



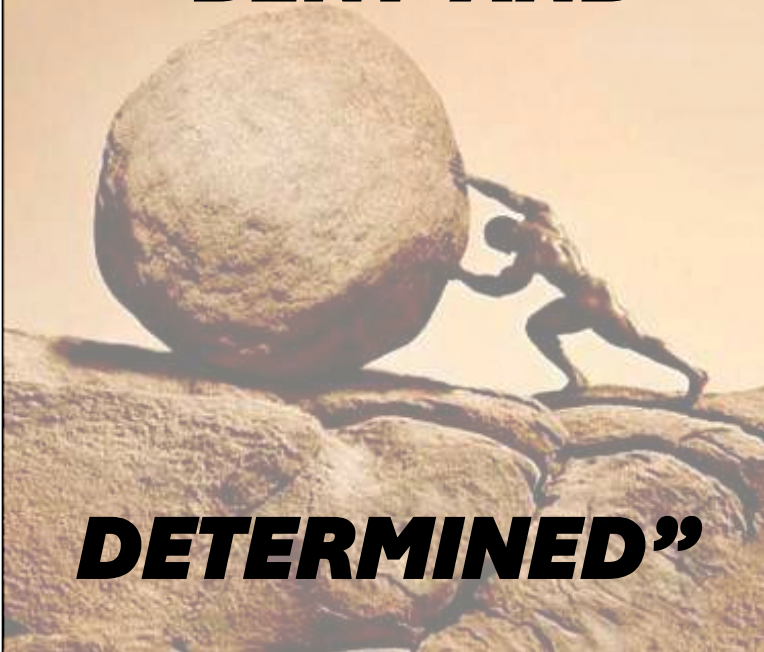
LIFELINE



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>

“BENT AND



DETERMINED”

Of all the Twelve Steps, it seems the one most commonly rationalized and postponed is the Fourth. I had a bookful of “reasons” for not involving myself with it.

After all, it was bad enough that I had to admit defeat (First Step), without having to look at why I was defeated, at what was wrong with me (as if anything could have been *that* wrong!).

For the first ten years of my sobriety, I fought especially hard against the Fourth. How did I survive without taking inventory? By playing word games and becoming pretty adept at them. For example, jealousy was one of my most grievous shortcomings. By calling it rancor, I gave it literary value and thus made it acceptable, even desirable. Possessiveness: I regarded it as the only civilized way to show affection. Do I need to add that I civilized more than one romantic relationship right out of my life, and ruined several budding friendships? Fear was one of the most corrosive characteristics that clung to me, and I to it; yet I persisted in calling it caution or alertness.

I remember making a discovery about this Step that helped a lot. The word “moral” used to bother me, until I noticed that the word is not used once in the Big Book’s discussion on the

Fourth. Instead, we read of *personal* inventory. A welcome discovery, because the word moral had been inextricably woven through the daily “don’ts” of my childhood religion.

The idea of fearlessness posed a special problem. How could I be fearless confronted by what seemed a horrendous task? When I was finally willing and ready to face up to it, the answer was forthcoming. The same Higher Power that was restoring me to sanity could wrap me round in a cloak of courage. God, as I understood him, who held my life and my will in his care (Third Step), would not abandon me as I worked my way through personal stocktaking toward the ultimate goal—carrying and living the message.

Speaking of messages, I used to work hard perfecting theatrical impressions I wanted to spring on AA groups as I traveled the local speakers’ circuit. The type of meeting I preferred was closed discussion, where I could lovingly play the role of AA oracle. The open meeting (three speakers) was not my favorite choice. It would be too much of a hassle to get into the “right” slot. I had to be the last speaker, so that I could remember myself as the cleverest and the group could remember me as the humblest. What a relief to finally discover, thanks to the Fourth, that I did not have the last word!

There were a few questions that bothered me a lot, questions that bother some of us as we approach this Step for the first time.

Why do I have to do the Step at all? Of course, I don’t “have to” do any of the Steps. But if I want to hold on to my sobriety, if I want to enhance it, I’d better do something about my old ways—those old ways that kept me drinking. How better to identify them than by writing them down? “Why not do what everyone else does,” was the suggestion of an older, wiser member, “instead of insisting on doing it your way? Your way doesn’t work, does it?”

How do I do it? It smacked of cruelty, to have to write down a list of weaknesses and strengths. Older members, however, said that was the way they did it. I made many attempts, but such was my resistance that it took a very, very long time before I could get at the festering trouble spots.

When should I do the Step? Perhaps the most predictable question, whichever Step is under discussion. *(continued on page 2)*

(continued) As a group, we AAs seem to be, as my mother would have said, “*bent and determined*” to make up for lost time. Well, did you ever hear of the theory of perpetual motion? It has to do with the idea, or principle, of a device which, once set in motion, would operate indefinitely by creating its own energy.

Consider how that theory becomes less of a theory and more of a fact in the life of a recovering alcoholic. In those localities, for instance, where ninety days are suggested before a newcomer can hold office or make an AA talk, if you ask that newcomer when he had his last drink, he can tell you without a moment’s hesitation: “Fifty-six days, ten hours, and twenty-eight minutes ago!” Were you like that? I was. I could not wait to find a new place to live or to begin a romantic relationship or to be happy or. . . I could not wait for speaking commitments or for twelfth-step calls or for jobs at the group level or. . . I was on the run from one phone call to the next, from one person to the next, and from to meeting. I could not wait for you to finish your sentence, but finished it for you!

The question of when to take the Fourth Step, like so much else in AA, is an individual matter. In the early history of our Fellowship, it was suggested that it be done (not attempted, but *done*) within the first weeks or, at the most, within the first few months. Today, there are thirty-day and sixty-day alcoholic rehabilitation programs where a patient is required to write out a Fourth Step, and to discuss it with another (Fifth Step). On the other hand, there are some AAs who believe it a more humane and workable plan to put off the Fourth for as long as a year.

Possibly the most useful tool we have to help us in working the Steps—the Fourth in particular—is sponsorship. In my view, there is no substitute in AA for the practical experience of the older AA member. The suggestion that I was given in the beginning is as valid now as it was then. “You don’t have to do anything alone anymore,” they said. I took them literally and would not go to the laundromat without an AA at my elbow. (That was not quite what they had in mind, of course.)

When we have grounded ourselves in the first three Steps, the Fourth usually follows relatively easily. Seems to me that’s the reason it is not the Third, and not the Second either. Heaven forbid that it should ever have been the First!

<https://step2mensgroup.com/2020/04/step-4-story-from-grapevine/>

LIGHTEN YOUR LOAD.

Over the years, I have watched the differing patterns of A.A. members and the degree of the importance of thoroughness applied to the Steps as opposed to simply abstaining from alcohol. With all the empathy and compassion in my heart I try to be available to everyone with an explanation of what I perceive to be the biggest stumbling block that stands in the way of the unfortunate ones that never seem to reach the degree of happiness and peace of mind that the program offers. When I am approached by someone who is struggling with this issue my first question would be, “*Have you completed a thorough Fourth and Fifth step*” and if they are honest about it, we have a chance to revisit that part of the program and neutralize “*those tormenting ghosts of yesterday.*”

I was that guy in my first attempt at taking the steps and rather than dealing with it I just went to meetings and told funny stories until an event in my life caused me to take a second look at the inventory process and I’m so glad that I got it right the second time around, for if I hadn’t, I can see no possible way that I could have followed up with the remaining steps of the program. Most alcoholics are not proud of their past behaviors and live in a constant state of guilt and shame. They believe that they were responsible for those behaviors and that is where the alcohol became the solution (no pun intended) to their problem until it stopped working.

There is a difference between responsibility and accountability. Most alcoholics believe that they are responsible for becoming an alcoholic and that is the biggest misconception concerning this subject, unless, at childbirth, you had the capacity to understand alcoholism and the ability to decide that you wanted to become one.

From the day we were born, until we took our first drink, we were condi-

tioned to a degree that alcohol affected us differently than it does for the normal person. Our minds were diseased, and we had no choice in the matter. The symptoms of the disease were the behaviors that followed. Once we are aware of this perception, and become willing to become accountable for those behaviors and make restitution for wrongs done, who could fault us for that?

As we continue the steps of the program, we start by recognizing the old alcoholic habits and they are not too hard to change, and we seem to begin that process as soon as we start attending meetings and we deal with the obvious things upfront and if we continue to examine our motives for the things we do, over a period of time, the load gets lighter and lighter.

Now comes the stumbling blocks I referred to earlier; “*those tormenting ghosts of yesterday.*” There is a big difference between a habit and a deed. Habits can be changed, in time, as we establish a new track record and we become an entirely different person. Deeds are an entirely different matter. We can’t change history.

I’m sure that we all have done things that we would hope that they remain a secret but when they measure up to the term “*Tormenting Ghosts*” we need to deal with them if we wish to have some degree of happiness and peace of mind. We can’t change our history but we can change our perception of those deeds as symptoms of the disease of alcoholism that were part of the conditioning and often things that happened even before we ever took a drink and as painful as they may be, if we spend the rest of our lives living by those unselfish habits, over a period of time, our actions will far outweigh our guilt and shame.

We only live once, and it would be a shame if some thing that happened years ago kept us in pain as a result of a symptom of a disease. They are not what we perceived them to be.

<https://www.aacle.org/the-fear-of-a-moral-inventory/>

Step Four & Spontaneous Writing

Immersion in the AA fellowship via daily meetings, telephone/clubhouse conversations, etc., kept my persistent obsession to drink at bay for my first six months of sobriety—albeit I was generally happy, I remained plagued by fear of drink. I had been working the steps off the clubhouse wall which I have come to believe is infinitely less than a half measure. This perilous condition resulted in my standing in a Hollywood bar with “gin & tonic” on my lips—I was that close to drinking!

Straightaway I found a new sponsor, Carl, who had me praying the Third Step Prayer during the first visit; he then started me writing Step Four information at once (p. 64). Carl informed me that I was not capable of writing honest information because my mind was a liar—after all did it not almost allow me to order a drink just two short weeks previous? He provided me with four sheets of paper with headings of Resentment, Fear, Guilt and Harms to others. I was to write spontaneously without thinking. I was to ask God to do the writing for me. I was to pray this mantra over and over: “God please help me—I am doing my inventory!” “God please help me—I am doing my inventory!”

This mantra repetition lasted for what seemed a long time, but all at once it was as though a dam had collapsed spilling more truth onto that paper-work in ten minutes than weeks or months would have been derived from my dishonest and stubborn alcoholic mind. Once written, I couldn’t “forget” or “ignore” what God had written. The next Saturday I gleefully returned to my sponsor with an honest list of grosser handicaps.

Carl pointed out, by following the clear-cut Step Four directions of the Big Book, many other of my character defects, but, more importantly, how to face and be rid of resentments (p. 67) and the same with irrational fear (p. 68). I also learned how selfish and dishonest I had been throughout my drunken life from the other Fourth Step direction pages.

I have become a great fan of spontaneous writing. I notice Bill W.—perhaps unwittingly—used this method when he changed the then Six Step program into Twelve Steps in thirty minutes (read page 198, Pass It On). <https://www.aacle.org/step-four-spontaneous-writing/>

My Fourth Step: Freedom from Hindrance

When I first started going to AA, I always hear people talk about how difficult and intimidating the fourth step is, so I wasn’t very serious about it and just did it because I was told to. I didn’t work any of the steps properly and I wasn’t successful. The second time around, when I was ready to get sober, I was prepared.

I remembered hearing the fourth step was challenging because you have to write down everything you’ve done wrong, list the people you’ve hurt, and list the people who have hurt you – staring at all that written down on paper isn’t the most fun thing in the world. Yes, this moral inventory is intimidating and tough to do, but the end result is freedom from those hindering things taking up room in your mind and heart that prevent you from growing. Those things contributed to your addiction and why your life is unmanageable.

I was ready for my fourth step when my sponsor and I tackled it. I wanted to be free from things in my past that were haunting me. I remember putting on some music and pouring myself a cup of coffee when I sat down and with determination said, “let’s do this.”

There were four lists, and it wasn’t fun, but I felt so much better to get all that out.

The person at the top of my list was my mother. She’s such a sweet woman and has never done anything wrong to anyone in her life. Growing up, I was a brat making her life so difficult and not treating her well – she didn’t deserve that.

As I was doing my fourth step, an overwhelming urge to call her came over me. The fear of doing anything wrong while working the steps always weighed on me because I didn’t want to mess up and relapse, so I called my sponsor and asked if it was ok to call my mother. Even though making amends is further down the line, my sponsor said I could call her and apologize. When I did, my mother said she had already forgiven me and could see I was becoming a new person. My efforts to work the program and stay sober weren’t going unnoticed, and I felt a huge sense of relief and had faith I was going to be ok. <https://www.recoveryconnection.com/fourth-step-freedom-from-hindrance/>

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a will and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

Twelve Steps & Twelve Traditions, p. 82

WE ALWAYS HAVE CHOICES

February 23

DECISION- MAKING Self-pity is often rooted in the strong feeling that we have been victimized by people or conditions. "I never had a chance" and "You deceived me!" are common complaints showing a self-piteous mood.

It is both astonishing and humbling to learn that we always have choices and decisions to make, even when other people or bad conditions seem to be grinding us down. One of the great discoveries of the Twelve Step movement is that alcoholics could begin to recover no matter how helpless they had become, no matter how far they had slid into defeat and despair. And once a decision was made to seek sobriety as a primary goal, other choices and decisions became possible.

What we choose are attitudes and responses. We have neither the power nor the right to control others, but we can choose to soften our attitudes towards them and to forgive and release persons we don't like. We can choose to avoid bitter arguments, terrible showdowns and vengeful actions. The meaning of "Live and Let Live" is to accept our right to an existence while conceding the same right to others.

We can always choose our moods, how we want to think and feel. It may take effort to break the habit of feeling victimized and sorry for ourselves, but our Higher Power will show us the way if we decide that is what we really want.

Goal for the Day

Nobody can ruffle my feathers today or make me feel oppressed and victimized. I can always make choices that will enhance my sobriety and place me on a better footing for the days ahead.

TRADITION FOUR – GROUP AUTONOMY

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 Gulf 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 Mid-western 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.

<https://www.aacle.org/tradition-four-group-autonomy/>



APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Dianna M., 15 yrs, Today Michelle B., 8 yrs, Monday Nite Tradi- tions	2	3 Roger M., 15 yrs, Liv- ing Sober	4	5	6 John O'G., 27 yrs, Hap- py Hour
7 Emily D., 1 yr, Bedouin	8	9	10	11 Gisela R. 33yrs. Al- most Normal Keith T., 6 yrs, Basic Text	12	13 Barbara N., 1 yr, Helping Others
14 Mark N., 15 yrs, Bedouin Danny H., 9 yrs, Living Sober	15 Donald R., 24 yrs, Lusby	16	17	18	19	20 Chelsea B., 11 yrs, Ear- ly Bird
21 Josh J., 10 yrs, KISS	22	23	24 Robin D., 1 yr, North Beach	25 Neil, 36 yrs and Frank G., 5 yrs, Poplar Hill	26	27
28 Pat P., 15 yrs, and Jeff G., 17 yrs, Beach Bea- con	29	30 Kari A., 1 yr, Blue Top at Noon Baiba H., 16 yrs, Hollywood				



MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				Brittany M., 1 yr, Basic Text Tressie F., 40 yrs, Harmony		
5	6	7	8	9	10	11
	Tony N., 6 yrs, Monday Night Traditions Mike D., 12 yrs, Harmony			Joyce S., 8 yrs, Almost Normal	Marc T., 11 yrs, Cove Point	
12	13	14	15	16	17	18
				Russell, 4 yrs, Blue Top at Noon		
19	20	21	22	23	24	25
					Eric R., 1 yr, Cove Point	Pete R., 30 yrs, Laurel Grove
26	27	28	29	30	31	
				Taylor C., 3 yrs and Kat B., 1 yr, Poplar Hill		



Bill W. and His Critics

“Concerning those cracks about me—you shouldn’t be too much bothered... You see, people have been trying to save A. A. from me for years.”—Bill W.

In the above excerpt, from a 1961 letter written to a couple of A.A. friends, Bill W. used self-deprecating wit to address the criticism that had been coming his way almost from the moment he and Dr. Bob cofounded the A.A. program in 1935. (Bob, less of a controversial character, managed to avoid the worst of it.) Even if Bill became somewhat inured to it over the years, such criticism rankled, and he could and did defend himself and Alcoholics Anonymous vigorously. But at the same time, he used it as occasion for self-inventory: “Were it not for my severe critics,” he wrote, “I might have got off track lots of times.” “Will there be a Grand Pooh-bah of A. A.?” In the early decades of A.A., much of the criticism came from within the program and was directed at what some perceived as Bill’s attempts to enrich himself via the Alcoholic Foundation (now the General Service Board), which controlled royalties from the Big Book. Given the strong egos of many of the alcoholics who focused their newly sober energy on building the program, this type of clash was inevitable. Clarence S., who founded Cleveland A.A., was an early and vocal critic. Bill wrote one correspondent that Clarence “has done a lot of wonderful A.A. work and was largely instrumental in getting our Cleveland situation started.... But he has been a maverick on the subject of the Foundation and me from the very early times.” Bill had a painful experience with another early critic, Hank P., one of the early A.A.s (after Bill) to get sober in New York. A former Standard Oil of New Jersey executive and, like Bill, a natural salesman, Hank ended up in Towns Hospital, where he was described by Dr. William Silkworth as “a case of pathological mental deterioration.” Yet,

under Bill’s guidance, Hank sobered up and helped start Honor Dealers, the gasoline cooperative in Newark, New Jersey, at whose William St. offices Bill dictated much of the Big Book to Ruth Hock. In close partnership with Bill, Hank formed Works Publishing to publish the Big Book, but when it was decided in 1939 that shares in the company (of which Hank had named himself president) should be turned over to the Foundation, Hank balked. He started drinking again and wrote Bill a memo late in 1939, asking: “Did Jesus Christ have an office? Was there a central clearinghouse? Is work going on soundly? Are drunks being cured?... Will there be a Grand Pooh-bah of A.A.?” Hank’s drinking increased, as did his resentment of Bill, and the two never healed their rift. To make matters worse, Hank’s stories about Bill’s supposed financial malfeasance found receptive ears in Clarence S. and others in the Midwest, leading Bill and Dr. Bob to take the extraordinary step of attending a Cleveland A.A. dinner with a certified audit of A.A. financial affairs in hand. Rumors about Bill and A.A. finances would continue for a long time, however. Bill often heard about these criticisms second hand, from friendly correspondents. One A.A., Ray H., wrote to Bill in 1955 to say that he knew of “a guy on the west coast... who does a lot of speaking out there and around [and] has a bad attitude on ‘your getting rich’ from your writings.” Bill replied: “Fellows like [the west coast A.A.] used to worry me some. Not that I mind being lambasted, that’s good for me. But I used to feel they could talk people out of supporting the Foundation Office. But critics such as he do us no harm. In fact... they make one ask about one’s own motives. And if some people are unreasonable, they teach us patience... But thanks for standing up to him.” Alcoholics Anonymous at first enjoyed a honeymoon relationship with the press and public. Articles in Liberty, the Saturday Evening Post, Reader’s Digest, and scores of other magazines, as well as radio and early television commentary, were almost uniformly glowing. However, Bill was aware, as he wrote ruefully, that

“our public reputation probably far exceeds our actual character,” meaning that the pink cloud could not last forever. In the early 1960s, two different authors challenged A.A.’s mission and methods, prefiguring some of the criticism directed at the program in recent magazine stories. A “First Aid Station?” One article, written by Dr. Arthur H. Cain, appeared in Harper’s Magazine early in 1963. Entitled “Alcoholics Anonymous: Cult or Cure?” the piece would form the basis of Cain’s book *The Cured Alcoholic*. While admitting that A.A. was deserving of “universal respect” as a form of “group therapy,” Cain wrote that A.A. had become too dogmatic: “Any suggestion to members that The Program is less than divine revelation evokes an irrational outcry.” More harshly, he spoke of the serene smile of some A.A.’s as “the A.A. Smirk,” referred to Al-Anon members Bill W. and His Critics Mail address: Box 459, Grand Central Station, New York, NY 10163 • (212) 870-3400 • www.aa.org Page 2 as “the ladies auxiliary,” and accused A.A. of having become a cult-like organization whose goal was not to reintegrate members into society but to keep them virtually enslaved to Alcoholics Anonymous. The role of A.A., Cain suggested, should be to act as a “much-needed first aid station” to arrest uncontrolled drinking, after which the “trained specialists” (physicians and psychologists like Cain himself) should be allowed to take over. A.A.s were quick to write Bill W. about Cain and Bill was quick to reply that while they were certainly free to respond as they wished, he and the General Service Office would be publicly silent in keeping with A.A.’s Tenth Tradition. Privately, he suggested in letters that Cain’s article, “petulant and biased” as it was, “probably... kept some people away from A.A. Maybe some will stay sicker longer, and maybe a few will die because of it.” However, he also admitted in a letter to an Ohio physician that “some of the things said about us in Harper’s were true as to some A.A.s, in some places and at some times.” In the April 1963 Grapevine, Bill published an article entitled “Our Critics Can Be Our Benefactors,”

(continued on page 9)

(continued) in which he pointedly reprinted a section from Alcoholics Anonymous Comes of Age: "We must be friendly and, above all, open-minded toward every new development in the medical or psychiatric art that promises to be helpful to sick people." And the theme of the 1963 General Service Conference was changed to "A.A. Takes Its Inventory." A 1964 article in The Nation by Jerome Ellison entitled "Alcoholics Anonymous: Dangers of Success" was a bit harder for Bill to swallow. Ellison was an experienced magazine writer with a long familiarity with A.A.; indeed, Bill had hired him as a consultant on A. A. publications. While praising ordinary A. A. members for their "prodigies of selfless service," Ellison claimed that A.A.'s national headquarters was a place full of "committee politics" and "venomous gossip" run by "an ultraconservative clique" grown affluent on the profits spawned by Alcoholics Anonymous and its thousands of members. Bill took umbrage with Ellison's comments about A.A.'s affluence and what Ellison apparently thought was G.S.O.'s bloated staff. "Perhaps you still feel the office is an over-sized bureaucracy," he wrote to Ellison in a private letter of rebuttal. "I did explain the economy of the

operation, money-wise per capita. But I did not take care of this point: In 1940, G.S.O. had one paid worker per 1,000 A.A.s. In 1950, there was one paid worker for each 3,000 A.A.s, and in 1965, we have one paid worker for each 9,000 A.A. recoveries. This is refreshingly contrary to modern-day trends—a very good point to make if you will. The point could also be made that we have only twelve alcoholics on the entire world payroll, scarcely an overburden of 'professionalism.'" While Bill was always polite to Ellison in his communications with him, he referred to him in other letters as "poor Jerry Ellison." As human as any other A.A., he did not like inviting a man for dinner, figuratively speaking, only to get his hand bitten. "I Am Responsible" While Bill naturally did not enjoy the criticism directed his way, he used it as a teaching experience, both for himself and for Alcoholics Anonymous as a whole. It was all about responsibility, he wrote one A.A. correspondent in 1963. It was Bill's responsibility to learn if his critics "were right about me, or partly so." At the same time, if A.A. needed defending, then "I face my critics and oppose them, if that happens to be my responsibility." It is no coincidence that the theme of the 1965

Toronto Convention was "I Am Responsible." In his talk there to over 10,000 alcoholics, Bill stressed the need for A.A.s to look outward, to cooperate with all the agencies that worked on the problem of alcoholism, alcoholism education and rehabilitation. "Too often we have deprecat-ed and even derided these projects of our friends just because we do not always see eye to eye with them," Bill said. "We should very seriously ask ourselves how many alcoholics have gone on drinking simply because we have failed to cooperate in good spirit with these many agencies. No alcoholic should go mad or die simply because he did not come straight to A.A. in the beginning." Bill, along with Lois, then led the attendees in the Responsibility Declaration: "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." The Responsibility Declaration was about reminding A.A. members not to be complacent in the face of thirty years of unparalleled success. But it was also about Bill W. learning when his critics "were right about me, or partly so."

https://www.aa.org/sites/default/files/newsletters/f-151-markings_fall-2015.pdf



8 Benefits of AA and NA Meetings in Rehab

gests that the success rates for AA can be around 50% or higher for those actively engaged in the program. Incorporating AA and NA into rehab can provide a multifaceted approach to recovery, addressing not just the physical and psychological aspects of addiction but also the social and emotional facets. Incorporating AA and NA meetings into a rehab program can offer several advantages that complement the medical and psychological treatments often provided in rehabilitation.

1. Access to a Comprehensive Support Network

AA and NA meetings provide a community of individuals who are going through similar struggles. This peer support can be invaluable, offering emotional sustenance

and practical advice that complements the professional guidance received in rehab.

2. Accountability

The group setting of AA and NA meetings encourages individuals to be accountable for their actions. Knowing that you'll share your progress – or setbacks – with others can be a powerful motivator to stay on track.

3. Long-term Recovery Focus

While rehab programs are often time-limited, AA and NA offer a long-term support structure. Many people continue attending meetings for years, or even decades, after they've achieved initial sobriety, which can be crucial for long-term recovery.

4. Improves Emotional Resilience

Sharing experiences and coping strategies in a group setting can help individuals build emotional resilience. Learning how to handle stress, triggers, and cravings is a vital part of the

(continued on page 14)

Navigating the road to recovery from addiction is a deeply personal and often complex journey. While modern medicine offers various treatment options like psychotherapy and medication, the timeless principles of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) resonate with many. Success rates of AA and NA meetings can be challenging to quantify definitively due to a variety of factors, including the self-selecting nature of attendance and the lack of formal, long-term studies. However, some research sug-

AREA 29 PRESENTS ITS

Mini-Conference

April 6, 2024

9:00 AM - 4:00 PM

Severna Park United Methodist Church
731 Benfield Rd., Severna Park, MD

Also on Zoom
Meeting ID: 859 2615 5366
Passcode: 430049



EASTERN AREA YPAA SUMMIT

04.13.2024

A VIRTUAL GATHERING OF
YOUNG PEOPLE FOCUSED ON
RECOVERY, UNITY, AND SERVICE



ypaasummit.wixsite.com/home

Southern Maryland Intergroup Association (SMIA)

presents

The Spiritual Roots of Alcoholics Anonymous



Who Paved Our Way?

Founding of the Oxford Group

Speaker:

❖ Charles S.

Oxford Group Historian

Saturday

13

April

5pm - 9pm

*Refreshments Raffles
Surprise Entertainment*

Immaculate Conception Church
28297 Old Village Road
Mechanicsville, MD 20659



DISTRICT 35 WORKSHOP



SATURDAY APRIL 20

PEACE LUTHERAN CHURCH
11610 RUBINA PL,
WALDORF, MD

WRITING A
4TH STEP
INVENTORY



AGENDA

11:30-12:15 FOOD & FELLOWSHIP

12:15-12:30 OPENING REMARKS

12:30-1:30 INTERACTIVE FOURTH STEP WORKSHOP

BRING YOUR BIG BOOK!



District 36 presents GAME NIGHT!!!
C'mon by the Leonardtown Knights of
Columbus hall at 41605 Fenwick Street
Leonardtown.
Snacks and beverages provided as well as
some board games and decks of cards.
Saturday, April 27 from 7-9pm.
For information call: 240-237-2954.
Join in the fun at GAME NIGHT!!!



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

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)



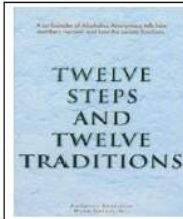
Zoom Meeting ID: 881 6177 7393
 Passcode: 330331

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



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 rely on contributions from only AA members & AA entities

✓ We provide language Access via ASL interpretation

✓ Our focus is to make AA accessible to the Deaf and Hard of Hearing

Contributions accepted via PayPal@
MarylandDeafAccess@gmail.com



Technology Committee

PANEL 74

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

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

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.

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.

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

**ID: 854
5914 3395
Pw: 199887**

District Chairs
and Interested
AA members
are invited!

CONTACT: A29CPCPI@GMAIL.COM

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

SMIA Meeting Minutes 3/9/24

Opening: Buddy F. opened meeting with the Serenity Prayer.

Board Members Present: Buddy F. - Chair, Katherine L. - Vice-Chair, Rebecca B. - Treasurer, Rob A. - Parliamentarian and Kristi P. - Secretary

Groups & Committees Represented:

Bill L.-Harmony Group/Web/Bookstall, Buddy F. Charlotte Hall Group, Norma H-12 Step Home Group, Justin C. Charlotte Hall Group, Duke R., Basic Text, Rob D.-Sunrise Sobriety, Todd M.- St. Charles Step Group, Francis R.-KISS Group, Paul S.- Bedouin Group, Nathan H.- Waldorf Group, Kristi P.- Laurel Grove, Jeanine W.-St. Charles Step Group, Dan W.-District 35, Andy X-Keeping it Green Group, Zee S.- Sunday Morning Sobriety Group, Rob A.-Popular Hill Group, Billy B- There is a Solution Group, Mary F.-Leonardtown Group, Paul S.-Cove Point Group, Roy B.-Solomon's Group, Laura B.-Awakenings Group, Mandy W.-ODAAT, Allan C.-Prince Frederic Big Book Group, Pat S.-SMIA Workshop Chair, Melissa W.-SMIA Phone Chair, Keith H.- SMIA Lifeline Chair

SMIA Chair Report: Buddy stated he attended the Area Assembly meeting, Terry spoke and challenged people to bring newcomers to the meeting. He also stated there are no plans to change the Founders writings. There will be a new plain language Big Book coming out. Title still being finalized. Buddy also attended NRASSA, there were 5 panel discussions on various topics and three speakers for each panel. People were able to voice their opinion and there was a lot of input. There were over 1300 attendees. He also attended two roundtable discussions. On March 5th, he attended the Intergroup Liaison meeting, Lori, our Alternate Delegate for Area 29, spoke about CARC I that was held- there were 40 people in attendance. CARC II planning meeting held on March

2nd and it went well. CARC II will be held on March 23rd in West River, MD and people can also attend online. Zoom meeting information can be found at MDAA.org and in the newsletter. Craig T., Finance Committee Chair spoke at Intergroup Liaison meeting regarding purpose, duties, and responsibilities. Buddy also stated there was a new MSG Handbook out. No state convention this year due to expenses for hotel/venue.

Vice-Chair Report: No report.

Secretary Report: Kristi P. read the SMIA February 2024 meeting minutes. A motion was made to accept meeting minutes as read; the motion was seconded and passed.

Treasurer Report: Rebecca B. gave the February 2024 Treasurer's report. A motion was made to accept the Treasurer's report. Motion was seconded and passed.

Committee Reports

Bookstall Report: Bill reported there 1279 visits to the On-Line Bookstall since the February meeting. There were 12 orders since the last meeting. 7 completed and 5 processing. Orders totaled \$407.20. Chips and medallion orders totaled \$169.20 and literature/grapevine orders totaled \$50.46.

Web/Technology: Total visitors 3,268. Most frequently visited pages: Home, Where and When Calendar, Where and When Search, Announcements and On-Line Meetings. Site Updates and Changes: the search return function on the Where and When Search Page was changed to open within the same page rather than open in a new tab or browser. Meeting changes: Dan P. is the new GSR for Sunrise Sobriety. Sunderland Group meeting has been terminated. We currently have a total of 126 meetings (119 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 3/10/24, Mobile App 2024 5.2 released 3/3/24; Lifeline posted 3/1/24; Finance Page updated 2/27/24; Minutes posted 2/27/24.

Gratitude Dinner: Buddy F. stated Immaculate Conception Church Hall has been reserved for November 16, 2024. A planning meeting will be held in August.

Corrections and Treatment: Calvert - No report. Charles - Jeanine W reported no meetings going into the jail due to no volunteers. No update on treatment, however, ALPAS doesn't have any residents, so meetings have been suspended. St. Mary's - Roy reported that Glenda said construction at the jail was set to end in April and we are looking at up to 6 weeks until we can go back. Zee volunteered to take meetings into Compass.

Lifeline: Keith reported everything is going well. Any submissions and feedback are welcome. Keith advised for those concerned about writing skills, he will assist. Keith also stated that he will begin putting in an archival feature every month. Jeanine W. brought up revisiting listing top 10 contributors in the Lifeline. A motion was made to post name of groups contributing without amounts to encourage groups to contribute, motion was discussed, seconded, and accepted. 2 members opposed. Suggestion made to have the GSR/Intergroup member let their groups know.

Picnic: Gilbert Run Park has been reserved for June 23, 2024, from 12-6 pm. SMIA will provide meats. Asking those who attend to bring covered dishes. There will be \$5 fee per vehicle. Buddy stated he is need of volunteers for the grill, sodas, setting up tables, etc. He is going to try to set up a planning meeting in late March at Immaculate Conception, if possible.

PI/CPC: Calvert - Going well. Charles - No report. St. Mary's - Nothing new. Mary is looking into going into high schools to see if they want to do presentations.

Workshop: Pat S. reported that the Symposium (History of A.A.) will be held on April 13, 2024 at the Immaculate Conception Hall from 5-9 pm. There is a flyer posted on the SMIA website and 250 flyers were printed for distribution. In need of 26 volunteers.

(continued on page 14)

(continued) There will be a zoom volunteer meeting on March 18th at 7 pm. Login info can be found on the SMIA website's home page.

Telephone: Melissa W. gave her report; there were a total of 24 calls, 1 for Calvert, 8 for St. Mary's and 7 for Charles, 8 calls with no county identified. Total of 48 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. Mary stated the first planning meeting was held. A signup sheet is going around for volunteers. Tickets are now available for \$20. Each county will receive 40 tickets. Any auction items for donation can be dropped off at the SMIA

meeting or the District meeting. Mary stated she will be having another planning meeting, date/time & location, TBD.

Where and When: Buddy F. reported on Pat's behalf. 3000 Where and When's were printed and available. We should be good to go for a while.

New Business: Buddy stated three positions were up for election. Lorraine J. was nominated for vice-chair. Kristi P. motioned to nominate Lorraine J. as the new vice-chair. Motion was accepted. Bruce O was nominated for Treasurer. Kristi P. motioned to nominate Bruce O. as Treasurer. Motion was accepted. Pat S. was nominated for Parliamentarian. Rob A. then nominated Paul S. for Parliamentarian. Held a ballot vote for Pat S. and Paul S. Paul S. was voted in as Parliamentarian.

An audit will be conducted due to outgoing Treasurer. Buddy F., Kristi P., and Keith H. volunteered to conduct audit with Rebecca B. before the next meeting. Buddy F. thanked all of the outgoing officers that served over the last two years. Buddy will not be able to attend April's SMIA meeting or District meeting.

For the Good of the Order: Jeanine W. – District 35 is hosting 4th Step Workshop on April 20th at Peach Lutheran Church. Area 29 Assembly meeting will be March 16th in Severna Park. CARC meeting will be on March 23rd, both online and in-person. Lorraine J. will celebrate 44 years on March 21st at Daily Reprieve.

Meeting adjourned with the Responsibility Pledge and the Lord's Prayer.

(continued from page 9) recovery process, and the group's collective wisdom can be incredibly helpful in this regard.

5. Offers Real-World Learning

AA and NA meetings often serve as a "real-world" environment where individuals can test the coping strategies and behavioral changes they've learned in rehab. This can be an important step in transitioning from the controlled environment of a rehab facility to the complexities and challenges of everyday life.

6. Fosters Spiritual Growth

For those who find a spiritual approach helpful, the 12-step philosophy of AA and NA, which includes acknowledgment of a "higher power," can offer another dimension of support and coping strategies.

7. Offers a Cost-Effective Aftercare Option

AA and NA meetings are usually free to attend, making them an accessible option for ongoing support after formal rehab has ended. This can be particularly beneficial for individuals who may not have the resources for extended professional treatment.

8. Flexibility for Outpatient Programs

With meetings available virtually and in person, often at various times throughout the day, AA and NA offer a level of flexibility that can make it easier for individuals

to integrate these support systems into their lives.

How Do AA and NA Meetings Integrate into a Formal Rehab Program?

AA and NA meetings are often integrated into formal rehab programs as a supplementary form of support and treatment. Here's how they typically fit in:

•**Introduction During Rehab:** Many rehab programs introduce patients to the 12-step approach during their stay and may even host meetings on-site.

•**Part of a Treatment Plan:** Clinicians may include AA or NA meetings as part of an individual's treatment plan, particularly for aftercare.

•**Holistic Approach:** The spiritual and community aspects of AA and NA can complement a rehab program's medical and psychological treatments, offering a more holistic approach to recovery.

•**Transition Support:** As individuals transition out of a more structured rehab setting, AA and NA meetings can provide ongoing community support

and structure.

Taking the Next Steps in Your Recovery Journey

Recovery is a lifelong commitment, often requiring a multi-pronged approach for lasting success. While formal rehab programs lay the foundation for recovery, incorporating AA and NA meetings can offer the ongoing support and community engagement that are crucial for long-term sobriety. Whether you're at the beginning of your recovery journey or looking to sustain your progress, consider the benefits of integrating AA and NA meetings into your treatment plan. So, if you're contemplating the next steps in your recovery, reach out to AA or NA groups in your area.

<https://www.thefreedomcenter.com/benefits-of-incorporating-aa-na-meetings-into-rehab/>

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

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
February 25, 2024 - March 24, 2024**

Assets	
Primary Business Checking	5,917.07
Primary Business Savings	3,000.99
Prudent Reserve	3,300.00
PayPal	185.22
Bookstall Cash on hand	100.00
Total Assets	12,503.28
Expenses	
Bookstall	(787.84)
Liability Insurance	
Lifeline Printing	(95.88)
Misc	(438.26)
Phone Service	(25.11)
PO Box Rental	
Rent	(150.00)
Webmaster	(1,085.00)
Website Maintenance	(123.23)
Where and When	(2,645.38)
Total Expenses	(\$5,350.70)

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

Revenue	
Contributions	8,503.10
Bookstall	3,519.61
Gratitude Dinner	1,197.00
Serenity Breakfast	2,166.00
Total Revenue	15,385.71
Expenses	
Bookstall	(6,010.89)
Liability Insurance	(273.00)
Lifeline Printing	(1,165.56)
Misc	(1,553.36)
Phone Service	(275.48)
PO Box Rental	(114.00)
Rent	(1,650.00)
Webmaster	(2,015.00)
Website Maintenance	(689.89)
Where and When	(2,645.38)
Total Expenses	(\$16,392.56)
Annual Net Assets	(1,006.85)

**THANKS
FOR CON-
TRIBUTING!**

**Twelve Step
Home Group**

**Charlotte Hall
Group**

**Emotional
Sobriety**

Awakenings

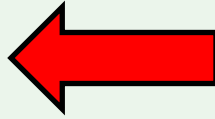
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

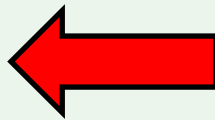
2) Or they can be mailed to the appropriate office location:

*****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*

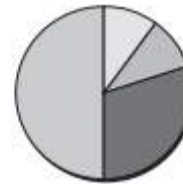
Distribution Plan of _____
(YOUR GROUP NAME)

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

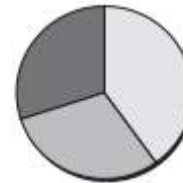
OR



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.***

Service Opportunities!

Volunteers needed for the SMIA picnic and for upcoming workshops!

FIND OUT MORE!

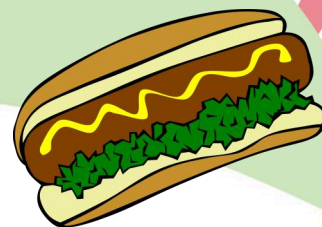
Saturday, April 13

10:00 AM

Immaculate Conception Church

28297 Old Village Road

Mechanicsville, MD 20659



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

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.

SMIA SERVICE TEAM:

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

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**

**SERVICE KEEPS US
SOBER**

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**

- **Accessibility Chair**
- **Grapevine Rep**

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

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, May 11 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)