



LIFELINE



I am responsible when anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there, and for that I am responsible.

life-line | \ 'lif- līn : 1. A rope or line used for life-saving, typically one thrown to rescue someone in difficulties in water. 2. A thing on which someone depends for a means of escape from a difficult situation.

<https://en.oxforddictionaries.com>

I used to work with a man who, for years, carried the ultimate secret. Back in the early nineties, he stabbed another man during a drug deal. He was later convicted of first-degree murder and sentenced to life in the Texas state pen.

For those first few years behind bars, he proclaimed his innocence to everyone he met, even though, deep-down, he knew he committed the crime. It wasn't until carrying the burden of this secret became too great that he finally decided it was time to come clean.

Soon after, he confessed to the prison chaplain – a moment he says is the "first day of the rest of his life."

He began living a life of rigorous honesty, leaving behind a long history of addiction and deception. Twenty six years later, he was released on parole. He has maintained his sobriety and lives each day full of gratitude and inner peace – mainly because he now has nothing to hide.

Dishonesty and Addiction

"We're only as sick as our secrets" is an adage known well by those in AA. It basically means that a secret kept in the dark grows and becomes more harmful, but once it is exposed to light or released, its power is lost.

Secrets have the ability to fester nega-

tivity and self-loathing, while keeping us sick and trapped in addiction. That's why the need to get honest is a very important aspect of recovery. It's all about leaving



the deception behind, because deception is something that's fundamental to keeping an addiction alive.

When you stop lying to yourself (and those you love), you'll find yourself standing at the gateway to freedom from addiction.

Honesty is the Best Policy

Being open and honest with ourselves allows us to forgive and become okay with who we are, and that can facilitate us cleaning up the wreckage of the past. Being open and transparent can also allow us to connect with others, as we realize

we're not alone in our thoughts, actions, or past behaviors. This connection marks the beginning of healing for many, and enables us to finally step out of isolation –

something that is exceedingly important during early sobriety, because it allows the newly-sober person to feel accepted and have a sense of belonging.

Remember, the longer you keep something buried, the longer you have to continue to lie to yourself. By getting honest with yourself and others around you, you can step out of denial, accept your flaws, and check your disease at the door.

<https://recovery.org/were-only-as-sick-as-our-secrets/#>

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe."

Alcoholics Anonymous, p. 75

7 Benefits of Sharing at AA Meetings

One of the top benefits of going to AA meetings is being able to talk about your recovery journey, and about any roadblocks you might be facing along the way. Sharing your experiences about overcoming alcohol addiction in this setting can be therapeutic because it allows you to bond and connect with other individuals who are facing the same types of problems. Plus, your stories might even motivate and inspire those who are still in the early stages of sobriety.

Fortunately, you'll spend the majority of your time at every AA meeting sharing with other group members, and hearing them share their stories as well. In the meantime, here are 7 useful benefits associated with sharing at AA meetings.

1. Release Stress and Tension: Sharing at AA meetings helps you release stress and tension by allowing you to be candid and honest with peers who understand your struggles and what you're going through. Some of the stories you choose to share about addiction and recovery might be too difficult or inappropriate to talk about with your closest friends and family. AA meetings give you an outlet where you can share your most personal stories while relieving stress in the process.

2. Gain New Perspective: Sharing at AA meetings can help you gain new perspective on old problems that may have been plaguing you in regards to sobriety and alcohol addiction. Hearing success stories from others who are also overcoming addiction can inspire you to try new activities and methods for achieving your own success. Likewise, your personal stories could have the same effect on other group members.

3. Become an Insider: People who share at AA meetings often feel more a part of the group due to having contributed

their own story. If you're feeling alone or isolated on behalf of alcohol addiction, sharing your story can make you feel more like an insider or part of the team.

4. Experience Clarity: If you're having a particularly bad day or can't pinpoint exactly what's bothering you, sharing your story and talking out loud can help you experience clarity regarding your issue or problem. Sharing plays a major role in recovery, especially on days you feel uneasy and need to voice your concerns out loud.

5. Stay Accountable: Sharing at your AA meeting helps prevent you from slipping into denial or being delusional about your addiction to alcohol. Talking in front of your group can often make it difficult to deny or hide the fact you're struggling with addiction, and helps you stay accountable for your behavior and actions. Additionally, voicing your stories out loud opens the door to advice and suggestions about how to stay on track with sobriety.

6. Avoid Relapse: AA members who stop sharing at AA meetings are often more likely to experience relapse. Keeping thoughts and emotions inside can lead to feelings of anger and resentment, and trigger the urge to start drinking again. But being open about struggles with addiction can banish negative and destructive thoughts, and help you get back on the road to recovery.

7. Develop New Friendships: Forging friendships with the people you meet at AA can help you succeed with recovery given they're also working toward the same goal of staying sober. Sharing makes it easier for you to break the ice and develop friendships, while staying quiet and avoiding interaction can make it more difficult for you to connect with these individuals. After attending your first AA meetings, you'll soon be engaging in fun, alcohol-free activities with people who can help you experience and learn to embrace a healthy, sober lifestyle.

<https://alcoholicsanonymous.com/7-benefits-of-sharing-at-aa-meetings/>

The Spiritual Principle of Step 5 is Integrity: No one is perfect. However, a person with integrity is willing to face their failings and do all they can to remedy them. In Step 5, we practice integrity before God and begin to bring it into our relations with others.

<https://12steppers.org/wp-content/uploads/2022/05/Spiritual-Principles-of-AA-PDF.pdf>

Embracing the

FIFTH TRADITION

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."

Bill W. said that it is better to do one thing well than many things badly. The thing that AA does is one alcoholic helps another. That's it. In the old days, people thought AA did so well with helping alcoholics, maybe it would become a new world religion. Today the drunks, tomorrow the world! But no, "Shoemaker, stick to thy last." We can't save the world. We have one primary purpose, to carry the message to the alcoholic who still suffers.

Today, it means that when I'm in a meeting, I can't fix someone's depression, marital problems, financial problems, etc. I can only do one thing well - talk about my experience with alcoholism and what I have done to maintain my recovery. I heard old-timers talk about this in several of their open talks and it really freaked me out - which led to me making some big changes in how I spoke at tables, how I worked with newcomers, and how I practiced my Programme. They stressed, over and over, "...to carry its message...". "What's the message you're carrying?" The message is, of course, the AA Programme of recovery - the Twelve Steps, the promise of a spiritual awakening if they're followed, recovery from alcoholism, and all the cool Fifth, Eleventh and Twelfth Step Promises plus all the others that are sprinkled throughout the Big Book. They really got me when they suggested that if someone new walks in the door and they're getting beaten-up by alcoholism - isn't it safe to say they were led here for AA's proven Programme of recovery? That being true - who do I think I am to show them 'my version' or to show them some alternative programme of recovery? Was I willing to risk their life upon 'my programme'? Anyway, I freaked out a bit when I realized the error of my ways, which got me back into the Big Book with some renewed motivation. I

made the decision that I was now willing to put someone's life on the line with nothing other than the AA Program. To be fair, I still tell them what I do. AA-in-the-book-stuff or not, but I'm careful to let people know it's just what I do and what works for me.

Another thing this Tradition reminds me is that it doesn't say it's just for the newcomer who's suffering. Sometimes, the alcoholic who's suffering is an old-timer, mid-timer, or the guy with a year or two sitting across from me. This Tradition asks me just how much courage do I have? Do I have the courage and the humility (yep, both at the same time) to carry the message to the guy with two, five or ten times longer time since his last drink than me? Can I do it in a way that's attractive and doesn't come off as egotistical? For that one, I've found I need a lot of divine intervention because, for whatever reason, anyone who's got substantially more time than me intimidates me. I get somewhat nervous about trying to carry the message to them.

Finally, this Tradition reminds me that I'm not the problem solver, God is. This is part of the "...carry its message..." deal mentioned above but it's really important so I say it again. I can only do so much through my experience. My willingness is the key and understanding of the

Tradition along with Step Twelve work. On the telephone, over coffee, articles and at meetings through my shares to the floor. My ego wants to think I have all the answers, wants to give advice and shout out recovery but also my self-centered fear stops me because, "Why would anyone want to hear from me?" I'm torn! I won't grow spiritually if I stop myself short because of fear. This is a constant reminder that God works through me, to help the alcoholic who is suffering. God is where the real juice is, that's where the real serenity comes from - not from me. I carry God's message through the teachings and practices of the Twelve Steps.

<https://www.alcoholics-anonymous.org.uk/Members/Fellowship-Magazines/SHARE-Magazine/May-2021/Tradition-Five#:~:text=E2%80%9CEach%20group%20has%20but%20one,is%20one%20alcoholic%20helps%20another>

We Only Have One Purpose

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. This tradition delineates pretty clearly our individual primary purpose, as well as the group's. Each of us is but a small part of the whole, but by joining AA's primary purpose to our own, we become something bigger than our individual selves.

Am I willing to surrender my old primary purposes? To work this tradition means that I am willing to say "yes" to this question and rearrange the rest of my priorities. Devoting myself to a new primary purpose means that I am willing to let go of many old ideas. I have many thinking patterns that are automatic that I need to change in order to consecrate myself to a new primary purpose.

Step-Tradition Parallel: The relationship of the Fifth Step to the Fifth Tradition is that the Fifth Step taught me the exact nature of my wrongs, "I'm not in charge." In the Fifth Tradition I learned just the opposite, I learned what my exact nature should be: my talent to carry the message to the alcoholic who still suffers, my primary purpose.

In the Fifth Step I learned what's wrong about me and in the Fifth Tradition I learned what's right about me. What's right about me is my ability to carry the message when no one else can because of the experiences that I have had which were transformed into a message of hope in the Fifth Step. My alcoholism is my greatest talent, not my talents as a husband, father, son, or my job. I can fulfill my primary purpose for being

born by carrying the message to the alcoholic who still suffers.

As it states at the top of this page, the 12 Traditions were created to help each A.A. group maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this tradition - both in and out of the rooms of A.A.:

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I let fear get in my way by not addressing issues in my home group when members are disrupting meetings and getting in the way of our group carrying the message to the still suffering alcoholic?
6. Do I help my group in every way I can to fulfill our primary purpose?
7. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

<https://www.takethe12.org/15/#:~:text=The%20relationship%20of%20the%20fifth,who%20still%20suffers%2C%20my%20primary>

IT HAPPENED TO ALICE

FOR THE FIRST TIME IN HER LIFE, ALICE TAKES A LOOK AT HERSELF...

I KNOW NOW THAT I AM AN ALCOHOLIC. BUT I KNOW I CAN STAY SOBER IN A.A.



ALICE LIKES THE WAY PEOPLE IN A.A. TELL THE TRUTH ABOUT THEMSELVES.

THEY'RE NOT AFRAID OR ASHAMED. THEY'RE HAPPY, AND MAYBE I CAN BE, TOO!



This is Al-Anon Conference Approved Literature.

A complete set of the 1968-1974 Alcoholics Anonymous comic strips - <http://www.ep.tc> - 020 of 095

Freedom and Peace of Mind



I don't think I've ever witnessed an alcoholic that came to Alcoholics Anonymous that loved themselves or that wasn't riddled with guilt and shame. It's hard to understand why alcohol affects some people differently than others. I've observed members that came from good family environments that ended up on the streets and others that came from alcohol infested families that turned out normal as can be.

In either case, the alcoholic seems to have something missing in their mental state that engender the need to find a way to neutralize this negative self image and that first drink of alcohol does something that gives them the relief which makes them feel somewhat normal. I've heard it said that once a person starts to drink to cover up these feelings, especially in adolescence years, they stop growing emotionally and when they finally show up in A.A. they have the emotional state consistent with the age they were when they started drinking, absent of the coping skills of a normal person.

They'll have to revisit all those under developed behavioral patterns and replace them with mature and healthy thoughts and actions. Easier said than done!

When I look around the room at an A.A. meeting we all seem to look about the same in the way we dress and in our outside appearances. The only thing that makes us different is what is going on in between our ears. If we all woke up this morning with amnesia we would all be the same. It's the tortures of past that torments us and therein lies the problem and

the solution. If we can understand and accept this well established approach to our mental condition we can take actions that will restore our self esteem and we can live an incredibly happy and peaceful life.

We cannot change one moment of the past, but we can resolve the issues in our lives that brought about the need to escape from those horrible memories of the things that we regretted having done. The habits and deeds that triggered the guilt and shame that led us to seek relief in the bottle can be reigned in and if we are fortunate enough to believe this you may want to revisit the fourth and fifth steps, identify those deeds that we drag around like a ball and chain, and keep us from actuating the rest of the program. 12x12 pg. 56 *"Even A.A. Old-timers, sober for years, often pay dearly for skimping this step."*

Those things will not go away but the mental and emotional pain that we drank to nullify can be arrested and we can finally put it all behind us and live a wonderful

life. I know this from experience.

When I revisited my fourth and fifth step, I was stronger and talked to someone about those deeds from the past that plagued me and realized that most people who abuse alcohol have them, to one degree or another, and if they are willing to address them, they can be free from that Ball and Chain and my experience is that it freed me up to continue the rest of the step with pleasure.

From the day I entered A.A. to the day I mustered the strength to do this, I had no comprehension of the effect it would have on me, for if I did, I would have cut to the chase much sooner and avoided several years of discontent. As long as those deeds were in the past and not habits of the present, this process worked exactly as it was intended as per the program. I hope that this encourages at least one person to find someone they trust and find the relief that I have experienced as the result of cleaning the slate and I wish them a happy life. It worked for me.

<https://www.aacle.org/step-five-ball-and-chain/>

A cowboy, who just moved to Montana from Texas, walks into a bar and orders three mugs of Bud. He sits in the back of the room, drinking a sip out of each one in turn. When he finishes them, he comes back to the bar and orders three more. The bartender approaches and tells the cowboy, "You know, a mug goes flat after I draw it. It would taste better if you bought one at a time." The cowboy replies, "Well, you see, I have two brothers. One is in Arizona, the other is in Colorado. When we all left our home in Texas, we promised that we'd drink this way to remember the days when we drank together. So I'm drinking one beer for each of my brothers and one for myself." The bartender admits that this is a nice custom, and leaves it there. The cowboy becomes a regular in the bar, and always drinks the same way. He orders three mugs and drinks them in turn. One day, he comes in and only orders two mugs. All the regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss." The cowboy looks quite puzzled for a moment, then a light dawns in his eyes and he laughs. "Oh, no, everybody's just fine," he explains. "It's just that my wife and I joined the Baptist Church and I had to quit drinking." "It hasn't affected my brothers though."



One of the things that I love about Twelve-Step recovery is that the learning never stops. There is just layer after layer of understanding the program and how our healing happens.

Consider this: I attended that great Big Book Step Study a few weeks ago and learned a new way to work Steps Six and Seven. It turns out they are not passive - not the "wish and go" steps as I'd treated them before. Then too, at that same workshop, I learned about the Step Five Promises. Yes, I always knew, and heard read, the Promises that we read after Step Nine - we read them at one of my regular meetings. But did you know that there are changes promised to us after Step 5 as well?

Take a look at page 75 in your Big Book. On that page, right after a description of how to do the Fifth Step comes this promising paragraph:

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall away from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel that we are on the Broad Highway, walking hand in hand with the Spirit of the Universe." Those are eight more promises that we can start to experience even before we get to Step Nine. Isn't that great incentive to work the steps? It is inspiring me - I especially want those "fears to fall away". So I am digging deeper.

<https://womeninrecovery.blogspot.com/2013/10/the-step-five-promises.html>

The Step Five Promises



I DON'T FEEL AS IF I BELONG ANYMORE

Some time ago, I was shocked to hear a few old-timers say they didn't feel as if they belonged to AA anymore. I was shocked mostly because I felt the same way. I had to ask myself, whose responsibility is it if I don't feel I belong?

Upon reflection, I recalled that when I first joined AA in 1976, I didn't feel like I "belonged" for a long time - not until I worked through the Twelve Steps with a sponsor. To this day, that same sponsor still works with newcomers and participates at the "entry-level" in the AA program.

When I first came in, I was willing to go to any lengths for my sobriety. How did I feel about that now, in my twenty-third year?

I realized that maybe I wasn't as willing as I used to be. The thrill of early sobriety was gone. Could it be recaptured? Was I willing to make myself available? When asked, would I do anything requested from an AA member?

I soon admitted that even though I still went to meetings and sponsored people, my attitude had changed from the zeal of a newcomer to the complacency that comes with not participating to the extent I needed to. I realized that just because I was an old-timer of sorts, I was not giving at the level

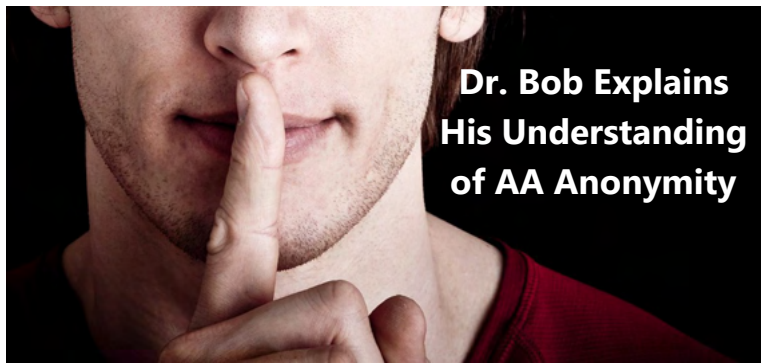
I was capable of. I was participating on a qualified basis at a level convenient for me. Maybe it was time to change my attitude and become more open to the things I'd found so satisfying in my early recovery.

With this new attitude, I was soon blessed with several new people to work with. I found much more enjoyment and enrichment at meetings. I began to reread the AA books about our co-founders and the Traditions. I tried my best to provide my experience, strength, and hope in those situations I'd been leaving up to others. I tried to truly participate.

Now I feel connected again and am enjoying AA every bit as much as I did as a newcomer.

Chances are every old-timer goes through this. When it happens, the best solution is to seek humility and realize we are only one drink away from a drunk, no matter how long we have been in the Fellowship. Numerous old-timers have paid the price for complacency. If we feel out of touch, let's take a personal inventory, not about what we are doing or not doing, but about our attitudes, motives, and especially our First Step. We are either alcoholics or we are not. If I am an alcoholic, have I slipped out of recovery into complacency? Alcoholism is cunning, baffling, and powerful. It can strike no matter how long we have been in AA if we become spiritually unfit. And besides, the Fellowship needs us. I often ask myself the question, Where did all the old-timers go?

<https://silkworth.net/alcoholics-anonymous/i-dont-feel-as-if-i-belong-anymore/>



Dr. Bob Explains His Understanding of AA Anonymity

Dr. Bob's views on anonymity remained clear in the recollections of Akron's Joe P. [The Dartmouth grad]. Though it was not the custom in the mid-1940's to give AA talks to anyone except drunks, Joe noted, a few members formed an unofficial public information committee that started to speak to Rotary and Kiwanis Clubs throughout the state. <https://www.aacle.org/dr-bob-explains-his-understanding-of-aa-anonymity/>

"As far as anonymity was concerned we knew who we were. It wasn't only AA, but our social life. All of our lives seemed to be spent together. We took people home with us to dry out. The Cleveland group had the names, addresses, and phone numbers of all the members," said Warren. "In fact, I remember Dr. Bob saying,

"If I got up and gave my name as Dr. Bob S., people who needed help would have a hard time getting in touch with me."

Warren recalled, "He [Dr. Bob] said there were two ways to break the Anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks."

In an article in the February 1969 Grapevine: "Dr. Bob on Tradition Eleven," Volume 25, Issue 9, D. S. Of San Mateo, California, wrote that Dr. Bob commented on the Eleventh Tradition, "We need always maintain personal anonymity At the level of press, radio and films," as follows:

"Since our Tradition of Anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English Language that to maintain Anonymity at any other level is definitely a Violation of this Tradition."

"The AA who hides his identity from his fellow AAs by using only a given name Violates The Tradition just as much as the AA who permits his name to appear in the press in connection with matter pertaining to AA."

"The former is maintaining his anonymity ABOVE the level of press, radio and films, and the latter is maintaining his anonymity BELOW the level of press, radio and films—whereas the tradition states that we should maintain our anonymity 'AT' the level of press, radio and films."

Ernie G. of Toledo, commenting on what he saw to be an increase of anonymity within AA today as compared with the old days, said, "I made a lead [trip to bring message] over to Jackson [Michigan] one night, and everybody's coming up to me and saying, 'I'm Joe; 'I'm Pete.' Then one of the guys said, 'Safe journey home. If you get into any trouble, give me a buzz.'

Later, I said to the fellow who was with me, 'You now, suppose we did get into trouble on the way home. How would we tell anyone in AA? We don't know anyone's last name.' They get so doggone carried away with this anonymity that it gets to be a joke." I had a book [evidently one of the small address books compiled by early members or their wives] with the first hundred names—first and last—telephone numbers, and where they lived.

WORK THE STEPS?! BUT I THOUGHT



MEETING MAKERS MAKE IT!?

Area 29 Accessibilities Committee

MONTHLY MEETING

Join us @ 3pm on the
2nd Sunday of the
Month

Zoom ID:
848 0308 9697
Password: Area29

The Area 29 Accessibilities Committee explores, develops, and offers resources to alcoholics with significant barriers to receiving the AA message and to participating in our program of recovery.

Scan the Code!
Take the Accessibilities
Survey



**District or Intergroup
Chairs and all
interested AA Members
are invited!**

For more information email the
Accessibilities Chair at
Accessibility@marylandaa.org

MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Cait B., 19 yrs, Lex Park Step Sisters	2 Brittany M., 1 yr, Basic Text Tressie F., 40 yrs, Harmony Barry S., 9 yrs, Inspiration	3	4 Taylor C., 2 yrs, Helping Others
						
5	6 Tony N., 6 yrs, Monday Night Traditions Mike D., 12 yrs, Harmony	7	8 Larry L., 29 yrs, Awakenings Gloria D., 32 yrs, Patuxent River	9 Joyce S., 8 yrs, Almost Normal Jim T., 17 yrs, Patrick D., 10 yrs, and Scotty A., 3 yrs, Basic Text	10 Marc T., 11 yrs, Cove Point	11
12	13	14	15 Rebecca B., 5 yrs, Grateful Alive	16 Russell, 4 yrs, Blue Top @ Noon Justin C., 5 yrs, Charlotte Hall	17	18
19	20	21 Troy T., 18 yrs, Laurel Grove	22	23 Doug D., 2 yrs, Charlotte Hall	24 Eric R., 1 yr, Cove Point Wendy J., 11 yrs, Charles County	25 Pete R., 30 yrs, Laurel Grove Jose L., 5 yrs, Early Bird Chuck D., 9 yrs, Saturday AM Breakfast Mike H., 24 yr, Tammy M., 13 yr, Steve S., 13 yr, North Beach
26	27	28	29	30 Taylor C., 3 yrs and Kat B., 1 yr, Poplar Hill Rob M., 1 yr, Charlotte Hall	31	

JUNE 2024

SUN

MON

TUE

WED

THU

FRI

SAT



1 Sherry S.,
35 yrs and
Kevin S., 3
yrs, King-
ston Creek

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5 Matt C.,
5 yrs,
Grateful
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"BLUE TOP @ NOON"

Lexington Park United Methodist Church

21760 Great Mills Road

12:00 noon

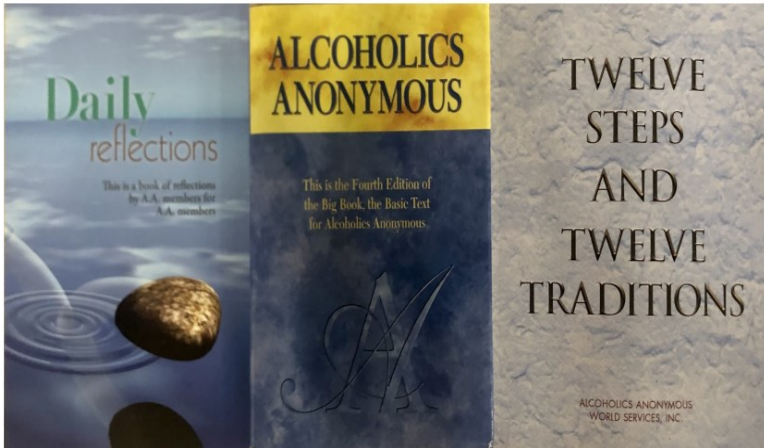
Tuesday, Wednesday, Thursday

Tuesday will be the Daily Reflections

Wednesday will be the Big Book

Thursday will be a Step/Tradition meeting

Come check us out and join our group!



THE "WHAT'S THE POINT?"

A.A. MEETING

BIG BOOK
AS BILL SEES IT
GRAPEVINE
TWELVE
 &
TWELVE



ALL MEETINGS
ARE
LITERATURE
BASED
EACH WEEK IS
DIFFERENT
A.A. APPROVED
LITERATURE

COME OUT AND CHECK US OUT

GOOD SAMARITAN LUTHERAN CHURCH

20850 LANGLEY RD. LEXINGTON PARK

THURSDAY EVENINGS 8:00 PM.

**WE ARE LOOKING FOR HOME GROUP MEMBERS
WE HAVE SERVICE POSITIONS TO BE FILLED**

**COME OUT AND FIND OUT
 WHAT'S THE POINT! OF LIVING
 THIS LIFE OF RECOVERY
 AND HOW WE DO THIS
 "ONE DAY AT A TIME."**

CLEAN AIR GROUP

The Clean Air Group

Is in need of support

And home group members

Come on out and check us out

Friday nights 6:30pm.

St. Andrews Episcopal Church

44078 St. Andrews Church Rd.

NOT QUITE RIGHT

The Not Quite Right Group

8:00pm. Friday Nights

Good Samaritan Lutheran Church

20850 Langley Rd. (Middle Building)

Lexington Park, Md.

Is in need of Support

and Home Group Members



(continued on page 9)

Spring 2024 CONTRA Study

March 7, 2024 through June 20, 2024

Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

Moderated by Trusted Servants from Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)

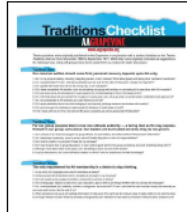
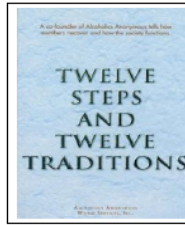


Zoom Meeting ID: 881 6177 7393
Passcode: 330331
Dial-in number for phone callers: +1 (301) 715-8592

We invite all A.A. members to this virtual study of the *CONcepts*, *TRADitions* & *The A.A. Service Manual*

Mar 7, 2024 – Registration & Orientation
Mar 14, 2024 – Traditions 1, 2 & 3
Mar 21, 2024 – Traditions 4, 5 & 6
Mar 28, 2024 – Traditions 7, 8 & 9
Apr 4, 2024 – Traditions 10, 11 & 12

Apr 11, 2024 – Service Manual, pp. I-VIII, 1-6, 85-104
Apr 18, 2024 – Svc Man Ch 1 2 3 & pp 105-14, 160-2
Apr 25, 2024 – Svc Man, Chapters 4 5 6 & pp 164-8
May 2, 2024 – Svc Man, Chapters 7 8 9 & pp 169-73
May 9, 2024 – Svc Man Ch 10 11 12 & pp 155-9, 163
May 16, 2024 – Service Manual, pp. 115-154
May 23, 2024 – Concepts pp I-VIII, C1-C2, Con 1 2 3
May 30, 2024 – Concepts 4, 5 & 6
June 6, 2024 – Concepts 7, 8 & 9
June 13, 2024 – Concepts 10 & 11
June 20, 2024 – Concept 12



CONTRA Study Materials (provided via email following registration):

Twelve Steps and Twelve Traditions, B-2 (free participant download at www.aa.org)

The A.A. Service Manual combined with *The Twelve Concepts for World Service*, BM-31, 2021-2023 edition

AA Grapevine Traditions Checklist, July 2018 revision

Spring 2024 Contra Study Service Manual Questions

A.A.W.S. Concepts Checklist, SMF-91, 08/18 edition

We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Trusted Servants from
Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)
For more information, contact:
2024contrastudy@gmail.com

Connecting the Past to the Present

DISTRICT 19 SPRING WORKSHOP

Saturday, May 4, 2024

1:00 pm - 4:00 pm

North Baltimore Mennonite Church
4615 Roland Avenue, Baltimore, MD



TOPICS INCLUDE:

- The Big Book in Plain Language: How & Why
- The History of The Book, 12 Steps & 12 Traditions
- Maryland & Local History of AA from a Service Perspective



LIGHT REFRESHMENTS WILL BE SERVED



2024 Southern Maryland Intergroup Serenity Breakfast

Join us for a delightful breakfast as we join in fellowship. This event will include a speaker meeting, buffet style breakfast, silent auction, a 50/50 raffle, and a book raffle. Please remember to save the date!

FEATURED SPEAKER - MARC A., SEVERNA PARK, MD

Immaculate Conception Church
28297 Old Village Rd
Mechanicsville, MD,
20659

Saturday, June 1st, 2024
8:00 AM - 11:30 AM

Donations needed for Silent Auction; gift cards, recovery related books and literature, artwork, figurines, candles, pottery, etc

Tickets are \$20.00 per person and will be available following the March 9th SMIA meeting. They will be distributed between representatives of Calvert, Charles, and St. Mary's Counties

Contact the Serenity Breakfast Committee at the e-mail address below for more information
serenity.breakfast@somdaa.org



Delegate Report Back

From the 74th GSO Conference

District 35

June 6th 7-8pm

Peace Lutheran Church

11610 Rubina Pl, Waldorf, MD



JOINT MONTHLY MEETINGS

**PI & CPC
Area 29 Maryland**

Teaming up to
Provide
Comprehensive
Service to A.A.



**Cooperation
with the
Professional
Community**

MEMBERS OF C.P.C.
COMMITTEES INFORM
PROFESSIONALS AND
FUTURE PROFESSIONALS
ABOUT A.A.

JESSICA W., CPC CHAIR
CPC@MARYLANDAA.ORG

- Establishing better communication with professionals working with alcoholics.
- Finding simple, effective ways of cooperating without affiliating.
- Explaining clearly what A.A. does and doesn't do.

Join us at 3 p.m.
on the 3rd
Sunday of the
month

**ID: 854
5914 3395**

Pw: 199887

**Public
Information**

MEMBERS OF PUBLIC
INFORMATION
COMMITTEES CONVEY A.A.
INFORMATION TO THE
GENERAL PUBLIC

KATHI K., PI CHAIR
PI@MARYLANDAA.ORG

- Giving presentations about A.A. to schools and organizations
- Providing Information about A.A. through digital and print materials.
- Ensuring local media have accurate information about A.A. through PSA's, anonymity protected interviews, and press kits.

District Chairs
and Interested
AA members
are invited!

CONTACT: A29CPCPI@GMAIL.COM



PANEL 74

Technology Committee

Bi-Monthly Meeting

A bi-monthly meeting to discuss technology initiatives within the Area, and all Districts and Intergroups

The target audience for this meeting is all district and intergroup webmasters or technology representatives, and is open to anyone who would benefit from attending

We will meet the second Tuesday, every other month at 6:00 PM beginning on April 9th, 2024

Zoom ID: 854 7827 6033 Passcode: 249087

For more information, e-mail the
Technology Chair @
technology@marylandaa.org



**Maryland Deaf Access
Committee (MDAC)
Alcoholics Anonymous**

Visit our Website!
<http://mdacAA.org>

We organize the funding
and scheduling of in-
person / hybrid
AA meetings
interpreted in American
Sign Language (ASL)

PayPal QR code >>>



- ✓ We follow all of AA's 12 Traditions
- ✓ We provide language Access via ASL interpretation
- ✓ We rely on contributions from only AA members & AA entities
- ✓ Our focus is to make AA accessible to the Deaf and Hard of Hearing

Contributions accepted via PayPal@
MarylandDeafAccess@gmail.com

**SAVE THE DATES
Sept. 13 – 15, 2024**

When it comes to Technology...

We're going...



For its 10th Anniversary,
the NATIONAL A.A. TECHNOLOGY WORKSHOP (NAATW)
returns to where it all began:

St. Louis, Missouri

- Join us for a weekend of in-depth presentations, discussion and fellowship
- The call for presentations as well as in-person and online registration information is forthcoming
- Check our website - NAATW.org - for workshop info updates



SMIA Meeting Minutes

4/13/24

Opening: Lorraine J. opened meeting with the Serenity Prayer.

Board Members Present: Lorraine J. - Vice-Chair, Bruce O. – Treasurer, Paul S. – Parliamentarian and Kristi P. – Secretary

Groups & Committees Represented: Bill L.-Harmony Group/Web/Bookstall, Todd M.- St. Charles Step Group, Nathan H.- Waldorf Group, Andy X-Keeping it Green Group, Mary F.-Leonardtown Group, Pat S.-SMIA Workshop Chair, Melissa W.-SMIA Phone Chair, Keith H.- SMIA Lifeline Chair, Chuck M. – Sobriety First, Lisa T. – Awakenings Group, Jamie R. – North Beach Group, Barry S. – Inspiration Group

SMIA Chair Report: Lorraine J. reported on Buddy F.'s behalf. Buddy attended the Area 29 Assembly on March 16, 2024. There were 8 newcomers, and 70 voting members present. Alternate Delegate Lori M. spoke about the upcoming CARC meetings. They divided the Area into 4 groups. We fall under CARC 2 region. Area 29 Delegate Terry P. stated he has been attending various committee meetings and gathering information to take to the GSO Conference. He stated that the AA Big Book is currently printed in 80 different languages and the 5th edition Big Book is slowly progressing but will probably not be ready for print until 2025. Terry also stated that the feedback he and most of the other delegates are receiving is that most people do not want to make changes to the founders' writings. Diane and Linda are heading up the Archives and are looking for anyone with knowledge of their District Groups active and past history. Area 29 has a new Spanish speaking district, which is District 29. Buddy also attended the CARC 2 meeting on March 23, 2024. Agenda items discussed were anonymity on social media, literature, International Convention, Public Information and

Trustees. These agenda items plus the other three CARC groups will be reviewed by our Delegate, Vice Delegate and past delegates to determine which one's items our Delegate will take to the GSO Conference in April. The results will be discussed at the upcoming mini conference on April 6, 2024. Buddy also attended the Area Intergroup Liaison Meeting on April 1, 2024. 8 people attended. Area 29 Delegate Terry P. discussed the upcoming convention and noted that he was assigned to the Literature committee at the AGSO convention. One thing they will be reviewing is the Plain and Simple Language of the Big Book. They will be spending 9 hours reviewing the entire book to see if it is up to A.A. standards and possibly suggest modifications if necessary.

Vice-Chair Report: No report.

Secretary Report: Kristi P. read the SMIA March 2024 meeting minutes. Lorraine requested it be noted that the \$5 per vehicle fee for the picnic is paid to the park and not to SMIA. A motion was made to accept meeting minutes with Lorraine's changes; the motion was seconded and passed.

Treasurer Report: Bruce O. gave the March 2024 Treasurer's report. A motion was made to accept the Treasurer's report. Motion was seconded and passed. Audit was conducted and budget was turned over to Bruce O. New budget will be presented at May meeting.

Committee Reports

Bookstall Report: Bill reported there were 1157 visits to the On-Line Bookstall since the February meeting. There were 13 orders since the last meeting. 8 completed and 5 processing. Orders totaled \$520.75. There is a new Grapevine publication book available, Our Twelve Steps for \$14.

Web/Technology: Total visitors 3,088. Most frequently visited pages: Home, Where and When Search, Anniversary's, Announcements and On-Line Meetings. Site Updates and Changes: discontinued the mobile app, there were only 12 users.

Cooking by the Book meeting was added to all platforms. North Beach Saturday evening changed to 6 pm. We currently have a total of 127 meetings (120 in person meetings, 6 hybrid meetings, 6 online only meetings, 1 meeting reported as suspended, but has an online presence). Document Posts and Updates: Where and When PDF updated 3/25/24; Lifeline posted 3/31/24; Finance Page updated 3/25/24; Minutes posted 3/23/24.

Gratitude Dinner: No updates. Good to go for November 16th.

Corrections and Treatment: Calvert – everything is going well. Charles – no report. St. Mary's – no report.

Lifeline/Archives: Keith reported everything is going well. Any submissions and feedback are welcome. Keith stated he will be adding an Archives feature to the Lifeline. He met with the Archives committee at the Akron office, got some great guidance and has a lot of work ahead.

Picnic: No update. Note – \$5 fee per vehicle fee will be paid to the park, not SMIA.

PI/CPC: Calvert – Lorraine - going well, need to get new Where and When's to the library. Charles – no report. St. Mary's – Mary reported there will be a presentation at CSM and table at CSM Fall Festival and a table at the Health Fair. New meeting lists going into the racks.

Workshop: Pat S. reported that the Symposium (History of A.A.) will be held April 13, 2024 at the Immaculate Conception Hall from 5-9 pm. We have more volunteers than work that needed to be done, which was great.

Telephone: Melissa W. gave her report; there were a total of 28 calls, 10 for Calvert, 5 for St. Mary's and 2 for Charles, 11 calls with no county identified. Total of 1 hour and 20 minutes.

Serenity Breakfast: Mary F. reported that Serenity Breakfast will be held on June 1st from 8-11:30 am, the buffet will be from 8-9:30 am, followed by speaker and raffle. Speaker will be Mark A. from Severna Park.

(continued on page 14)

(continued)

Tickets available for \$20. Donation items starting to come in. Next planning meeting scheduled for 4/14. Still need volunteers Pat S. made a motion for SMIA to donate \$45 worth of books for the Serenity Breakfast. Motion was accepted and passed.

Where and When: Pat reported no update.

New Business: None.

For the Good of the Order: Tressie will be celebrating 40 years on 5/2 at the Harmony Group. Sandy D. will be celebrating 40 years on 4/26 at the Leonardtown Group. Bill L. stated that Area 29 revised their newsletter titled "Our Common Welfare". It can be found on SMIA or Area 29 website. District 35 is hosting 4th Step Workshop on April A at Peach Lutheran Church. Meeting adjourned with the Responsibility Pledge and the Lord's Prayer.

SERVICE IS THE SECRET

VOLUNTEERS NEEDED FOR

12TH STEP WORK

District 35 Treatment Committee

Is asking for people to carry the message into Treatment Facilities

ALPAS in La Plata – Wednesday Nights 7:00pm – 8:00pm

ANCHOR on Golden Beach Road – Tuesday Nights 7:30pm-8:30pm

CONTACT:

JEANINE 301-751-8115 DAN 301-751-1064

CO - FUNDADORES Y AMIGOS DE A.A.



Our primary purpose is to help the still suffering alcoholic. SMIA is committed to this principle and provides a 24x7 Telephone Service. We need phone volunteers! Go to our website, www.somdintergroup.org. Click on the Phone List link, complete the online form - this is a secure method to add your name to the 12-Step Call List. This protected information is only shared with the Phone Committee Chair. You will be amazed before you're half way through.

THE DEADLINE FOR ALL LIFELINE MATERIALS IS THE 27th OF EACH MONTH.

SMIA SERVICE TEAM:

- Chair: Buddy F.
- Vice Chair: Lorraine J.
- Secretary: Kristi P.
- Treasurer: Bruce O.
- Parliamentarian: Paul S.
- Digital/Written Media: Bill L.
- Lifeline/Archives: Keith H.
- Telephone: Melissa W.
- Where & When: Pat P.

May 2024

Southern Maryland Intergroup Association Inc Treasury Report

**Monthly Contributions:
\$305.00**

www.somdintergroup.org/contribute
SMIA, PO Box 767, Charlotte Hall, MD 20622

**Southern Maryland Intergroup Association Inc
Statement of Financial Position
March 24, 2024 - April 24, 2024**

Assets

Primary Business Checking	6,271.71
Primary Business Savings	3,001.04
Prudent Reserve	3,300.00
PayPal	91.71
Bookstall Cash on hand	100.00

Total Assets **12,764.46**

Expenses

Bookstall	
Liability Insurance	
Lifeline Printing	(104.46)
Misc	
Phone Service	(25.06)
PO Box Rental	
Rent	(150.00)
Webmaster	(1,085.00)
Website Maintenance	(115.75)
Where and When	

Total Expenses **(\$1,480.27)**

**Southern Maryland Intergroup Association Inc
Yearly Statement of Activity
May 1, 2023 - Apr 30, 2024**

Revenue

Contributions	8,808.10
Bookstall	3,820.77
Gratitude Dinner	1,197.00
Serenity Breakfast	2,166.00

Total Revenue **15,991.87**

Expenses

Bookstall	(6,010.89)
Liability Insurance	(273.00)
Lifeline Printing	(1,270.02)
Misc	(1,553.36)
Phone Service	(300.54)
PO Box Rental	(114.00)
Rent	(1,800.00)
Webmaster	(3,100.00)
Website Maintenance	(805.64)
Where and When	(2,645.38)

Total Expenses **(\$17,872.83)**

Annual Net Assets **(1,880.96)**

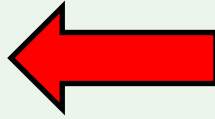
WHERE DO WE SEND OUR CONTRIBUTIONS?

1) All contributions can be made online:
www.somdintergroup.org/donate.php

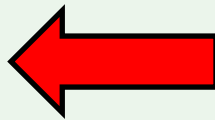
2) Or they can be mailed to the appropriate office location:

*****PLEASE NOTE THAT GSO AND MARYLAND GENERAL SERVICE OFFICE ADDRESSES HAVE CHANGED*****

**General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407**



**Maryland General Service
PO BOX 1834
Frederick, MD 21702**



**Southern Maryland Intergroup (SMIA)
P.O. Box 767
Charlotte Hall, MD 20622**

**District 1 Trust Fund (Calvert)
P.O. Box 234
Barstow, MD 20610**

**District 35 (Charles)
P.O. Box 1981
La Plata, MD 20646**

**District 36 (St. Mary's)
P.O. Box 1334
California, MD 20619**



Samples of Group Contributions to A.A. Service Entities*

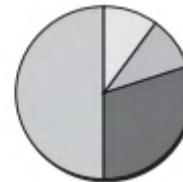
Distribution Plan of _____
(YOUR GROUP NAME)

Your Group Service # _____
(Be sure to write group name and service # on all contributions.)



____ % to district
____ % to area committee
____ % to G.S.O.
____ % to intergroup or central office
____ % other A.A. service entities
____ % other A.A. service entities

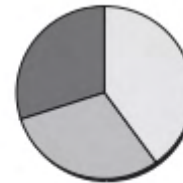
OR



10% to district
10% to area committee
30% to G.S.O.
50% to intergroup or central office

OR

If you have no intergroup/central office.



40% to district
30% to area
30% to G.S.O.

ATTENTION GROUP TREASURERS:

****Remember to include the 6-digit GSO Group Number on all correspondence to Maryland General Service.***

DISTRICT 35 - CHARLES CO.

**Please come out and join us
at our next District Meeting -
the first Thursday of the
month @ 7pm**

**Peace Lutheran Church
11610 Rubina Place
Waldorf MD 20602**

**Mailing address:
PO Box 1981, La Plata,
MD 20646**

NEW BOOKSTALL HOURS:

First and Third Thursday of the
month 6:00pm - 6:45pm
Second Saturday of the month 9am - 10am

**DISTRICT 1
CALVERT COUNTY**

**SERVICE
OPPORTUNITIES**

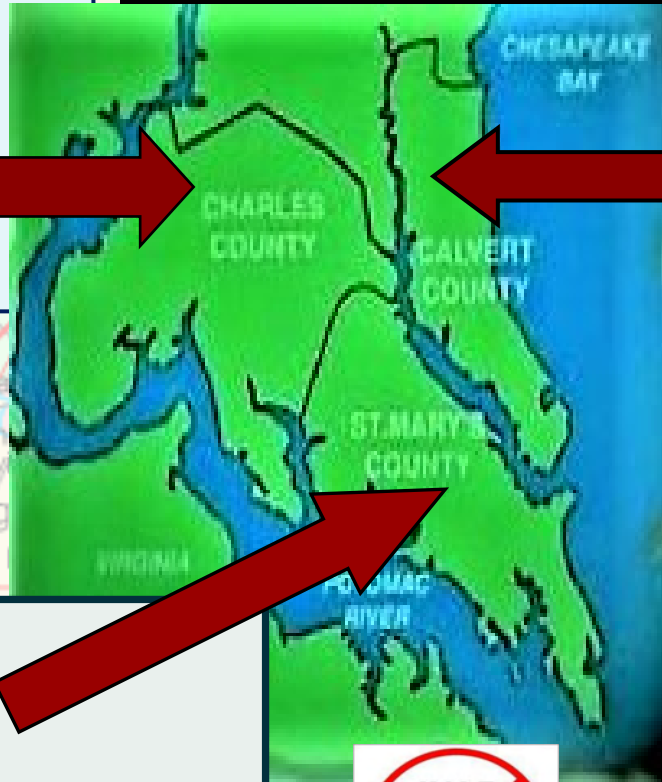
- ◆ **Secretary**
- ◆ **Institutions
Chair**

**District Meeting:
7 PM, 3rd Monday
St. Paul's Episc.
Church**

**Prince Frederick, MD
District 1 Trust Fund**

PO Box 234

**Barstow, MD 20610
www.calvertaa.org**



**SERVICE KEEPS US
SOBER**

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.com



DISTRICT NOTES

**Please send any up-
dates for the Where &
When to:**

**[smia.whereandwhen@
somdaa.org](mailto:smia.whereandwhen@somdaa.org)**

**Current meeting guides
are available at the
monthly SMIA meeting
on a limited basis.**

The next SMIA Meeting will be held on

Saturday, June 8 at 10:00 AM

Join us in person @

Immaculate Conception Church,

**28297 Old Village Road, Mechanicsville, MD
20659**

Or via Zoom @

<https://zoom.us/j/99982597908?>

[pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09](https://zoom.us/j/99982597908?pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09)