



The Dog Days of Summer Not a reason to to drink



WAIA August 2024 Announcements

No regular WAIA monthly Board meeting in August

WAIA Annual Budget Meeting, August 12th 2025, 7:00PM—9:00 PM

The WAIA Finance committee will present the draft 2026 WAIA Budget. Corporate and Service committee chairpersons can request adjustments to the budget during this session. The budget will be presented to the board for review in September or October and be approved no later than the November 2025 Board Meeting, per WAIA's by laws. **All AA members are welcome to attend.**

Zoom Meeting ID: 834 6059 8434

Passcode: 819862

Suggested language for 7th Tradition from the Finance Committee: Please help ensure that the office can continue to serve as DC's Central Office; answering calls 24/7, maintaining a current record of all meetings in the area, and providing other essential services to the still sick and suffering alcoholic.

Join our growing group of "**Faithful Fivers**" who are AA members who commit to contributing at least \$5.00 a month toward the support of WAIA. You can set up monthly recurring donations by checking the "Contribute as an individual—recurring". Recurring contributions help WAIA budget more accurately so we can provide services need.

Contributions cube: To request a cube, send an email to help@aa-dc.org; Luella or Clo'via will mail one to you. Daniel R. the Finance Chair suggested that if you'd like to bring a cube to your meetings for the first time, propose a group conscious to discuss it with folks before passing it around.

Office, Nightwatch and Helpchat Volunteers Needed!

Available In Person Shifts: Sunday 10 AM-1PM, Sunday 1-4 PM, Monday 1-4 pm, Saturday 1-4 PM, Saturday 1-4 PM.

Nightwatch Volunteers: email Nightwatch@aa-dc.org to volunteer. All shifts are currently filled; Yay! but we can always use substitutes (1 Year Sobriety Requested)

Helpchat - many shifts. (1 Year Sobriety Requested)

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

STEP 8: LOVE

The eighth word on my 3" x 5" card was LOVE. My sponsor explained to me that with Step Eight, I would begin to practice unconditional love. She said that Love incorporated many things; understanding, appreciation, gratitude, compassion, and forgiveness. She had me make a list of the people and things I had harmed. This list included my two sets of parents, two ex-husbands, my sister, aunts, uncles, cousins, friends, boyfriends, and the Government for the student loans I had not repaid. Next to each item, I was to write how I had harmed them. I was to look at each one with unconditional love and see how my behavior had hurt them. I was not to play the blame game to justify my harmful behavior as being a natural reaction to their harmful behavior. The hardest people to practice this unconditional love on were my four par-ents, two ex-husbands and a few ex-boyfriends. The person on the list I had the most trouble with was my birth father, the alcoholic. I assured my sponsor that the harm he had done me was twenty times worse than any harm I had done him. I still harbored a resentment against him as deep as the ocean and did not think he deserved any amends at all!

So, my sponsor directed me to the chapter in the Big Book called "Freedom from Bondage". At the end of the story was a way to pray for someone that I had a resentment against. I was to pray for the person, asking that the person have all the good stuff I wanted for myself. I was to pray faithfully every day and at the end of two weeks, the resentment would be gone and, in its place, would be forgiveness. I didn't want to forgive my father; that would be letting him off the hook, condoning his behavior. My sponsor said that forgiveness was not condoning bad behavior, it was about releasing the deep pain and hurt I had been carrying inside for years.

Well, it took me three and a half months to get to forgiveness. I had to write my prayer down every night, because when I tried to say it, half-way through, I'd start yelling at my Higher Power that the 5.0.B. did not deserve any of it. Finally, I got there. I realized my father was an alcoholic like me and I began to have understanding and compassion for him. I realized that I too, had done damaging and hurtful things to people I supposedly loved.

Now, I was willing to look at what kind of daughter I had been. I did love my father, but I had no respect; only contempt for him. I bad mouthed him all the time and blamed him for almost all my troubles. I figured he owed me big time-"war reparations"-and tried to bilk him of everything I could, while giving nothing back.

Finally, I was ready to make amends to him and subsequently to all the others on my list. My sponsor also suggested that I practice unconditional Love in all my affairs. And I do. And believe me, I also use that prayer all the time!

Lynne L.,

READY TO SWEEP

Step Eight reminds him which side of the street to clean

When I was an active alcoholic, I caused physical, mental and spiritual damage to people. And as my drinking became more destructive, I isolated and alienated myself from others even more than usual, in an attempt to drink and drug without interruption or negative criticism. I'd then be overwhelmed with fear, shame, guilt and remorse. My self-loathing would spill over into all my relationships-the few that still remained, that is.

The Eighth Step gave me the toolbox I needed to explore these relationships more deeply. It enabled me to pinpoint those individuals whom I had harmed. And even if I was not actually ready to make direct amends to certain people, I was able to begin by writing out an amends list and praying for the willingness.

As I worked through my list, the essential question for me, as it says in the "Twelve and Twelve," was: "Whom have I harmed?" and in what ways. I was tempted to recall and list the ways these people had hurt me. In all honesty, there was perhaps harm on both sides. But I needed to focus on the harm I had produced. The Eighth Step does not depend on the character defects and shortcomings of others. I had to admit and acknowledge my own character defects and shortcomings. I needed to focus on "sweeping my side of the street."

When feelings of defensiveness began to emerge, I remembered that these individuals needed my forgiveness just as much as I needed theirs. But whether they recognized that need was not the issue. If I were to be serious about mending broken relationships, and I certainly was, I needed to let go of my resentments and, simultaneously, to forgive others.

The following questions were helpful to me as I worked on my Eighth Step:

- 1) How was I bad-tempered because of my drinking?
- 2) Did I avoid friends and family as a result of my obsession?
- 3) What damage did I produce by letting my self-will run riot?

These helped me gain valuable insights and discover other people to add to my list.

As I continued on my Eighth Step journey, it became apparent that I did much damage to myself as well. And it dawned on me that the most effective amends that I could make to myself was to stay sober and practice the Steps to the best of my ability. And if I keep not drinking just for today, I won't drink for the rest of my life.

In early sobriety, I would never have contemplated making the first move toward making an amend. But now I'm attempting to discern and apply the will of God in my life. I now take responsibility for my sobriety and for my relationships. Taking such a risk has become a possibility thanks to the Steps and my support network in the rooms of AA. The Eighth Step has given me the ability to maintain and develop a deep intimacy and involvement with significant others in my life. It also gives me emotional and spiritual balance.

-Gary T.

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional but our service centers may employ special workers.

Throughout the world A.A.s are "12th stepping" with thousands of new prospects a month. Between one and two thousand of these stick on our first presentation; past experience shows that most of the remainder will come back to us later on. Almost entirely unorganized, and completely non-professional, this mighty spiritual current is now flowing from alcoholics who are well to those who are sick. One alcoholic talking to another; that's all.

Could this vast and vital face-to-face effort ever be professionalized or even organized? Most emphatically, it could not. The few efforts to professionalize straight "12th Step" work have always failed quickly. Today, no A.A. will tolerate the idea of paid "A.A. Therapists" or "organizers". Nor does any A.A. like to be told just how he must handle that new prospect of his. No, this great life-giving stream can never be dammed up by paid do-gooders or professionals. Alcoholics Anonymous is never going to cut its own lifelines. To a man, we are sure of that.

But what about those who serve us full time in other capacities -- are cooks, caretakers and paid Intergroup secretaries "A.A. professionals"?

Because our thinking about these people is still unclear, we often feel and act as though they were such. The impression of professionalism subtly attaches to them, so we frequently hear they are "making money out of A.A.", or that they are "professionalizing" A.A. Seemingly, if they do take our A.A. dollars they don't quite belong with us A.A.s any more. We sometimes go further; we underpay them on the theory they ought to be glad to "cook" for A.A. cheap.

Now isn't this carrying our fears of professionalism rather far? If these fears ever got too strong, none but a saint or an incompetent could work for Alcoholics Anonymous. Our supply of saints being quite small, we would certainly wind up with less competent workers than we need.

We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing 12th Step work. They are just making more and better 12th Step work possible. Secretaries at their desks are valuable points of contact, information and public relations. That is what they are paid for, and nothing else. They help carry the good

news of A.A. to the outside world and bring our prospects face to face with us. That's not "A.A. therapy"; it's just a lot of very necessary but often thankless work.

So, where needed, let's revise our attitude toward those who labor at our special services. Let us treat them as A.A. associates, and not as hired help; let's recompense them fairly and, above all, let's absolve them from the label of professionalism. Let us also distinguish clearly between "organizing the A.A. movement" and setting up, in a reasonably business-like manner, its few essential services of contact and propagation. Once we do that, all will be well. The million or so brother alcoholics who are still sick will then continue to get the break we 60,000 A.A.s have already had.

Let's give our "service desks" the hand they so well deserve.

Bill W. (1948 Grapevine)

85 Years-Ago This Month -- August capped about a year of correspondence between several of AA's pioneers on the use of rehabilitation farms.

The Federal government started narcotics rehabilitation farms at Lexington in 1935 and at Ft. Worth in 1938; a number of States instituted alcoholic ones; and several private operations were well underway. The Scientific method's experimental measurement of results creates studies and journals covering the rate of success in these endeavors.

The Medical community increasingly sees addiction as a medical malady which could be averted by rehabilitation; clean air, clean work, and abstinence return seemingly hopeless addicts to profitable endeavors; drug-addicted jazz musicians return to enchanting riffs; talented resourceful cabinet makers and carpenters produce well-crafted, aesthetically pleasing works. Jurist begin seeing the alcoholic as sick in need of rehabilitation, not incarceration; businesses begin seeing talented workers redeemed by the use of community resource to profitable enterprise.

The Washington Group [2014] reports, "Fitz's May 22 letter told how he and Jimmy were working on the alcoholic farm idea. He says, '...someone should get busy on this alcoholic farm business and keep interest stirred up. Jimmy B. has Preston lined up (he is the head of the State Hospital in MD) for a conference at 3 P.M. on Monday next. Jim wants me to come to Baltimore and sit in.'

"The alcoholic farm concept remained with Fitz through the summer and in an August letter to Bill he wrote, 'Ray Huff, the superintendent of the penal institutions of the District, is a man who is interested in the AAs and is out to cooperate with us 100%. We have quite a fine alumni association from Occuquan [A District penal site located in Virginia], the workhouse, already, and some action going on inside.' He goes on to explain that in addition to Mr. Huff, he has been working with two Commissioners of the District of Columbia government to get the alcoholic farm plan rolling. He asked Bill [W] for advice on how to proceed with this work, and Bill replied with a well thought out four-page analysis of the alcoholic farm issue."

One local businessman, a member of AA, did secure the confidence of the District of Columbia Courts to take custody of derelict alcoholics for work on his private farm in Virginia, as a rehabilitation venture, for a decade or so.

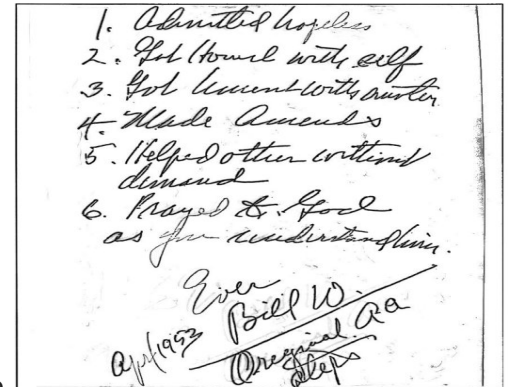
60 Years-Ago This Month -- The WAIA Reporter prints the following story:

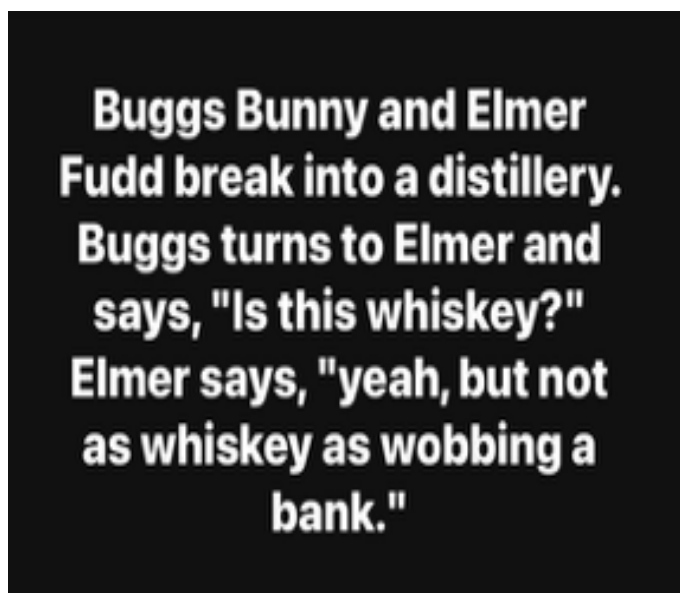
W.A.I.A. at work

The anguished alcoholic's first contact with AA often is his SOS call to the familiar number--DEcatur 2-1933. [Year 2015: 966-9115]--A voice says quietly, "This is AA, May we help you?"

With these few words, the stage may be set for one of the most exalting and miraculous of all human experiences--recovery from alcoholism.

In this instance, the voice of AA is the voice of the Washington Area Intergroup Association.. [T]he telephones at the Intergroup Headquarters, 1760 Columbia Road NW, [Year 2015: 430 Connecticut Avenue, NW] are manned by Intergroup and its volunteer desk aides for 12 hours a day, seven days a week, 52 weeks a year... During a typical month, the desk secretaries handle 1,200 telephone calls, fulfill 50 requests for literature, initiate perhaps 100 twelfth-step calls, an[d] arrange for a dozen or so desperately ill alcoholics to be admitted to DC General Hospital [Year 2015: January - Calls: 443 calls, 40 for help, 53 walk-ins, 2 "No Meeting." 1].





29th Southeast Woman to Woman Conference

"Secrets Women Don't Share"

A conference for sober Alcoholic women
with Al-Anon participation



Aug. 22-24, 2025 | Virginia Beach, VA

Holiday Inn Virginia Beach-Norfolk

5655 Greenwich Rd, Virginia Beach, VA 23462

Register online: www.SEWomantoWoman.org

SESSIONS BY THE SEA REGISTRATION HOTEL INFORMATION

www.sessionsbythesea.com

Register Online Only

SIXTY-EIGHT ANNUAL
Sessions
by the Sea



OCEAN CITY MARYLAND

SEPTEMBER 2-7, 2025

REGISTRATION WILL OPEN MAY 9TH!

REGISTRATION OPENS MAY 9th

Grapevine Writing Workshop

September 14, 2025

11:00 am – 12:30 pm

Where: IAMAW, 1037 Sterling Road, Suite 103, Herndon, VA

- Look for AA circle & triangle in the window -

AA members around the world have been submitting their personal stories, their experience, strength and hope, their ups and downs and in-betweens to Grapevine since 1944. You don't need any prior publishing experience – just a willingness and desire to share.

As well as stories, the Grapevine is looking for:

- Recovery jokes and riddles
- Sobriety cartoons
- Letters to Grapevine



The workshop will provide:

- Pads, pens, drawing paper, colored pencils
- Snacks and coffee
- Free raffle for a Grapevine subscription and Grapevine book



Bring your laptop, tablet or writing device

Sponsored by *Dulles District 4* and *I Heard it Through the Grapevine Meeting*



Free Admission

Oldtimers Meeting

20 Oldtimers picked to share from the sobriety countdown!

Saturday September 20,
2025

6:00pm-6:30pm Food and
Fellowship

6:30pm-8pm Meeting

North Star Church
5112 Pegasus Court #e
Frederick, MD 21704

Potluck: Please bring a
dish

Pizza and light
refreshments will be
provided

Presented by: WCI Workshops
workshops@westcentralaa.org

27TH ANNUAL WOMEN'S WEEKEND

OCTOBER 17-19, 2025

CAMP WABANNA- 101 LIKES ROAD, EDGEWATER, MD 21037

Women+ share a weekend of fellowship, 12 step study with speaker Kelley B, and a sense of belonging.

The cost for the weekend is:

\$230 for Lodge accommodations

\$185 for the Farmhouse

We're happy to help with accessibility accommodations, please reach out to Sarah K. or Chrissy M. if needed.

Deposit of \$50 due at time of registration to reserve your spot. Lodge spaces are first come first serve.

All meals, excluding Friday, are included in the cost for the weekend (vegetarian options available).

Balances are due in full by September 14th.

Register by scanning the Registration QR code below.

T-shirts are available for purchase and will be handed out upon check-in at Camp Wabanna.

You can purchase t-shirts with the T-Shirt Order QR code below.

Scholarships are available. Please contact Sarah K. or Chrissy M. for information.

Venmo, Cash and Checks are accepted. Please make checks payable to Women's Weekend.

T-SHIRT ORDER



[Click here to order shirt](#)



Bree F. - 202.507.0905



@Samra-Camera



Stephanie DG - 607.229.0540

REGISTRATION



[Click here for registration](#)



Chrissy M-240.751.2943
Sarah K- 316.841.4545



**Washington Area General Service Assembly
(WAGSA) - Area 13**


39TH ANNUAL GRATITUDE BREAKFAST

Sunday, November 9, 2025

**8:30 – 11:30 AM at the Harborside Hotel
6400 Oxon Hill Rd, Oxon Hill, MD 20745**

\$50 per person

Tickets will not be sold at the door.



November is Gratitude Month—a time to celebrate sobriety and support AA's self-sufficiency. Area 13 members are encouraged to reflect on recovery and make special contributions to the General Service Office (GSO).

To contribute only, scan or visit:
<https://bit.ly/2025GratitudeBreakfast>




To purchase tickets, see your General Service Representative (GSR), or email the Gratitude Breakfast Committee at gratitudebreakfast@area13aa.org through Tuesday, October 7, 2025. Tables seat 10 and must be purchased together for large groups.

For questions, ticket info, or to volunteer, visit area13aa.org or email us.



Requests for ASL must be received by October 20.



Area 13 WAGSA AREA COMMITTEE MEETING

Monday, August 11, 2025

6:00 PM—7:00 PM—New GSR and DCM Orientation

7:00 PM—9:00 PM—Area Committee Meeting

In Person

5656a 3rd St NE, Washington, DC 20011

For more info: area13aa.org or email: 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.

WAIA Finance Committee Budget Board Meeting

No regular WAIA monthly Board meeting in August

August 12, 2025—7:00 PM - 9:00 PM - Budget Meeting

All AA members are welcome to attend

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[https://us02web.zoom.us/j/83460598434?
pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09](https://us02web.zoom.us/j/83460598434?pwd=VVBEK2FNSzcxS3VXZDFVOXhMa1oxZz09)

Meeting ID: 834 6059 8434

Passcode: 819862

250 9:30 Club Online	tact	147 Serenity
97 11th Step Practice	319 Informed Group	144 Serenity House
120 14 Promises	344 Irreverent Women	180 Serious Business
173 Anacostia Group	481 Just 4-2 Day	276 Silver Spring Beginners BB
686 Andrew's Armed Forces	200 Language of the Heart	98 Simply Sober
351 Any Lengths	10 Let Go Let God	250 Six & Seven Step In-Person
114 As Bill Sees It NW	145 Liberty Group	240 Six & Seven Step Online
50 Aspen Hill Phoenix	150 Life Is Good	400 Sober Living
454 Attitude & Action	90 Lifesaver Big Book	254 Southern Sobriety
101 Beginners are Winners Live	130 Menace 2 Serenity	3069 Spiritual Awakening
426 Beginners R Winners Zoom	407 Men's Adhoc	91 Starting Over
757 Broad Highway	466 Messengers	275 St. Francis Group
633 Burtonsville Big Book	113 Mideast Group	70 Sunday Men's Step
915 B.Y.O.L.	480 Midtown	270 Sunday Morning Breakfast
315 B.Y.O.L. (nonsmokers)	240 Mitchellville Group	144 Sunday Morning Brunch
984 Capitol Hill Group	175 Monday Winners	200 Sunday Morning Joy
60 Change of Life	275 Mont. County Women Online	1855 Sunshine G'burg
124 Cedar Lane Women's Group	468 More Peace of Mind	360 Takoma Pk Necessity
77 Coffee & Donuts	93 Mt. Rainer	5 The Way Group
300 College Park Group	950 Navy Yard Big Book	247 Thursday Small Group
575 Corona Vagabond	87 Never Walk Alone	500 Twelve Point Bucks
1022 Cosmopolitan Group	465 New Beginnings NW	200 Upper Marlboro Step
48 Daily Reflections SW	536 New Beginnings Women	91 Village Idiots
80 Daily Reflections UP	66 New Hope 123	500 We Are All Beginners
73 Darne Good Big Book	242 New Unity Gay	600 We Care
1603 Darnestown Men's	105 Northeast New Hope	164 Wednesday Night Winners
218 Darnestown Men's Online	100 N.W. Metro	256 Westmoreland Women
500 DCC 9:30 Club Live	201 Norbeck Women Friday	294 West Side Women
162 Deanwood Step Group	199 Oasis Women Big Book	317 What's Happening Now
80 Deanwood Women's Rap	100 Old Fashion Group	82 Women's Lit
151 District 20	1108 Olney Stag Rap	1036 Women Living Sober
780 Epiphanies	20 On Awakening	1150 Yacht Club
68 Foggy Bottom Young Peeps	100 One Day At a time Lanham	
720 Free Spirits	174 On the Circle	
1500 Friendship Group	141 Out to Lunch	
128 Glen Echo Group	1352 P Street	
250 Glenarden Group	14 Pointer Ridge Group	
2707 Greenbelt Step Club	100 Potomac High Noon	
300 Georgetown Group	490 Potomac Women	
312 Good News Beginners	443 Progress Not Perfection	
100 Greenbelt Step Club	107 Queer Wo', Non-B, Trans.	
146 Grupo Washintoniano	281 Quince Orchard	
257 Heliotrope Men's Stag	59 Redgate	
75 Hope Fellowship	174 Riderwood Bills	
154 How It Works Germantown	300 Room with A View	
87 High Sobriety	254 Rosedale Sobriety	
120 Hyattsville Hope Online	105 Saturday Afternoon-UP	
96 Improving Conscious Con-	240 Saturday Morn. Steps	

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

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



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 per year, \$28.00 for two
years**

\$12.00 Group Rate per year

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

Day

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

August 2025