

### Brotherly Love

Preparing a list of those to whom we owe amends



## WAIA August 2026 Announcements

### No regular WAIA monthly Board meeting in August

### WAIA Annual Budget Meeting, August 11th 2026, 7:00PM—9:00 PM

The WAIA Finance committee will present the draft 2027 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 2026 Board Meeting, per WAIA's by laws.

### All AA members are welcome to attend.

Zoom Meeting ID: 834 6059 8434

Passcode: 819862

### Here's a link to the WAGSA Area13 Delegate's Report back from 76th General Service Conference from ore delegate, Stan C.

<https://drive.google.com/file/d/1WDt8Qh9Fyn9AwZngqPcYGG6VQSf0CcOg/view?ts=6a67aa21>

## Office, Nightwatch and Helpchat Volunteers Needed!

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

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

**Please direct all  
communications to:**

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

6-12-2026

Dear friends,

My name is Tom Ivester, and I am not an alcoholic. I am privileged and deeply honored to serve as a Class A Trustee to the General Service Board of Alcoholics Anonymous. In fact, just this year I made it through my 1st General Service Conference, so I feel that I've finally graduated from my orientation to the structure and work of the service side of AA.

While I attempted to find some creative pathways to becoming so, I am obviously not a member of AA, yet I feel like I belong. I even feel like I have a home group back in Southern Pines, NC, though I haven't attended in a while. And with that sense of belonging, I also feel a strong sense of responsibility to and for this amazing fellowship. You see, I am a product of this program. In a somewhat perverse sense, I am one of your children. This came to be through what the fellowship gave to my father, which wasn't just sobriety but a life - and an amazing one at that. He came to AA behind the walls of Michigan State Penitentiary, as broken and wasted a human as you can be. The man that emerged, however, assumed a life that was deeply committed to service - not just in AA but in every aspect of his life, and he contributed greatly to the community and beyond. I could not have asked for a better role model. We lost our father just over 3 years ago, at which time he had 65 years of sobriety. Throughout those 65 years, the spiritual foundations of Alcoholics Anonymous fully informed his values and how he lived them. He never relented in his commitment to service, both formal and informal, and that imprinted deeply on my sister and me.

Now, Dad was not particularly effusive or open on a personal level with my sister or me. Rather, growing up, we got to know him through this fellowship. We observed keenly as he interacted with others, and we listened intently to his talks. And the more I learned, the more I wanted to learn. I read the Big Book for the 1st time around age 10 or 11, ripping it from Dad's shelf the night I heard his story for the first time. I gobbled up pamphlets at every opportunity (thankfully, none of my 11-year-old friends discovered this odd library hiding in my nightstand!). Of course, I made no connection between the literature I was consuming (or the coffee and cookies) and the basket being passed at every meeting! I would soon be introduced to the Seventh Tradition.

Now I do not mean to hyperbolize, but in a very real sense, I owe my life to this program. Without this program, I don't exist. My family doesn't exist. And the life I have is all the fuller as a result of the spiritual principles instilled in me by virtue of my father's truly living this program. So you can hopefully understand my occasional frustration with this one particular Tradition that prohibited me from contributing to AA! "What kind of organization is this???" we would complain. "Don't they need our money?" "Don't we owe them something?" I explored every loophole. What if we sent money anonymously? Nope. Could you bequeath a portion of your estate? Nope. Can I sneak some money into the basket? Nope (well, on occasion, Dad would hand us a dollar or two to drop in the basket on his behalf). I had resigned myself to the notion that our family was a perpetual beneficiary of Alcoholics Anonymous and there was simply nothing I could contribute. That is, until a couple members reached out and educated me on the opportunity to serve as a Class A Trustee. Being almost completely ignorant of the service structure of AA, I had no idea such a thing existed! Having learned this, there really was no choice except to apply for the role. The timing was not ideal due to other life and professional circumstances, but I have a sense that it happened now because it needed to.

The learning curve has been steep. As a physician and senior healthcare leader, I've been a part of a handful of corporate and nonprofit boards, but there simply is no other organizational structure like this

one! I read the service manual, attended meetings of the board, participated in committees and subcommittees, read the Big Book, watched videos, and read pamphlets. The 'upside down triangle' just didn't make complete sense, at least not completely, until I got into my first General Service Conference. This is when the lights came on and the whole structure came to life for me. Does it make perfect sense to me? No, but I understand it, and I certainly wouldn't want to change it! And there are absolutely some elements that should be adopted by other boards, and maybe even society. To see the voices of the fellowship and its vast diversity of groups channeled and amplified before the entire Conference, the steadfast adherence to spiritual principles and our primary purpose, and the expression of substantial unanimity were simply awesome. It was simultaneously heartwarming, and frustrating, and inspiring, and exhausting, and meaningful, but it was the sheer beauty of it all together, and the love for one another and AA that will stay with me.

Having reflected on this year of learning, and looking to my years of service ahead, I have major ambitions for what I hope we can accomplish as the General Service Board and the small amount I get to contribute - there are so many out there who desperately need this fellowship but haven't found it. I also feel the full weight of our critical roles as stewards of very finite and valuable resources. I know first-hand that my fellow trusted servants and every member of the General Service Office feel this as well, and it is fully expressed in the careful discipline, incredibly hard work, and staunch orientation to our primary purpose with which they approach their roles. I know that my ambitions for us must be tempered to meet the realities of our resources, but I am nonetheless excited for all that we will accomplish together in service.

Before I close, I hope y'all will tolerate a brief diversion as I work to navigate the intersection of my professional and service brains. At work, I often need to rely on analyses to help guide important decisions. A common metric we use around key investments is ROI (return on investment), which measures whether an investment will yield a particular level benefit for our patients or a financial margin for the organization. Ideally, it's both! So, as I've reflected on the experience of my father and my family through recovery, and how that translates across the fellowship, I've begun to ponder the ROI of our service structures and AA in general, and I think most folks have totally missed the boat on this.

Okay, stick with me here, 'cause this might get a little slippery but should be directionally accurate. Now, I am not inclined to attach a dollar value to a life, but certain agencies do. This is how they determine the investment threshold for a new safety device, regulation, or health intervention. A commonly used measure is the Cost of a Quality Adjusted Life Year, or QALY (each additional year of good life quality), which averages around \$100,000 per QALY. Using my father as a case study, there is no doubt in my mind that he accumulated at least 60+ solid QALY's as a direct result of this fellowship. Even simple math shows a solid return. Since his was likely on the more severe end of spectrum, we can't apply that impact across the fellowship. But let's say that AA has a substantial life impact on 20% of its members (400,000), and that they achieve an average 7 additional QALY's. That would mean an aggregate value of **\$280 Billion USD**. The General Service Board receives around \$11 million in contributions annually. Doing some creative backwards math, one could estimate contributions across the entire fellowship (groups, districts, areas, GSO) at around \$175 million. The resulting ROI is around 1600x – meaning \$1600 in value for every dollar contributed. I know of no other organization with this level of impact.

Ultimately, though, there is no dollar amount I can place on the impact of AA on my family – it has been priceless. It is no doubt the same for many others. What Dad got was joy, achieved via a deep sense of purpose and a true sense of belonging, a life of service and meaningful contribution. That can't be measured or repaid. But it can be passed on. I hope that I can help.

To close, I really can't adequately convey the immense gratitude I feel for this incredible opportunity to serve Alcoholics Anonymous. It is indeed among my greatest honors. I can't give you my wallet (though I gladly would), but you have my heart and mind. While I know my contributions will be small in the grand scheme of things, I hope that I am used to the fullest of my capacity and capabilities for the short time I am able to serve. And for that, I am truly grateful.

Tom Ivester

## Ready to Sweep

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 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., Poughkeepsie, New York **Copyright © The AA Grapevine, Inc. (August, 2015) Reprinted with permis-**

## Tradition 8

*“Alcoholics Anonymous Should Remain Forever Nonprofessional, but Our Service Centers May Employ Special Workers”*

Written to protect us from ourselves, the Traditions reflect the collective problem-solving experience during our fellowship’s first dozen years. In the 60 plus years since they were proposed then adopted, none have ever been changed. What held true then holds true today.

Bill W., says in his essay about Tradition 8 in the book *Twelve Steps and Twelve Traditions*; “Freely have ye received, freely give.” In the next paragraph Bill reminds us, “Almost from the beginning, we have been positive that face-to-face work with the alcoholic who still suffers could be based only on the desire to help and be helped.

Tradition 8 guides our financial responsibilities telling us that Twelfth Step work is never to be paid for. As A.A. members representing the A.A. program we are all volunteers and the only expertise we claim is our own experiences as active alcoholics and our individual recovery through the practice of the Twelve Steps of Alcoholics Anonymous. This one-on-one sharing is the basis for our fellowships existence and the key to the spiritual experience of one alcoholic relating to another alcoholic, thereby saving two lives.

The Twelve and Twelve also defines SPECIAL WORKERS as professionals or paid employees who make Twelfth Step work possible. Someone has to sweep the floors, answer our phones, edit and produce our literature and “man the AA lifelines.” None of these paid workers are considered to be professionalizing Twelfth Step work. Their jobs are to make Twelfth Step work possible.

In our Home Group none of our members are paid for the work they do. Someone sets up the chairs, someone lays out our literature display, someone provides our coffee (out of their pocket, not group funds), someone pays our rent and keeps our books, someone attends business meetings and provides reports, and all are volunteers. The rent we pay does help pay for the clean, climate-controlled, facility in which we meet. Those paid employees make Twelfth Step work possible but in no way do they professionalize Twelfth Step work.

A wise old-timer once remarked, “The Twelve Traditions of Alcoholics Anonymous often provide just enough rope for us to hang ourselves.”

- Monte S.

(Reprinted from <https://www.saltlakeaa.org/2012/08/tradition-8/>)

## Became Willing—Step 8

I have found Step Eight to be a spiritual and moral exercise in clarity, honesty and willingness. I began by going back through the people on my Fourth Step inventory, and those from a previous Step Eight to whom I had not yet made full amends. Then I looked through all my Facebook friends and my entire phone contact list, noting down any name that brought up awkward feelings. It was an extensive list, but I knew I needed to be painstaking.

I worked through the list one person at a time, heeding the sage advice: don't begin with your mother. For each person, I used a simple method outlined by my sponsor:

Action—exactly what I did or said, as factually as I could, without moralizing.

Instead—what I believed I should have done.

Harm—who suffered, and in what way.

As I progressed, I shared each completed one with trusted fellows and then my sponsor. This process turned out to be vital. Sometimes I had imagined a harm where there wasn't one. At one point, I had every man I'd declined a second date with on my list. It was absurd. It became clear that my emotions, particularly guilt, were not a good guide to whether I had caused harm. More often, I had overlooked harms that were real but subtle: unkindness, coldness, a lack of gratitude. I discovered that harm was not always obvious. It could be physical or financial injury, but it could also be emotional damage, broken trust, neglect or subtle criticism that strained a relationship. Talking it through with fellows helped me see both the overblown and the overlooked.

Working like this also stopped me from being vague ("I was mean") and pushed me into truth ("I told them their taste in rugs was ghastly"). I began to see the difference between actions that were legitimate but caused upset, and those that were genuinely wrong and called for amends. I began making amends as I worked through the list. When names on my list filled me with dread, I prayed for the willingness to become willing. I learned not to minimize harms because of fear or resentment.

I also began to think about what the "sane and sound ideal" for each relationship could be. This helped me shift from only looking back to also looking forward, asking God for a vision of how I would act differently in the future.

Lastly, I have found it helpful to take and retake the Steps regularly. Clearing the wreckage of the past halts ego regrowth, lifts isolation, deepens humility and gives me the courage to face those I have harmed. These Steps allow me to look the world and myself in the face without shying away, and they give me the gift of real freedom and connection.

- Philip V-B: (Reprinted from Alcoholics Anonymous Continental European Region  
<https://alcoholics-anonymous.eu/>)

### Washingtonians of the Big Book. Part 3: “The Vicious Cycle”

*This is part 3 of a four-part series on Washingtonians whose stories have appeared in the book *Alcoholics Anonymous*, presented in order of sobriety date.*

Jimmy B. opens his story “The Vicious Cycle” right in the heart of his last drunk, his “D-Day,” in Washington, D.C. in January 1938. However, Jimmy had a long history with one of A.A.’s earliest members, Fitz M., author of the story “Our Southern Friend.” The two were childhood friends growing up in Southern Maryland, and Jimmy’s niece Sally recalled the two of them terrorizing the local rural roads in the early 1930s. Fitz carried on a life-long correspondence with another childhood friend Churchill Murray, who married Jimmy’s sister Marjorie. All four of them—Jimmy, Fitz, Churchill, and Marjorie—are buried in the same small cemetery in West River, Maryland.

Jimmy was an on-again, off-again Washingtonian. In 1936, he was issued a marriage license with a Massachusetts Avenue address, but, oddly and perhaps indicative of his drinking, the bride-to-be is not the woman he eventually married later that year. He moved frequently between Baltimore, New York, and Philadelphia. In the *12&12*, written before Jimmy’s story was included in the Second Edition in 1955, Jimmy is the man referred to as Ed, the militant atheist who the New York group wanted to throw out for his irreverence about God.

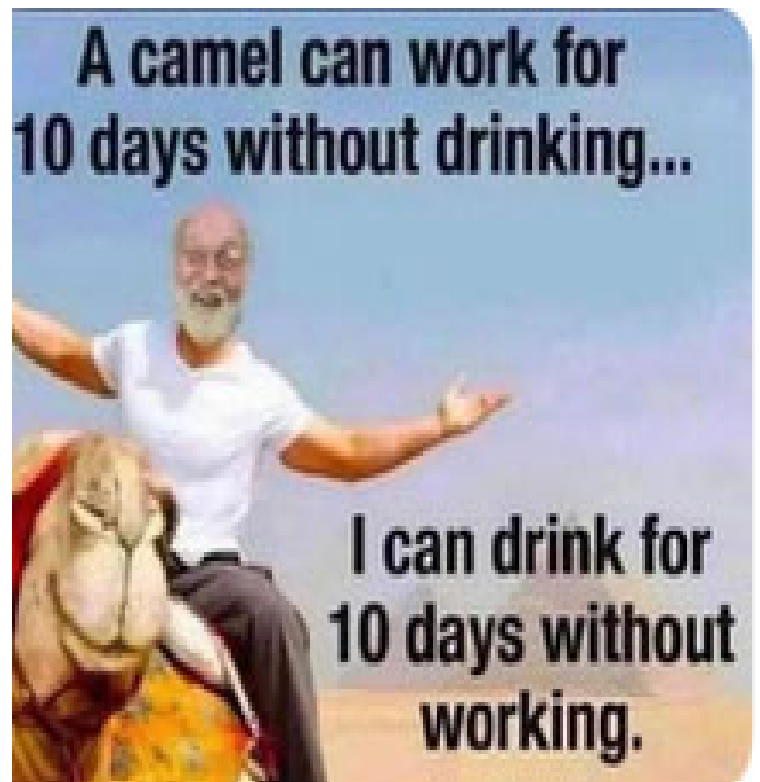
Some readers conclude that the Twelfth-Step call Jackie W. made on Jimmy took place in D.C., and that Jackie was an early D.C. member. However, later on in the story Jimmy says Jackie found him at his mother’s house, which Jimmy says was in Baltimore. In actuality, it was in Annapolis, on Hanover Street just outside the Naval Academy. Jackie was probably the Jack W. that Lois W. refers to as “a likeable little scamp” who never got sober. Jimmy started A.A. meetings in Philadelphia and Baltimore and visited D.C. often. Later on he moved to California and spoke at events frequently until his death in 1974. Many recordings of Jimmy describing his recollections of early A.A. history can be found online.



Jimmy is buried about thirty feet from Fitz M. in the Christ Church Cemetery in West River, Maryland. To visit his grave, go around the right side of the church (when facing the doorway). Go past Fitz’s grave at the back corner of the church and across a driving path. Jimmy’s headstone lies flat and is easy to miss.



When you're at a meeting and think of a really good comment but when it's your turn you forget everything.



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MARATHON MEETINGS  
PANELS • WORKSHOPS



FUN

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\$35 Registration at the Door

Rooms \$135 a night until 7/15/26



Registration &  
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**SESSIONS By - The – Sea**

Tuesday thru Sunday  
August 18-23, 2026

CONVENTION HALL - OCEAN CITY, MARYLAND

We are pleased to announce an outstanding program.

**TUESDAY EVENING**

Irene M  
North Myrtle Beach SC  
8:30 P.M

**FRIDAY EVENING**

Gerald B  
Frankford DE  
8:30 P.M.

**WEDNESDAY EVENING**

Dennis McL.  
Little River SC  
8:30 P.M

**SATURDAY MORNING (AFG)**

Jill P  
Seven Valleys PA  
10:00 A.M

**THURSDAY EVENING**

Christina G.  
Brecksville OH  
8:30 P.M

**SATURDAY EVENING**

Ethel N  
Philadelphia PA  
8:00 P.M

**FRIDAY MORNING (AFG)**

Susan H  
Eldersburg MD  
10:00 A.M

**SUNDAY MORNING**

John E  
Bellevue NE  
10:00 A.M

THERE WILL BE NO SMOKING IN THE CONVENTION HALL

~ Interpreter for the hearing impaired ~

~Good Fellowship

~Golf Tournament

~A.A. Literature

~Good Speakers

~Good Beach

~Fishing Trip

Registration is online only. Registration Badges must be picked up at the Convention Center and the name badge must be worn **visibly** to attend any event at the Convention Center. There will be **no other Registrations or Name badges** available at Sessions.

GO TO <https://www.sessionsbythesea.com/> FOR REGISTRATION AND INFORMATION



# 28th Annual Women's Weekend

## October 16-18 2026

Speaker: Yvonne S. from Los Angeles, CA

Camp Wabanna  
101 Likes Road,  
Edgewater, MD 21037

\$185 for the Farmhouse  
\$230 for Lodge Accommodations  
Scholarships available



Questions?  
Andrea K: 202-870-6168  
Chrissy M: 240-751-2943

Registration Opening Soon!

*38<sup>th</sup> Annual  
Northeast Woman to Woman Conference 2026*



**October 23-25, 2026**

**Hilton Wilmington/Christiana (Accommodations and Meetings/Workshops)**

**100 Continental Drive, Newark, DE 19713-4301**

**RESERVATIONS: 302-454-1500 CODE: 94W**

**Single /Double rooms \$179.46 (Includes Fees)**

**Delaware Park Casino (Saturday Banquet/ Sunday Breakfast Buffet)**

**777 Delaware Park Blvd, Wilmington, DE 19804**

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2026new2wde@gmail.com

CO-CHAIR  
LAVERNE S.

REGISTRATION CHAIR  
DESIREE H.  
register2026w2w@gmail.com

**FINAL DATE FOR ONLINE AND MAIL-IN REGISTRATION IS 9/22/2026**

**REGISTRATION IS TRANSFERABLE BUT NOT REFUNDABLE!**

**REGISTER ONLINE SCAN QR CODE**

**Or:**

CLIP and Mail Registration with the form below with your payment (MONEY ORDER ONLY) payable  
to: NEW2W Conference 2026

Mailing address: NEW2W Conf, P.O. BOX 215, Magnolia, DE 19962



SCAN ME

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NAME: \_\_\_\_\_ BADGE NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
CONTACT PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_ SOBER DATE: \_\_\_\_\_  
REGISTRATION FEE: \$70 \_\_\_\_\_ AFTER 9/03/2026: \$75 \_\_\_\_\_ VOLUNTEER YES NO DONATION: \$ \_\_\_\_\_

**MEALS**

Saturday Night Banquet: \$90 \_\_\_\_\_ CHICKEN \_\_\_\_\_ SALMON \_\_\_\_\_ VEGETARIAN \_\_\_\_\_

Sunday Morning Buffet: \$45 \_\_\_\_\_

**Saturday Night Banquet/Sunday Morning Buffet Combo \$130**

CHICKEN \_\_\_\_\_ SALMON \_\_\_\_\_ VEGETARIAN \_\_\_\_\_

**SOUVENIRS**

**( ORDERS MUST BE RECEIVED BY OCTOBER 1,2026 – NO EXCEPTIONS)**

Short Sleeve T-Shirt: **\$20** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ **\$22** 2X \_\_\_\_\_ 3X \_\_\_\_\_ 4X \_\_\_\_\_ Tumbler: **\$22** \_\_\_\_\_  
Long Sleeve T-Shirt: **\$25** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ **\$28** 2X \_\_\_\_\_ 3X \_\_\_\_\_ 4X \_\_\_\_\_ Tote Bag: **\$22** \_\_\_\_\_  
Hoodie – Zipper: **\$35** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ **\$40** 2X \_\_\_\_\_ 3X \_\_\_\_\_ 4X \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_**



**TRANSPORTATION**

☐

**Saturday Night Banquet**

☐

**Sunday AM Breakfast**

### WAGSA , Area 13 Committee Meeting

**Monday August 10, 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:  
[Chair@area13aa.org](mailto:Chair@area13aa.org)

### Progress not Perfection Group

**The Progress not Perfection Group at:**

**Saint Mary of the Assumption Church  
 14908 Main St  
 Upper Marlboro MD**

**Is not meeting for an indefinite period of time**

### WAIA Finance Committee 2027 Budget Meeting

**No regular WAIA monthly Board meeting in August**

**Tuesday August 11, 2025—7:00 PM - 9:00 PM - Budget Meeting**

**All AA members are welcome to attend**

**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 2026 Board Meeting, per WAIA's by laws.

<https://us02web.zoom.us/j/83460598434?pwd=VVBK2FNSZcxS3VXZDFVOXhMa1oxZz09>

Meeting ID: 834 6059 8434  
 Passcode: 819862

- |                             |                                |                               |
|-----------------------------|--------------------------------|-------------------------------|
| 140 14 Promises             | 50 Landover Discussion         | 12 Second Chance              |
| 252 180 Degree Club         | 303 Lawyers Group              | 186 Serenity House            |
| 755 930 Club Online         | 100 Leisure World Big Book     | 363 Serious Business          |
| 145 Anacostia Group         | 120 Leisure World Noon         | 1260 Silver Spring Group      |
| 400 Andrew's Armed Forces   | 26 Let Go Let God              | 385 Singleness of Purpose     |
| 300 Any Lengths             | 213 Lifesaver Big Book         | 1394 Six & Seven Step Live    |
| 223 As Bill Sees It NW      | 6 Men In Recovery              | 506 Sober Living              |
| 60 Aspen Hill Phoenix Fri   | 695 Messengers                 | 100 Southern Sobriety         |
| 37 Attitude & Action        | 180 Mideast Group              | 155 St. Barnabas Group        |
| 21 Brightwood               | 1410 Midtown                   | 770 St. Camillus Group        |
| 32 Brightwood Zoom          | 2573 Monday Men                | 350 Sunday Morn. Brunch       |
| 1248 Burtonsville Big Book  | 77 Montg. County Women         | 248 Sunday Morn Joy           |
| 1080 B.Y.O.L.               | online                         | 96 Sunday Men's Step          |
| 671 Capacity to be Honest   | 644 More Peace of Mind         | 725 Sunshine G'burg           |
| 647 Capitol Hill Group      | 120 Mt. Rainier                | 148 Takoma Park Women         |
| 172 Capitol Hill Women      | 261 Moving Into Solution       | 78 Tenleytown Keep Coming     |
| 120 Change of Life          | 8 Navy Yard Big Book           | 192 Terrapin Gratitude        |
| 24 Chinatown Big Book       | 36 Neareast                    | 480 The Capacity to be Honest |
| 25 Cigar Smokers            | 55 Never Give Up               | 248 T.G.I. 5:30 Online        |
| 200 Clinton 6:30            | 121 New Beginnings NW          | 92 The Last Stop              |
| 50 Clinton Sun Night        | 200 New Unity Gay Group        | 11 The Way Group              |
| 160 Coffee & Donuts         | 311 Norbeck Women Fri          | 400 Triangle Clb Late Night   |
| 402 College Park Group      | 147 NW Metro Group             | 280 Twelve Point Bucks        |
| 40 Conscious Contact        | 311 Norbeck Women Friday       | 86 Uptown                     |
| 616 Cosmopolitan            | 100 Nuts & Bolts               | 360 Victory Lights            |
| 50 Daily Reflections UP     | 124 Oasis Women                | 228 Village Idiots            |
| 1742 Darnestown Men         | 190 Old Fashion Group          | 350 We Are All Beginners      |
| 106 Darnestown Men Online   | 3100 Olney Farm Group          | 329 We Care                   |
| 251 Deanwood Step           | 500 Olney New Times            | 583 Westmoreland Women        |
| 60 Deanwood Women Rap       | 48 On Awakening                | 454 Westside Women            |
| 1770 Downtown Silver Spring | 75 One Hour Back               | 120 What's Happening Now      |
| 115 DCC 9:30 Club Live      | 1657 Open Arms                 | 283 Women's Happier Hour      |
| 880 Double Dippers          | 200 On the Circle              | 46 Women Living sober         |
| 146 Dunrobbin Group         | 50 P Street                    | 989 Yacht Club                |
| 1002 Epiphanies             | 239 Pillars in the Park        |                               |
| 420 Free Spirits            | 72 Potomac High Noon           | 245 Birthday                  |
| 700 Fireside Spirituality   | 89 Poolesville Pot Luck        | 7172 Faithful Fiver           |
| 594 Georgetown Group        | 57 Potomac Men                 | 16927 Individual              |
| 258 Glenarden Group         | 333 Potomac Women              | 55 Memorial                   |
| 121 Glen Echo Group         | 421 Progress Not Perfection    |                               |
| 150 Good News Beginners     | 254 Quince Orchard             |                               |
| 480 Goose Hung High         | 1011 Radicals                  |                               |
| 165 Greenbelt Step Club     | 500 Rarely Have We Seen a Per- |                               |
| 900 Haven at Last           | Son Fail                       |                               |
| 229 Informed Group          | 269 Redgate                    |                               |
| 382 Into Action             | 200 Riderwood Bills            |                               |
| 154 Irreverent Women        | 300 Room with A View           |                               |
| 315 Just Let Go             | 73 Sat Afternoon ABSI          |                               |
|                             | 248 Saturday Morn Steps        |                               |

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Day

Years

July 6  
Aug 20

Donald T.  
Gloria H.

AA Jump Start group (Palm Coast FL)  
Unity Place

31 years  
17 years

### THINGS WE CANNOT CHANGE

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