

WE ADMITTED WE WERE
POWERLESS
OVER ALCOHOL --- THAT OUR
LIVES HAD BECOME
UNMANAGEABLE

WAIA January 2026 Announcements

WAIA Executive Committee Elections were held last month. Welcome newly elected members of the Executive Committee, Cassandra S. was reelected chair and Gary D. was reelected vice-chair. Matt H., Brian M., Terry H. and Erica C. were reelected At-Large Member. Marianne M. was elected as an At-large member for her first term.

January 13, 2025 Join Zoom Meeting, 8:00 PM

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

Thanks to the Archives Committee, in 2026 we will continue reprinting the AA History Corner series that was first published starting in 2015. We are using the same text that was printed 10 years ago but adding 10 years the heading. So what was 25 years ago has become 35 years ago. We are so grateful to the late Stan S. for his many years of service to the Archives Committee and who did most of the research for this project along with other members of the Archives team

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

Meeting ID: 834 6059 8434

Passcode: 819862

Dial-In: 301-715-8592, Passcode: 819862

Office, Nightwatch and Helpchat Volunteers Needed!

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

Remote Shift—Tuesday 7-10 PM (1 Year Sobriety Requested)

Nightwatch Volunteers: (1 Year Sobriety Requested) Monday 6 AM-10AM, Friday 10PM-6AM

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

Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

'We are all going to foot the bill'

I got sober a few days before Christmas in 1986, so I feel especially grateful and reflective this time of year. I am still awed at how miraculously A.A. has worked in my life, even before I walked into my first meeting.

I was desperate, but a bit clueless. I saw a classified ad (and I am showing my age!) in the back of the local paper that said: "Drinking problem? Maybe we can help." That was followed by a listing of meeting times and places in my neighborhood. It would take me a few weeks of white-knuckling it before I went to my first meeting. I was welcomed into a warm room and offered refreshments. And while someone told me I would never have to hurt like this from alcohol again, I couldn't get out of there fast enough.

But my getaway was slowed by a gauntlet of members who handed me A.A. pamphlets and meeting books and encouraged me to stay for the second meeting. It took me a few days to return, but I didn't drink.

As an alcoholic, self-centered in the extreme, I just came to expect that all this help would be there for me. It wasn't until my first business meeting that I realized it was made possible by the money members were putting in the basket. This was my first of many lessons over the years in the power and [impact of self-support](#).

Bill W. wrote of the critical importance of self-support to the Fellowship and the special obligation this tradition asks of members in his October 1967 article "A.A.'s Tradition of Self-Support," which is included in the 2025 International Convention commemorative edition of [Language of the Heart](#).

Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office to arrange hospitalization and sponsorship, or the world service Headquarters to maintain unity and effectiveness worldwide.

These service agencies are absolutely essential to our continued expansion — to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength — and that, under our Tradition of self-support, we are all going to foot the bill.

We all share this responsibility to ensure that A.A. is there for the next person who stumbles into our rooms, as it was for us when we needed the gift of recovery. Bill's recognition that "we are all going to foot the bill" is both our spiritual responsibility and our spiritual heritage.

John W.
Class B General Service Trustee and AAWS treasurer

Learn more about group and individual contributions and their impact at [aa.org](#).

Tradition 1

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought . . ." but never "You must!"

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action. "How," they ask, "can such a crowd of anarchists function at all? How can they possibly place their common welfare first? What in Heaven's name holds them together?"

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made— that most individuals cannot recover unless there is a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not.

So, at the outset, how best to live and work together as groups became the prime question. In the world about us we saw personalities destroying whole peoples. The struggle for wealth, power, and prestige was tearing humanity apart as never before. If strong people were stalemated in the search for peace and harmony, what was to become of our erratic band of alcoholics? As we had once struggled and prayed for individual recovery, just so earnestly did we commence to quest for the principles through which A.A. itself might survive. On anvils of experience, the structure of our Society was hammered out.

Countless times, in as many cities and hamlets, we reenacted the story of Eddie Rickenbacker and his courageous company when their plane crashed in the Pacific. Like us, they had suddenly found themselves saved from death, but still floating upon a perilous sea. How well they saw that their common welfare came first. None might become selfish of water or bread. Each needed to consider the others, and in abiding faith they knew they must find their real strength. And this they did find, in measure to transcend all the defects of their frail craft, every test of uncertainty, pain, fear, and despair, and even the death of one.

Thus has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which— God willing— shall sustain us in unity for so long as He may need us.

Reprinted from <https://www.twelvetraditionsstudy.org/traditions/tradition-1>

Drug Talk

A member shares why it's important for her to hear booze discussed in AA. When I drank alcohol, I could do anything. It gave me courage I never had when sober. So even before I went out to the bar, I had to start drinking at home to have enough courage to go. This may sound insane, but I was insane. No doubt in my mind. Alcoholic Anonymous has given me my life back. I can now be who I am. I've been sober since Feb. 6, 1994. Last year, the meeting I was going to for 15 years started changing. People began saying they were "clean," instead of sober, and referred to "using," instead of drinking. One day I confronted one of the members nicely about it, and I was asked if I wanted him to lie. He said he was not an alcoholic; he was an addict. The next week I went back and made my amends publicly at the meeting. I continued to go to that meeting a few more times off and on, but I just couldn't relate or feel comfortable anymore. My drug of choice is alcohol. In my dictionary an alcoholic is "a person affected with alcoholism." And alcoholism is defined as "continued excessive and usually uncontrollable use of alcoholic drinks." Alcohol is defined as "beverages containing alcohol." I do not mean to be exclusive. I just feel that AA is changing in my area and people are sharing about their "drug of choice." If I've been sober for a while and don't feel comfortable, how is the alcoholic newcomer going to feel when they walk into an AA meeting and come out saying, "That's not for me. I don't do drugs." I know there are AA groups out there that stop all drug talk, but that's not my group's conscience. I really hope there are more members out there who question what's happening and how can we fix it. I have since moved to a different home group, one that discusses drinking. The old-timers there tell it just how it was, and I'm so grateful for them. I cannot live without AA. Please help keep this program alive and well, and please ask members to be respectful when they share at meetings, to keep the discussion to alcohol and drinking in AA meetings, so I and the newcomer can relate.

By Sandy H (copyright September 2013 © The Grapevine, Inc. Reprinted with permission)

A NEW YEAR'S MESSAGE

Nothing is so brittle as a New Year's resolution unless it be a glass crutch.

Most New Year's shatter within a few days. Then their broken pieces lie around, as sharp as needles, reminding of failure until the skin, or the conscience, has again become calloused. What, in fact, is so rare as an unbroken New Year's resolution in June?

Yet, we, in particular, were among the most prolific New Year's resolution makers. We turned them out on a mass production scale. All through the year we stored up our awareness of personal deficiencies and faults, planning to correct them all in one vast wash of resolutions.

Do it all at once, we said, with splendid optimism. Easy does it, in reverse.

Of course, it probably is better to have one day or a few days of high resolution than none at all, but how much more practical if the purpose behind the New Year's resolution is built into daily life. How much easier it is to correct the deficiencies and the faults one by one as we go along day by day, than to try to level a mountain in one stroke.

The kindness and the realism of the AA approach to the task of self-improvement offer more hope of success than the high resolution sworn to once a year. At least they have offered more hope and yielded more success for many.

There are, to be sure, other ways and of course, some New Year's resolutions do endure. But the inventory that is taken more often than annually and the resolution that is formed at the beginning and the close of each 24 hours have worked convincingly for many and will continue to work for many more.

The new hope that comes from this overwhelming evidence of a new approach to an old and deadly trouble is the offer of the New Year, of each New Year. "It works!" is the electrifying promise that we can give to others.

If there has to be a resolution today, let it be that we will offer those two words fought with the ringing message that has been proven over and over. "it works!" They offer a new year to any who are still burdened with the past. They bring a new year whenever and wherever they are accepted. Today is the day, any day and every day, to try the new way. Today, "it works!" Tomorrow, "It works!"

Through the 13 years of AA, people have been doubting those words at first, testing them skeptically, and finally coming to believe them. Perhaps the message they speak makes the best resolution of all.

The AA who knows that "It works" needs no ceremony to remind him. His day of high resolution came the moment he took the 1st Step. His New Year began then and continues as long as he follows the new way that others have blazed. His New Year's resolutions are forged and strengthened day by day. Where the glass crutch was brittle and shattered easily, he now has at hand a staff stronger than steel. He has a faith built upon proof that "It works."

Taken from Grapevine, January 1949

85 Years-Ago This Month—The Washington Group ushers in the Year 1941 with its “first New Year’s Eve Ball” at the 1310 Massachusetts Avenue Clubhouse “and everyone is astonished to see all the ‘drunks’ celebrating the New Year in such sober, and at the same time, hilarious manner.” [*The Washington Group*, p. 111]

Despite this celebratory mood expressed above, Bob V. reports rumblings amongst Washington AA’s in a January 21 letter:

Dear Bill,

Things here are in one of those cycles when Fitz is dithering and sulking in his tent cause there’s “too much organization” (which he helped give encouragement to being chief pooh-bah of the control committees). Bill A will have nothing to do with such an un-godly lot. (Marten last Tuesday night was bellowing he wasn’t making the progress he wanted to in that “god d.... god angle”-Of course Marten was merely annoyed at his own evaluation of his lack of progress in the spiritual approach and was more G D ing than was God. Both Fitz and Bill are still high dudgeon and Ned is staying away from most meetings. About 10 slips over the holidays-all but Stanley J, relative newcomers and steady bounders. We as a Group are not doing enough personal alcoholic work with new people being now in the squirrel cage condition that New Jersey was in about 6-9 months ago. As you know this is just a phase of most groups’ development and it will all come out in the wash! I personally don’t care if there’s a control committee or if there isn’t and if it’s run by white, red or black brethren. I’m just going to keep right on doing some AA work—attending meetings and trying to do my part in this new partnership in which I’m a small minority whose stock is in escrow!

Please let me know when you and Lois arrive.

Sincerely, Bob

PS As I read this letter over I form the distinct opinion that ... Bob V. is a big intolerant so and so.

[GSO, Box 37 File DC-A R 18 p64]

Meanwhile, Lois records in her January 31 diary entry “Worked out a program for procedure after the [*Saturday Evening*] *Post* article [comes] out. [*Pass It On*, p249]

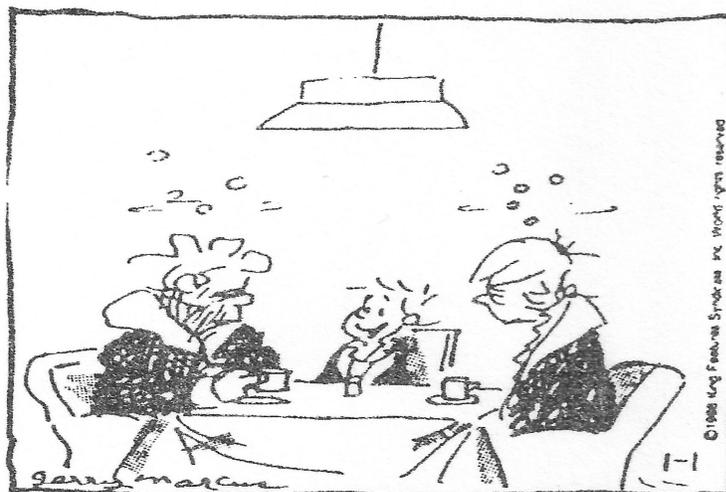
60 Years-Ago This Month— The *WAIA Reporter* announces the selection of WAIA's first overall Office manager, Harold T.—a newly retired alcoholic with 14-years of sobriety, with 12-continuous-years working the Desk, and with a demonstrated desire to help the Newcomer. The new Office manager, at 1760 Columbia Road, NW, begins his service on January 1, 1966 and is answerable to the WAIA Executive Committee.

35 Years-Ago This Month— Washington ushers in a new delegate for the 41st General Service Conference, Dick P. Dick, like a third of our Area's delegates, up to the present, had previously served as our WAIA Chair. Unfortunately for us Dick is called to the Big Meeting in the Sky on October 18, 1998.

The 1990 Holiday Issue of *Box 4-5-9* encloses a Literature Catalog reflecting new prices that were approved by the A.A.W.S. Board at its August meeting, effective January 1, 1991. The increases on the GSO prices were for all books and booklets. Pamphlets, miscellaneous items, Spanish and foreign language literature would remain at the 1990 level but without the 20-percent-sales discount. Both the U.S. Postal System and United Parcel had planned substantial increases in 1991, and manufacturing and paper prices were ever increasing.

However, Washington Area Delegate Anne W., in the November 1990 WAIA meeting, had reported that the price increases had been deferred until the 1991 Conference.

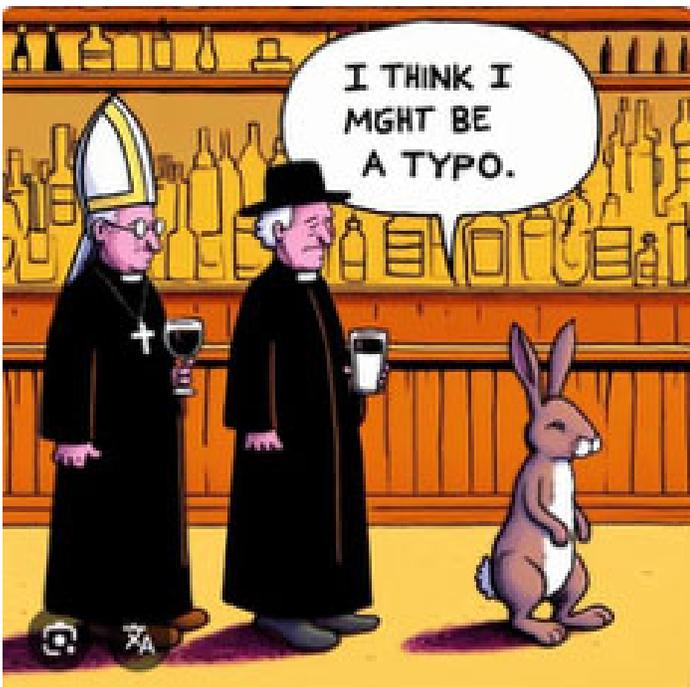
The January 1991 issue of the *WAIA Reporter* prints the following:



"So, tell me all about the New Year's Eve party! Did you play games? What did you eat? What did you have for dessert? How many people were there? Did you wear funny hats?..."



Cop: what's in the bottle?
Lady: just some water
Cop: ma'am that's wine.
Lady: OMG.jesus did it again.



An Irishman walks into a bar in Toronto and orders a drink.
The bartender, noticing his accent, asks him "What brings you to Canada?"
The Irishman says "Well, I was in a pub in Dublin and the coaster under my glass said 'Drink Canada Dry', so I thought I'd give it a shot"

NEW FROM THE GRAPEVINE!! GREETING CARDS NOW AVAILABLE AT THE WAIA OFFICE

Pack of 4—\$10.00

Individual Cards—\$3.00 a piece



Each card is beautifully illustrated with a cartoon about humorous moments in sobriety. All cartoons are conceived and drawn by AA members and were previously published in AA Grapevine. Perfect for giving to a sponsor, sponsee, or fellow member to celebrate a sober anniversary or any occasion.

(Dimensions are 5 by 7 inches)

Triangle Club

New Year's Eve 24-HR
**MEETING
MARATHON**

12 pm Dec. 31st

to

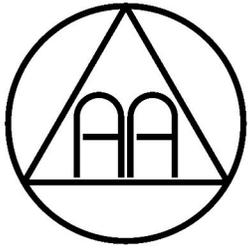
12 pm Jan. 1st



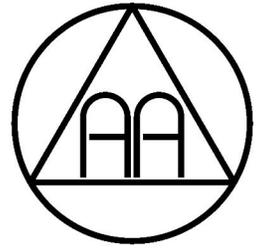
Triangle Club

1638 R St NW

12-Step Meetings Every Hour on the Hour



Del Ray Club
presents...



NEW YEARS EVE PARTY

live music by

great food by

The
Colliders

MAMMA
Lucia

HAPPY
NEW YEAR!



Live music
50-50 raffle



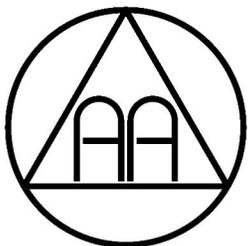
6:30 pm doors

7:30 AA Meeting

New Year countdown

**Join us for a sober
new year's eve party!**

TICKETS: \$30 ON EVENTBRITE: tinyurl.com/cs794saj
SCHOLARSHIPS AVAILABLE AT: delrayclub1@comcast.net

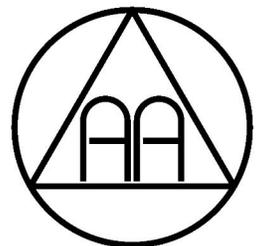


Bethesda Presbyterian
7611 Clarendon Road
Bethesda, MD 20814
301.718.7769

TICKETS



Use
camera



PLEASE JOIN US FOR THE
SILVER SPRING GROUP'S

HOLIDAY *Party*

JANUARY • 1ST • AT 6 PM

St. Luke Lutheran Church
9100 Colesville Rd, Silver Spring, MD

Join us for Food, Fun and Fellowship
to be immediately followed by a Celebration
Speakers Meeting at 8:30pm



Registration is open

Special Online Forum for Deaf Alcoholics Anonymous Members Saturday, January 17, 2026

9 a.m. - 5 p.m. (PDT)

12 p.m. - 8 p.m. (EST)

A Language and Cultural Special Forum for Deaf A.A. Members who use American Sign Language (ASL), Langue des Signes Québécoise (LSQ) & Lengua de Señas Mexicana (LSM)

Panel 1: Deaf A.A. Community Culture & Language

Panel 2: Is A.A. Accessible for Deaf Members?

Panel 3: Interpreters, Safety & Inclusion

Panel 4: Your Connection to the Office/General Service Board

Panel 5: What Resources are Available?

Town Hall: How Can A.A. Improve?

This General Service Office event will be held online and facilitated by Deaf A.A. members.

Why attend?

- Fellowship with Deaf A.A. members throughout the U.S./Canada.
- Share your ideas on how we can improve carrying the message to still suffering Deaf alcoholics.
- Learn how the general service structure works.

Together, we will work on solutions to better meet the needs of Deaf members and strengthen the connection between the Deaf community and the wider A.A. Fellowship.

MOUNT RAINIER GROUP

50TH ANNIVERSARY



YOU'RE INVITED TO CELEBRATE WITH US!

SUNDAY, JANUARY 25TH 2026

AT 7:00PM

It will be an "Eating Meeting"

Emmanuel Seventh-Day Adventist Church

4001 33rd Street

Mount Rainier, Maryland 20712

2026 FOOTPRINTS IN THE WINTER SAND



**TICKETS
ONLINE
ONLY**

**REGISTRATION
BEGINS**

SEPTEMBER 15, 2025

footprintsinthewintersand.com

HYATT REGENCY RESORT & SPA CAMBRIDGE, MD

JANUARY 30th ~ FEBRUARY 1st 2026

FOR MORE INFO AND RESERVATIONS CONTACT JOSH R: 540-878-3970

VENMO : @Joshua-Riel-2



36TH ANNUAL SESSIONS *IN THE SNOW*

50% deposit due by
December 1st, 2025
Deposits are non -
refundable

A WEEKEND OF SKIING, SNOWBOARDING,
SOBRIETY, AND FELLOWSHIP IN
KILLINGTON, VERMONT

F E B U A R Y 2 2 N D - 2 7 T H
2 0 2 6

\$825 for a Double (rooming with a roommate)

\$1320 for a Single room (by yourself)

Price includes 5 days of lodging at Cascades lodge in Killington and 4 day
(Mon- Thurs) lift tickets at Killington and Mount Pico

PRICE INCLUDES LODGING AND LIFTPASS. WE
WILL NOT REDUCE THE PRICE TO EXCLUDE
LIFT-PASSES. PRICE IS SET!
SOME 3-4 PERSON ROOMS ARE AVAILABLE
AND PRICE CAN BE ADJUSTED ACCORDINGLY.
PRICES DO NOT INCLUDE TRANSPORTATION AND
MEALS!!

SOUTHERN MARYLAND'S 15TH ANNUAL ROUNDUP

with Al-Anon Participation

March 20-22, 2026

DoubleTree by Hilton
Annapolis, Maryland



Registration Opens
September 1, 2025
To register and for lodging information, visit
www.southernmarylandroundup.org Email
Questions to
info@southernmarylandroundup.org



SPEAKERS

Ginny Q.	Ocala, FL
Clif G.	Oklahoma City, OK
Amy D.	Louisville, KY
Ralph W.	Los Angeles, CA
Lori G.	Oklahoma City, OK

PRICING

Early-Bird Registration through January 31, 2026:	\$50
Saturday Buffet Dinner (WILL SELL OUT QUICKLY):	\$40
Registration Beginning February 1, 2026:	\$60

“WE HAD TO FEARLESSLY FACE THE PROPOSITION THAT EITHER GOD IS
EVERYTHING OR ELSE HE IS NOTHING.”

~ BB, PG. 53

Area 13 WAGSA Winter Assembly

In Person

January 12, 2025

Orientation for GSRs + DCMs 6:00 PM—7:00 PM

WAGSA Winter Assembly - 7:00 PM—9:00 PM

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 Monthly Board Meeting

WAIA monthly Board meeting—2nd Tuesday of the month (except August)

January 13, 2026—8:00 PM - 9:00 PM

8:00– 9:00 PM—WAIA monthly business meeting. 2026 Budget will be presented and voted on at the meeting.

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

Meeting ID: 834 6059 8434

Passcode: 819862

Dial-In: 301-715-8592, Passcode: 819862

492	9:30 Club Online	218	Darnestown Men's Online	25	Kensington Big Book	
97	11th Step Practice	975	DCC 9:30 Club Live	230	Language of the Heart	
189	14 Promises	162	Deanwood Step Group	388	Leisure World Noon	
373	Anacostia Group	296	Deanwood Women's Rap	10	Let Go Let God	
686	Andrew's Armed Forces	6284	Del Ray Club	145	Liberty Group	
351	Any Lengths	250	Downtown Silver Spring	150	Life Is Good	
65	As Bill Sees It Bowie	151	District 20	188	Lifesaver Big Book	
114	As Bill Sees It NW	176	Dunrobbin Group	130	Menace 2 Serenity	
172	Aspen Hill Phoenix-Friday	1380	Epiphanies	407	Men's Adhoc	
954	Attitude & Action	152	Foggy Bottom Young Peeps	19	Men in Recovery	
180	Back to Basics (CB)	1143	Free Spirits	28	Merry Miracles	
385	Beginners are Winners Live	1618	Friendship Group	968	Messengers	
426	Beginners R Winners Zoom	371	Glen Echo Group	290	Metropolis Club	
50	Beltsville Group	250	Glenarden Group	491	Mideast Group	
160	Bethel	4788	Greenbelt Step Club	2226	Midtown	
300	Brightwood Live	300	Georgetown Group	240	Mitchellville Group	
874	Broad Highway	240	Glen Echo Group	166	Monday Men's	
1145	Burtonsville Big Book	300	Goldsboro Group	245	Monday Winners-women	
915	B.Y.O.L.	358	Good News Beginners	235	Montrose Gay	
315	B.Y.O.L. (nonsmokers)	350	Goose Hung High	275	Mont. County Women	Online
40	Carmody Hills Group	127	Grateful Participants Men	1141	More Peace of Mind	
100	Capitol Heights Group	100	Greenbelt Step Club	347	Mt. Rainer	
984	Capitol Hill Group	12	Growing Group	300	Moving Into Solution	
120	Change of Life	146	Grupo Washintoniano	1238	Navy Yard Big Book	
124	Cedar Lane Women's Group	15	Haven at Last	100	Neareast Group	
210	Clinton 6:30	257	Heliotrope Men's Stag	395	N.E. Sunrise	
50	Clinton Sun. Night	125	Hope Fellowship	116	Never Walk Alone	
308	Coffee & Donuts	241	How It Works Germantown	465	New Beginnings NW	
786	College Park Group	210	High Sobriety	536	New Beginnings Women	
575	Corona Vagabond	120	Hyattsville Hope Online	17	New Beginners SW	
1622	Cosmopolitan Group	346	Hyattsville Hope Live	103	New Hope 123	
530	Daily Reflection Aspen Hill	117	Imp'ving Conscious Contact	242	New Unity Gay	
48	Daily Reflections SW	423	Informed Group	105	Northeast New Hope	
256	Daily Reflections UP	344	Irreverent Women	400	N.W. Metro	
73	Darne Good Big Book	1800	Into Action	635	Norbeck Women Friday	
2468	Darnestown Men's	981	Just 4-2 Day	263	Norbeck Women-Wedn.	

140	Nuts & Bolts	240	Six & Seven Step Online
306	Oasis Women Big Book	693	Sober Living
100	Old Fashion Group	254	Southern Sobriety
540	Olney New Times	5635	Spiritual Awakening
1206	Olney Stag Rap	272	St. Barnabas Women
42	On Awakening	70	St. Mary's Gay
250	One Day At a time Lanham	425	St. Francis Group
398	On the Circle	70	Sunday Men's Step
158	Out to Lunch	1018	Sunday Morning Breakfast
160	Out of the Woods	144	Sunday Morning Brunch
500	Pillars In the Park	400	Sunday Morning Joy
5352	P Street	1942	Sunrise Sobriety
14	Pointer Ridge Group	2655	Sunshine G'burg
60	Petworth Group	870	Takoma Pk Necessity
220	Potomac High Noon	33	Takoma Pk Women BB
857	Potomac Women	198	T.G.I. 5:30 Online
443	Progress Not Perfection	129	T.G.I.F.
107	Queer Wo', Non-B, Trans.	5	The Way Group
414	Quince Orchard	247	Thursday Small Group
483	Radicals	918	Twelve Point Bucks
244	Redgate	200	Upper Marlboro Step
204	Riderwood Bills	23	Uptown Group
527	Room with A View	751	Victory Lights
532	Rosedale Sobriety	150	Village Idiots
191	Saturday Afternoon-UP	736	We Are All Beginners
640	Saturday Morn. Steps	943	We Care
165	Sat. Night Happy Hour	342	Wednesday Night Winners
65	Second chance	256	Westmoreland Women
252	Serenity	34	Westside Beginners
502	Serenity House	566	Westside Women
298	Serious Business	531	What's Happening Now
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THINGS WE CANNOT CHANGE

Big Garland, December 2025, Metropolis Club, 33 years sober

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