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

JUNE 2025