



## FACE EVERYTHING AND RECOVER

## WAIA May 2026 Announcements

### Calls for Service:

- **Office Chair:** Executive committee would like to establish a formal review process to inform compensation discussions, take a look at personnel manuals, coordinate on tech updates with tech committee, and other tasks.
- **Technology Chair.** Keep the WAIA website running smoothly and assist with technology improvements. There is an active committee seeking an experienced IT professional to lead the committee.
- **Outreach Chair.** Lead the charge on getting more groups to actively participate in WAIA monthly meetings!

To learn more about these positions, reach out to Cassandra [Chair@aa-dc.org](mailto:Chair@aa-dc.org).

### Office, Nightwatch and Helpchat Volunteers Needed!

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

**Remote Phone Shifts:** (1 Year Sobriety Requested) Sunday 7-10 PM, Saturday 4-7 PM

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

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

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

## From, Chris P., WAIA Archives Committee Chair

On March 21, 1940, something happened in Washington, D.C. that had never happened before, but that has happened every week and then every day since: There was an A.A. meeting in a public place.

The newly formed Washington Group of Alcoholics Anonymous had between five and ten members that had been meeting in private homes since about December of 1939. But finally George S. took command and declared: "To hell with opposition, this city needs meetings!" Remember that A.A. meetings as we know them today were not yet a thing in early 1940. The Big Book, which was not even a year old, barely mentions meetings. The work of A.A. was being carried out at hospital beds and kitchen tables; nobody knew if meetings were the best way to carry the message.

The first meeting was in the upstairs of the Veterans of Foreign Wars Hall on the corner of 17<sup>th</sup> and L Northwest. The downstairs was a bar, and Bob E., an early D.C. A.A. member, remarked that "Well, this can't be all bad. At least these boys have a sense of humor."

We don't know exactly who was at that first meeting, but Fitz M., better known as "Our Southern Friend," was definitely there. Harden C. was one of the first Twelfth Step calls Fitz made when he moved to D.C. in late 1939. George S. was a brigadier general who Life Magazine later in 1940 deemed as one of the six foremost generals in the U.S. army. Steve M. was also an army officer, who once said "one of the [alcoholism] cures left me unconscious for a week." Steve later started A.A. in Atlanta. Ned F. was a New York attorney landed a government job when he told his story of recovery to a recruiter. Dorothy H. is the first D.C. woman member we have a name for—rather than just mentions of "lady alkies" or "gals." Bill E. owned a publishing company, and was said to have been a local Oxford Grouper who got sober in 1937. This makes Bill the only evidence of D.C. Oxford Group activity with alcoholics. Jimmy B., who wrote the story "The Vicious Cycle" had been friends with Fitz since their childhood near Annapolis. Arlington businessman Bill A. was also likely there, and Bill would establish meetings in Northern Virginia. Finally, A.A. co-founder Bill W. and Marty M., who wrote "Women Suffer Too," were both invited from New York, but we don't know if they came.

Non-alcoholic professionals were probably also there. Judge Walter Casey had met Fitz and Bill W. in 1938, and would later allow A.A. members to make contact with offenders in his courtroom. Mary Harworth was a Washington Post columnist who had been recommending A.A. as early as February 1939. Dr. Joseph Mendelsson was a psychiatrist who in May would get the Washington Group literally on the front page of the Washington Star. Reverend John Rustin was close friends with Bill A. and was an early ally among the clergy. Any or all of them might have been at that first meeting.

Eighty-six years later, this city still needs meetings. So as we prepare for tonight's meetings, perhaps we can think back to those ten or so alcoholics in March 1940 who were nervously setting out ashtrays, brewing coffee, and arranging chairs for that very first meeting, listening for the footsteps of the first new D.C. alcoholics to find hope. It worked then, it works now, it will work tomorrow, and it will work eighty-six years from now.

## The Right Place

I am currently serving as chair of my district's Cooperation With Treatment Facilities (TF). As part of my work, I took a panel into a local treatment facility a little over a week ago. It was a women's outpatient group. I brought my sponsor and another woman from my home group with me.

I led the informational part of the panel, as I was the facilitator. Then my sponsor and the other woman shared their stories. Both women are familiar with the Traditions and respect singleness of purpose. After they shared their stories and we closed the panel, everyone started leaving except for this 24-year old woman who was very emotional and was embarrassed to walk out in tears. The three of us stayed behind and did our Twelfth Step work with her.

It was just the four of us in the room. She was crying because she identified with what she'd heard, and for the first time in her life she was feeling she might be a real alcoholic. She explained to us that she had never identified as an alcoholic before in meetings. No one had ever told her story, she said, or shared her feelings. She told us that she was a blackout drinker, and she never understood why alcohol affects her differently than all of her friends. She said she had never heard anyone in the meetings talk about blacking out or the phenomenon of craving. My sponsor asked her what meetings she been attending. She told us that she was going to a different fellowship because that's where everyone else at that facility went. I asked her if she was also a drug addict. She said no, she wasn't, that alcohol was her problem, but that the (well meaning) treatment facility staff had told her that alcoholism and drug addiction are the same thing.

The next day we took her to our home group. This was her very first meeting of Alcoholics Anonymous. She cried for hours afterward. She said she identified with every single share. That was just a few days ago. Since then, she's been attending an AA meeting every day and has found some hope. One of my sponsees became her sponsor and has been taking her through the Big Book. She has now completed her First Step and is on Step two. She is excited for her future in AA.

Thank you, Bill & Bob, for being able to foresee the crucial need for identification and singleness of purpose.

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## LET THEM SING – Tradition 4

It's hard to fathom how well Alcoholics Anonymous has fared throughout its years of existence which began in 1935. Navigating the waters in those early days was a lot more treacherous than the average member of today's AA population would be aware of, since efforts of the founders have been proven to have weathered each and every storm that appeared on the horizon. The AA members of that time did however, have the experience of understanding the mistakes of their predecessors, The Oxford Group, which had some success where it had recorded over one hundred thousand sober members before it ventured outside certain boundaries and got off the track when religion seemed to become more of an agenda than sobriety.

Then there was the similar experience when it came to the Washingtonians that also let outside influences like politics and outside money issues take over the agenda. These mistakes did not go unnoticed by the early members of the AA program and may have been the things that set the tone for being very careful about sticking to our singleness of purpose requirement, and structuring the tradition in a way that gives the individual groups as much leeway as possible as not to discourage diversity yet staying on course when it comes to rules that would omit any alcoholic that wants to get sober.

Autonomy is simply a form of independence that gives each group the latitude to be creative in their own way, when it wants to appeal to certain factions of the alcoholic community at large so long as it doesn't cross over into making those painful mistakes that could lead us down that path that led to the dismantling of those groups that came before AA. Today, in AA we have meetings that cater to specific segments of the AA population, such as: Men's Meetings, Women's Meetings, Closed Meetings, (alcoholics only), Open Meetings, Gay and Lesbian Meetings, Step Study, Big Book, Spanish Speaking, and on and on. The common theme for all of these meetings is to carry the message to the alcoholic who still suffers. Anyone who has a desire to quit drinking cannot be turned away if; indeed that meeting wants to continue to be called an AA meeting.

I was serving in the U.S. Navy at the time when I got sober in late 1969 and shortly after my one year sober celebration, I was on a plane heading to the Philippines to go aboard a fuel tanker and I spent the next four months hauling fuel out to the Tonkin Golf and refueling the convoys of ships out there during the Vietnam War. During that four months period I was unable to go to a single AA meeting. What did happen during that time when I was cut off from the daily news concerning the AA program, without my knowledge was the sad news that Bill W. had passed away. This happened shortly after I left the country and by the time I returned home it was no longer the topic of conversation and I heard nothing about it.

Shortly after I returned home my wife and I attended an AA convention in California and to my surprise, the main event at that convention was the Bill W. Memorial Meeting, and I had no idea when he had passed away, it could have been ten years earlier for all I knew. On the stage at that meeting there were ten chairs lined up and seated in those chairs were ten of the most prominent speakers of that time, and each of them were to tell a five minute story of their own personal experience with Bill. The one story that I still remember from that meeting goes something like this.

On a request from some of his AA friends on the west coast, Bill was on a train going to California to speak at several well planned out meetings. The members of AA in a small Midwestern town heard that his train would be stopping in their town and asked if he would consider stopping over for a day and speaking at their meeting. He agreed to do it as he usually did in those days. When the train arrived the town members expected Bill to arrive with an entourage of people assisting him, and they had arranged a welcoming with a band, a large crowd, and an all the town's dignitaries. When the train stopped, the only one that got off was Bill, as he walked down the ramp alone with one suitcase. He proceeded to the planned meeting place and as the meeting began, Bill was somewhat shocked when the members started the meeting with several church hymns. Never the less, he fulfilled his promise and gave his talk and was again disturbed when the meeting ended with several more hymns. After completing his stay he boarded a train and continued on his way.

On the train, what kept bothering Bill was "what are they doing to AA with the hymns" and it didn't seem right. Then Bill started thinking about the size and the population of that small town, and about the large number of alcoholics that attended that meeting and he concluded that, per capita, that was probably the largest meeting in the country and if they wanted to sing hymns, well that's their business.

I believe that tradition four leaves it up to the individual group's discretion to consider the different cultural influences that affect the make up and the structure of the meeting format and I believe that Bill got it right as long as it does not change the spirit of our primary purpose, to carry the message to the alcoholic who still suffers and that no one with a desire to stop drinking can be turned away.

By Rick R.

## HOW STEP 4 CAME TO ME

DURING ELEVEN years in AA, I have become more and more aware of the difficulty that so many of us have in the successful completion—or perhaps I should say the successful beginning—of Step Four.

There is much good material to guide us through this important Step, chiefly in the Big Book and Twelve Steps and Twelve Traditions. Perhaps because of so much written material, plus so many different personal approaches that I heard, it was for a long time very difficult, if not impossible, for me to “keep it simple” and thus approach the Step in anything but a mechanical manner. This I did twice in treatment centers, because I was told to do it, “and the result was nil” for me.

In retrospect, I see I had not accepted the three preceding Steps fully and honestly. My experience is only my own. I have known many who have apparently completed the Fourth Step successfully in treatment on a “forced feeding” basis.

Between these two attempts in treatment, I tried the Step alone on the “outside,” and it very nearly led me back to a drink. Again, I either was not ready for it or misunderstood it and therefore was confused and did not possess the honesty, willingness, or ability to be “searching and fearless.”

Contrary as it may seem, it is now my firm personal opinion that Step Four is strictly a present inventory or accounting of myself, and not a history of misdeeds committed during a long career as a practicing alcoholic. It strikes me that what needs my attention today is my present attitude toward these many destructive incidents from the past, along with other character defects that could lead me back to drinking or, at best, to an unhappy “sobriety.” I can see no profit in creating or increasing a burden of guilt and remorse regarding the past by digging up those painful incidents with which I am already too familiar. Guilt and remorse are themselves among the very things that need looking at today in Step Four, so that they may be honestly admitted to in Step Five and removed in Steps Six and Seven.

As an aside, regarding the past, I have found comfort in two ideas. The first is this: Being a practicing alcoholic (a thing I did not choose or set out to be), I quite naturally did to myself and others many of the terrible things that are typical manifestations of the disease of active alcoholism. I am hardly alone in having demonstrated these outward manifestations. The second idea is this: Being a practicing alcoholic, I probably did about as well as I could under the circumstances at any given time. It usually wasn't very good, but it was still my best under the circumstances, and I must remember that, for many years, I did discharge a lot of daily obligations pretty well—until I began approaching the end, the bottom of the chart, the hopeless, helpless, full-blown stage of chronic alcoholism. I sincerely hope I am not using this rationale as a way out.

Now let me tell you how Step Four finally came to me. And that's exactly what it did. It came to me; I didn't come to it. I had come to Step One, then to Step Two, and then to Step Three over a period of time with all the honesty, open-mindedness, and willingness I could muster. Then, one early morning, Step Four came to me quite unexpectedly. I found myself reaching for note pad and pen and began writing, very rapidly at first and then more deliberately as approximately one and a half hours slipped by. Somewhere along the line, I believe, two convictions had finally gotten a foothold somewhere in my mind. The first was that I would go to any length to avoid another long and totally debilitating and terrifying period of dry depression; the other, that if God was going to restore me to sanity, I would have to do my full part in the process, unreservedly.

I did not concern myself with any pluses. I was already too aware of what I fancied to be my few remaining virtues. Nor did I concern myself with details from the past. I zeroed in strictly on what was wrong with me. Of course, what was wrong with me was my thinking, those somewhat diminished but still very present and destructive remnants of the alcoholic mind. This defective thinking had kept me in bondage to alcohol. Later, it had condemned me to dry periods, more drinking, dry periods, more drinking, ad nauseam, and this thinking and the resultant feelings had made any true sobriety quite impossible. It was these old defects (the list was long) that had to be gotten out of me and onto paper so that I could look at them squarely and thus prepare myself for their removal in the next three Steps.

All that sounds rather simple, doesn't it? The only hooker is that it isn't. Among other things, I have had to violate one of my cardinal rules and jump out of order to Step Ten each day of my life since then. But then, why not continue to take inventory? The alternative is not at all an attractive choice.

My sincere hope—and my only reason for writing this—is that it may somehow reach and help somebody still lost in that awful wasteland from which I am just emerging and back into which I could so easily and quickly fall. My experience has been that Step Four was the beginning of the way out.

By: C. W. B. | Tryon, North Carolina, Reprinted from <https://step2mensgroup.com/2020/04/how-step-four-came-to-me/>

### Spicing things up

One evening after supper Mary's drunk husband asked her if they could spice up their love life a bit. Maybe they could switch positions sometime.

"Sure," Mary replied. "You go to the sink and wash dishes, and I'll sit on the couch, drink beer and belch."

Never ever, ever, ever go to the horse auction after 4 margaritas  
Lesson learned.



**So you're telling me when a baby crawls across the floor For its bottle it's cute.... but when I do it , I need an intervention**

### Another trip to Jail:

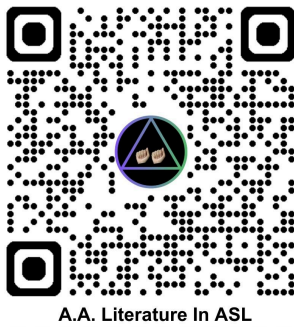
**Cop:** "Your eyes look red. Have you been drinking?"

**Driver:** "Your eyes looked glazed. Have you been eating donuts?"

[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”**



## 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)
- [LSM Resources](#) Lengua de Señas Mexicana / Mexican Sign Language
- Grapevine stories in Spanish [La Vina Magazine](#) & [YouTube](#)
- [LSQ Resources](#) Langue des signes du Québec (LSQ) / Québec Sign Language
- Join the Deaf A.A. news email list. If you want to be on the bcc list [deafaawebmaster@gmail.com](mailto:deafaawebmaster@gmail.com)



Alcoholics Anonymous Women's  
Thanksgiving Spiritual Retreat

When : Friday May 15 - May 17<sup>th</sup>, 2026

Where: Loyola on the Potomac  
9270 Loyola Retreat Road  
Faulkner, MD 20632

Theme: Learning to Be Astonished: Moving from Acceptance to Gratitude  
Cost \$275 includes private room and all meals

Register at <https://loyolaonthepotomac.com/outside-retreat-registration-1>

Questions contact Gwen 4438246844, Sue 20238868919, Katherine 5715949801, Minnie 2025964637

PHELPS LUCK GROUP PRESENTS

# Back to Basics

## Alcoholics Anonymous Beginners Meetings

*“Here Are the Steps We Took...”*  
In Four One-Hour Sessions



**Sundays at 4:00 PM**

📅 May 17 • May 24

📅 May 31 • June 7

### 📍 Alano Club

9231 Rumsey Rd • Columbia, MD 21045



**Join via Zoom:**

➔ [https://us06web.zoom.us/j/6905877013?  
pwd=bi3XYcFY7QYmvrFMbrKLysDvlyDpV.1](https://us06web.zoom.us/j/6905877013?pwd=bi3XYcFY7QYmvrFMbrKLysDvlyDpV.1)



**Meeting ID: 690 587 7013**



**Passcode: 164**



Scan for Zoom Link



**Contact: Brian D – 240-515-8022**

**Yvette M – 443-956-9672**



YOU'RE INVITED TO THE  
EX LIBRIS

SPRING  
POTLUCK



May 23 | 3 p.m.

Rock Creek Park Picnic Grove 8



# Happy Destiny Retreat

5 pm Friday – 11 am Sunday  
June 5 - June 7, 2026



Main HR Website  
happydestinyretreat.org

**Camp Round Meadow**  
14840 Manahan Road, Sabillasville, MD



**Service Work**  
Will Be Part  
of This Retreat

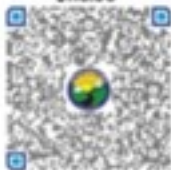
## \$115 Registration Fee Includes:

- Great Meals & Snacks
- Heated Cabins
- AA Anon Participation
- Open AA Meetings
- Sober Fellowship
- Activities & Workshops

Register and pay online (\$3.00 Service Fee) or use mail-in form.  
Space is Limited! One person per form please.

Register through the website (QR code above), then scan to pay.  
▶ **Make sure** to use the same email address so we can match the payment to the registration!

\$115.00



PayPal

QR-Krieg-03

4228



venmo

Payment in full preferred  
OR deposit of \$50 by May 1<sup>st</sup>  
and balance due by May 28.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt size:  S  M  L  XL  XXL  XXXL  
style:  Men  Women

Ride Sharing:  I can offer a ride or  I need a ride

Anonymous scholarship contribution so others may attend

\$10  \$20  \$30  \$40  \$50  \$ other \_\_\_\_\_

Dietary Preferences\* (please check all that apply)

Gluten-Free  Vegetarian  Vegan  other \_\_\_\_\_

Mail Registration & Payment to:  
**Happy Destiny Retreat**  
c/o Mike Krieg  
13014 Turkey Branch Pkwy  
Rockville, MD 20853

For more info visit:  
[www.happydestinyretreat.org](http://www.happydestinyretreat.org)  
email: [happydestinyretreat@gmail.com](mailto:happydestinyretreat@gmail.com)  
or call 240.813.9411

Full & Partial Scholarships Available!  
If you need a scholarship, select:

Full  Partial \$ \_\_\_\_\_

No Pets Allowed at the Camp  
**Only Registered Participants May Attend**

\*While we strive to accommodate a variety of food preferences, if you have allergies, or a specialized diet, you are welcome to bring your own food and store it in the kitchen. Please contact us if you have any questions.

# The Arch to Freedom



## 52nd Maryland State Convention

June 19-21, 2026

Hosted by Maryland General Service, Inc  
with Al-Anon and Alateen Participation

## Sheraton Baltimore North Hotel

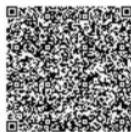
903 Dulaney Valley Road Towson, Maryland 21204

### MGS Room Rate:

\$129 per night plus tax  
King or two Double Beds

More Doubles available as  
holds are released

### Book rooms at the MGS Group Rate!



You may cancel your  
reservation for no charge  
2 days before arrival,  
June 16, 2026

<https://bit.ly/MDStateConvention>

**Free Parking Garage Validation for all Convention Registrants**

### Full schedule available on our Mobile App

#### FRIDAY

7 AM	Registration Opens   Hospitality Suite Opens   Committee Displays   Coffee   Alcahlon Meetings (7am - Midnight)
8:30 AM	AA Speaker (Steps 1 - 3): Gina T., Pennel, PA
10 AM - 5 PM	AA, Al-Anon & Spanish Workshops
10 AM & 2:30 PM	Joe & Charlie Steps 1 - 3 & Steps 4-9 Workshops
11:30 AM	Delegate's Report
12:30 - 2:30 PM	Lunch Buffet
4 PM	AA Speaker (Steps 4 & 5): Lance B., Parkville, MD
5:45 - 7:45 PM	Plated Dinner
7:30 PM	AA Play "The Coffee Pot Zone"
8:45 PM	AA Speaker (Steps 6 & 7): Linda K-K., Piscataway, NJ
10:15 PM	Ice Cream Social or AA History Workshop
11:59 PM	Alcahlon's End & Hospitality Suite Closes

#### SATURDAY

7 AM	Registration   Hospitality Suite   Committee Displays   Coffee   Alcahlon Meetings (7am - Midnight)
8:30 AM	Joe & Charlie Steps 10 - 12 Workshop
10 AM	Al-Anon Speaker: Michele G., Charleston, WV
10 - 5:45 PM	Workshops
11:30 AM	Delegate's Report
11:30 - 1:30 PM	Lunch Buffet
3 PM	Old Timers Panel
6:15 PM	Banquet Seating Opens
7:30 PM	Doors Open for Non-Banquet Seating
7:45 PM	MGS Introductions & Gratitude
8:00 PM	Sobriety Countdown
8:30 PM	AA Speaker (Steps 8 & 9): Jim W., Charleston, WV
10:00 PM	DJ Dance   Ice Cream Social   Joyful Noise Song Circle   Game Room
11:59 PM	Good Night!

#### SUNDAY

7:00 AM	Rise & Shine! Coffee   Hospitality   Alcahlon's (until 9AM)
8:30 AM	Workshops
10:00 AM	AA Speaker (Steps 10 - 12): Robert H., Lexington, SC
11:15 AM	Committee Farewells
11:59 AM	Convention Ends

**Coffee & Beverage Service (\$10 per person for entire weekend): Daily 7:00-10:00 AM, 2:30-5:30 PM & 8:00-11:00 PM. Also included with meal purchases.**



### WAGSA Area Committee Meeting

**Monday May 11, 6:00 PM—9:00 PM.**

Orientation for GSRs & DCMs—6:00 PM –7:00 PM

WAGSA Committee Meeting—7:00—9:00 PM

To join the video meeting, click this new link:  
<https://us02web.zoom.us/j/82414991286>

Meeting ID: 824 1499 1286  
There is no password needed.

For more info: [area13aa.org](http://area13aa.org) or email: [hair@area13aa.org](mailto:hair@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 Monthly Board Meeting

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

**May 12th, 2026—8:00 PM - 9:00 PM**

Meeting ID: 834 6059 8434  
Passcode: 819862  
Dial-In: 301-715-8592, Passcode: 819862

### 58th Near East Group Anniversary

**Monday , May 4, 2026**

8:00 PM—9:30 PM.

Eating will begin at 8:00 PM  
Meeting starts at 8:30 PM

SALEM BAPTIST CHURCH  
917 N. ST. NW  
WASHINGTON, DC 20001.

There is plenty of parking in the church parking lot..

- 60 14 Promises
- 252 180 Degree Club
- 613 930 Club Online
- 103 Anacostia Group
- 400 Andrew's Armed Forces
- 223 As Bill Sees It NW
- 60 Aspen Hill Phoenix
- 37 Attitude & Action
- 20 Brightwood
- 509 Burtonsville Big Book
- 1080 B.Y.O.L.
- 120 Change of Life
- 24 Chinatown Big Book
- 80 Coffee & Donuts
- 40 Conscious Contact
- 25 Daily Reflections UP
- 836 Darnestown Men
- 106 Darnestown Men Online
- 251 Deanwood Step
- 1770 Downtown Silver Spring
- 115 DCC 9:30 Club Live
- 880 Double Dippers
- 146 Dunrobbin Group
- 600 Epiphanies
- 420 Free Spirits
- 700 Fireside Spirituality
- 594 Georgetown Group
- 258 Glenarden Group
- 150 Good News Beginners
- 125 Goose Hung High
- 900 Haven at Last
- 181 Informed Group
- 382 Into Action
- 154 Irreverent Women
- 315 Just Let Go
- 303 Lawyers Group
- 25 Let Go Let God
- 108 Lifesaver Big Book
- 6 Men In Recovery
- 455 Messengers
- 900 Midtown
- 2573 Monday Men
- 77 Montg. County Women online
- 120 Mt. Rainier
- 261 Moving Into Solution
- 8 Navy Yard Big Book
- 121 New Beginnings NW
- 200 New Unity Gay Group
- 44 NW Metro Group
- 311 Norbeck Women Friday
- 100 Nuts & Bolts
- 124 Oasis Women
- 105 Old Fashion Group
- 48 On Awakening
- 1657 Open Arms
- 50 P Street
- 89 Poolesville Pot Luck
- 57 Potomac Men
- 333 Potomac Women
- 421 Progress Not Perfection
- 254 Quince Orchard
- 705 Radicals
- 500 Rarely Have We Seen a Per-  
Son Fail
- 125 Redgate
- 160 Riderwood Bills
- 300 Room with A View
- 73 Sat Afternoon ABSI
- 186 Serenity House
- 1260 Silver Spring Group
- 385 Singleness of Purpose
- 750 Six & Seven Step Live
- 288 Sober Living
- 155 St. Barnabas Group
- 700 St. Camillus Group
- 96 Sunday Men's Step
- 725 Sunshine G'burg
- 78 Tenleytown Keep Coming
- 480 The Capacity to be Honest
- 99 T.G.I. 5:30 Online
- 92 The Last Stop
- 10 The Way Group
- 400 Triangle Clb Late Night
- 180 Twelve Point Bucks
- 360 Victory Lights
- 228 Village Idiots
- 150 We Are All Beginners
- 329 We Care
- 262 Westmoreland Women
- 136 Westside Women
- 120 What's Happening Now
- 413 Women's Happier Hour
- 46 Women Living sober
- 989 Yacht Club

- 100 Birthday
- 1023 Faithful Fivers
- 7429 Individuals  
Memorial

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>. o receive an email with the link each month, email [newreporter@aa-dc.org](mailto:newreporter@aa-dc.org)

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**Have a story about your recovery in AA? Tell us your stories about how you're saying sober.**

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

Years

4/4/2026	Ed S.	DownTown Silver Spring	29
5/28/2026	Shayn A. (NC)	Petworth	37

### THINGS WE CANNOT CHANGE

Chris Dwyer, March 16, 2026, Greenbelt Step Club, 34 years sober  
 John Thomas, April 23, 2026, Silver Spring Group, 40 years sober

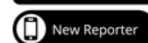
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*Opinions expressed herein are not necessarily those of the Washington Area Intergroup Association or A.A. as a whole.*

## VOLUNTEER

**Guess who it really Helps?**

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## MAY 2026