



# 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** | \ 'līf-, 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>

Why the program of Alcoholics Anonymous works so well, on the disease of alcoholism, is hard to fathom when we first come into AA. Most of us are conflicted when confronted with the idea that our perception of life had been all wrong from the very start.

Issues like, faith, higher power, insanity, surrender, denial, guilt, shame, etc. had to be revisited to see where our past thinking had let us down. We realize that we have painted ourselves into the corner of life. And, if we are lucky, we become open to the idea that we may have to seek outside help if we want to have any chance of a normal life.

When we go through this process, in the spirit that it is presented,

in the Big Book of Alcoholics Anonymous and the Twelve Steps and Twelve Traditions (12&12), wonderful things happen for us. I find it much easier to look back at the way the AA program has worked for me, than it was when I first entered the program and tried to look forward and perceive how it was going to influence every facet of my life in a wondrous way.

I wish there was a way to package it and give it away. But, as I look back on my own experience in AA and realize how each of us are conditioned differently.

I know that, not all of us can envision what the result will be. For if they did, they

would cut right to the chase and never look back. In the beginning, we usually spend most of our time coming to terms with the most obvious symptom of alcoholism; the drink and I were no exception.

Unfortunately, many of us never get deeper into the program, where most of

own self esteem will be reward enough to inspire (inspirit) us to address the next issue that needs our attention, and one by one we resolve these matters as we Trudge the Road of Happy Destiny.

Another thing that seems to be a natural result as we navigate this approach is

that, with this new awareness, we refrain from making the regretful mistakes of the past that caused our discontent in the first place. Replacing the wrongs with the rights, you might say, doubles the pace of our growth. We only get to live once and it would be a shame to spend it with that awful mental grinding that goes on between our ears, when the solution is right before our eyes. And, if we continue to spend all our mental

energy obsessing on the "not drinking one day at a time" we can do this for years, and then one day, just pick up that drink.

A drink has no appeal to alcoholics who are at peace with themselves and with others. Why waste the only life we have when the answers are laid there at our feet?

Do not get stuck in the rut of complacency. Trust this process and ask yourself if you have been thorough with all twelve of the steps. And if not, I recommend that you revisit those loose ends and deal with them. Give this a try, and I guarantee that, you will not regret it.

the healing takes place. For those of us that do come to realize that happiness, and more importantly, peace of mind, are the things that are lacking in our lives and to acquire them, we may need to get serious and dig deeper into the process that led to these qualities.

This does not mean that we will not experience joy and peace until we complete the process. Not at all, for every time we uncover another piece of the puzzle that barred us from being at peace with ourselves, it allows us to free up that part of our mind that has been wrestling with that issue and we can finally put it to rest.

The day-to-day improvement in our



Practicing gratitude in recovery is a powerful and impactful tool that helps us remain grounded and sober even during times of stress. Incorporating gratitude into our daily routine helps us face even the most difficult of life's challenges.

Navigating through life's challenges can sometimes feel overwhelming, be it due to world events, financial stress, work-related issues, or family matters. These factors significantly impact our mental health, often leading to stress, anxiety, and sadness. However, amidst these trials, practicing gratitude emerges as a powerful tool to enhance our well-being and resilience. Add it to your recovery program for another layer of protection against relapse!

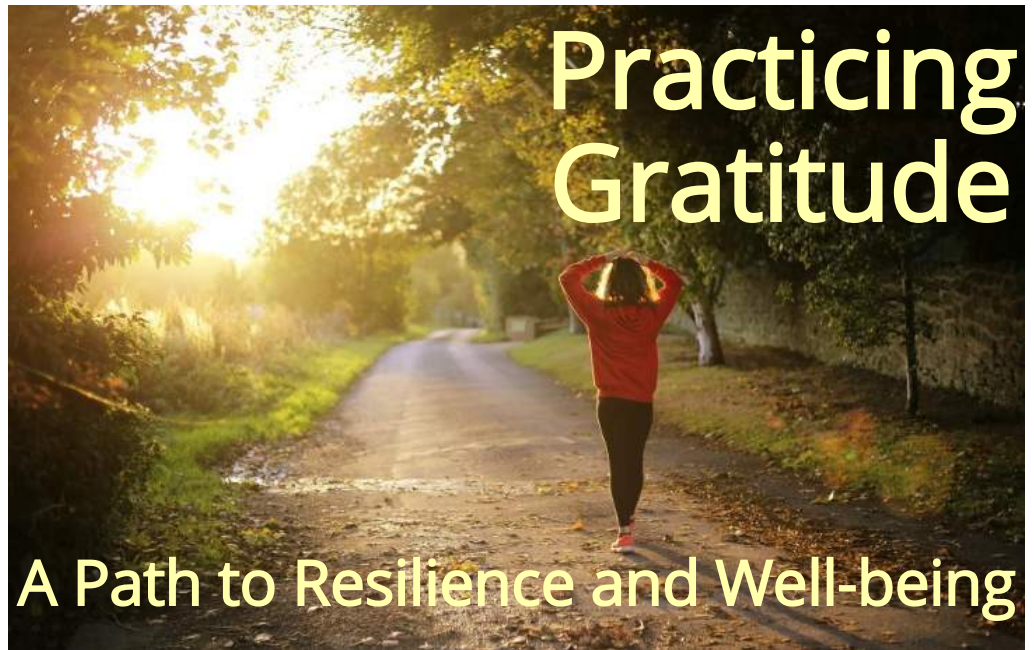
### The Impact of Stress on Mental Health

Stress, whether stemming from global crises, financial difficulties, workplace pressures, or family conflicts, can have profound effects on our mental health. It can lead to feelings of anxiety, depression, and a general sense of discontent. In such times, it's crucial to find strategies that help us navigate these challenges effectively.

We are highly sensitive people. Many of us drank or used because we didn't know how to cope with negative emotions. Staying sober means accepting life on life's terms, and sometimes those terms are hard to accept or handle. When we are mentally overwhelmed, we need to use every tool in our toolbox to maintain our sobriety and find joy, even during difficulty. Practicing gratitude in recovery can help us redirect our thinking, so that we can lead meaningful, purposeful lives under all conditions.

### Gratitude: A Counterbalance to Stress

Gratitude is more than just saying 'thank you.' It's a mindset, an approach to life that focuses on appreciating what we have, rather than fixating on what we lack. This shift in perspective is not just philosophically uplifting but also has tangible benefits for our mental health. Studies have shown that gratitude can decrease stress and increase feelings of happiness and well-being.



### Tips for Practicing Gratitude in Recovery

•**Maintain a Gratitude Journal:** Start or end your day by writing down three things you are grateful for. These could be as simple as a sunny day, a supportive friend, or a good meal.

•**Express Gratitude to Others:** Make it a habit to thank people in your life. A simple 'thank you' to someone can brighten both your day and theirs.

•**Mindful Reflection:** Spend a few minutes each day reflecting on the positive aspects of your life. Mindfulness practices can enhance your sense of gratitude. This ties in to Step 11 from the program of Alcoholics Anonymous ("Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and that power to carry it out.")

•**Volunteer and Help Others:** Engaging in acts of kindness and volunteering can heighten your awareness of the positive aspects of your life and increase feelings of gratitude. Helping others is the cornerstone of the twelve-step model of recovery. Step 12 is about the value helping others has on us and the people we help!

•**Gratitude Reminders:** Place reminders around your home or workspace to practice gratitude. These could be quotes, images, or any item that reminds you to be thankful.

### Gratitude as a Tool for Relapse Pre-

### vention

Relapse can happen for a number of reasons. Stress and poor mental health are certainly two triggers that can tempt us to drink or use - even after long periods of sobriety.

To maintain sobriety, we can remember how horrible drinking actually was. It may sound tempting to go back to old behavior, but when we remember the consequences our disease caused, it can and does stop us from picking up again.

If you feel your stress levels rising and your mental health suffering, be proactive! Go to a meeting and share, call your sponsor or a friend, make an appointment with your healthcare provider or therapist, and work on breaking negative patterns of thinking by finding things to be grateful for.

Even during the toughest storms, there is always something to be grateful for. When we look for the things to be grateful for and focus on them, our risk of relapse decreases. That's why our sponsors ask us to make gratitude lists when we call them with a list of complaints!

<https://my-breakthrough.com/blog/practicing-gratitude-in-recovery-a-path-to-resilience-and-well-being/>





## Willing to Believe

A famous monk admitted that although he had been a priest for many years, he suffered from a serious spiritual contradiction; he just couldn't believe in biblical "miracles." However, as years passed, he came to realize he was surrounded by every-day "miraculous"

events beyond his comprehension such as quantum mechanics, or even electricity.

Consequently, he came to believe that biblical miracles could be placed under the same category. Belief in biblical miracles then became a decision of his heart, rather than a conclusion of his mind. His uncomfortable contradiction problem was solved! It has been said that faith can take us places denied to reason.

The Big Book tells us that if we are willing to express even a willingness to believe in a power greater than ourselves, we begin to get results (p. 46). What is this but a decision of the heart?

The Great Reality deep within on page 55 – meaning God – can be accepted same as the monk's acceptance. Step Two can be simply a leap of faith. Yet, our fellowship offers a more concrete logical evidence. Bill W's Oxford Group spiritual mentor, Reverend Sam Shoemaker, related that "Step Two is not so much theological as it is evidential."

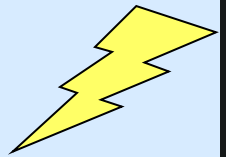
We are surrounded with members of various lengths of sobriety; most all them tell us their sobriety was contingent on their relationship with a power greater than themselves. Just think, eighty-three years ago we had only a few members, now we have over two-million saying the same thing!

So, a decision of the heart, plus, the logical evidence sitting next to me at meetings, made my newfound "willingness to believe" a no-brainer. As time passed, I noticed that the members who spoke of having a vital spiritual experience were staying sober, and so have I. Thank you God. <https://www.aacle.org/willing-to-believe/>

# ELECTIONS



**GREAT SERVICE OPPORTUNITIES**  
Nominations for SMIA Vice-Chair, Treasurer, and Parliamentarian will be held at the March SMIA meeting.  
**PASS IT ON!**



## ALL AA Members Welcome

CARC II / DISTRICTS 1, 6, 22, 23, 27, 31, 35, 36, 42 36, 42



### The Conference Agenda Review Committee (CARC)

Review, Discuss, & Present items to the AREA 29 Delegate in preparation for the

2024 General Conference

**HAVE A VOICE**

**AND GET INVOLVED**

#### Topics Covered:

- Literature
- Corrections
- Treatment
- Finance
- Public Information
- And more...

#### LOCATION:

**Christ Church**  
**220 Owensville Rd**  
**Owensville MD**

## SERVICE IS THE SECRET

## VOLUNTEERS NEEDED FOR 12<sup>TH</sup> 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

# Step Two: Coming to Believe

Of course, the oft-heard statement inferring that we are made “*in the image of God*,” has nothing to do with human biology. Humorously, someone stated, at an AA meeting, that Bill W. had possibly met with God, or at least knew him very well, because he

refers to God as a “*Him*” in the Big Book. At this, an irritated lady came after him with angry-raised fists; luckily, she was held back, thus preventing a serious violation of AA unity (Tradition One).

The Big Book mentions the “*Great Reality deep within*” on page 55, which to my thinking, correlates with the following meaning expressed by this prominent spiritual teacher: “*God’s image*” is our inherent identity in and union with God, an eternal essence that cannot be destroyed. “*Likeness*” is our personal embodiment of that inner divine image that we have the freedom to develop—or not—throughout our lives.

This thought convinced me that God, rather than some pseudo-physical judgmental far away being, is actually a loving ingredient of my inner self that can be manifested (made alive) through prayer, meditation, and following the Twelve Step directions—an over-self, if you will. Of course, God may be everywhere else, as well, but that sort of philosophy is beyond the capacity of my alcoholic noodle.

However, this “*deep within-ness*” is an experience that provides a “*knowing*” of the heart, rather than an intellectual “*understanding*.” All needed is a willingness to believe to get results (p.46). I was willing to follow through with the Twelve Step process, and received a miraculous release from the mental obsession—this was many years ago. It has been said: “*We don’t have to believe in God to work the Twelve Steps—belief comes from the working of them.*”

<https://www.aacle.org/step-two-coming-to-believe/>

The 12-steps are the cornerstone the AA program, first popularized by Alcoholics Anonymous decades ago. The steps and the 12-step process more generally have a spiritual component. However, the spiritual components of each step are not always apparent. In addition, the wording behind the steps often stresses practical concerns over spiritual ones. Bill W., one of the two founders of AA, stressed the spiritual side of the program and wished to make that element more explicit. The program ultimately aims to replace destructive tendencies and behaviors with a healthier and more sustainable way of life. Therefore, he envisioned a spiritual program that would be incorporated into all facets of

## The 12 Spiritual Principles of AA

day-to-day life. The 12 Spiritual Principles of AA: Every one of the 12-steps is designed to replenish the soul and fill the emptiness we have filled with alcoholism and self-destruction. In the 12 Spiritual Principles of AA, Bill W. lays bare the fundamental spiritual basis behind every one of the steps.

**Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.**

The Spiritual Principle of step 2 is Hope: Spirituality cannot be practiced without the hope that we and the world around us will improve. Similarly, recovery is impossible without hoping that the 12-step program can improve things.

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

## New Grapevine Mobile Apps are available!

For more info, follow <https://www.aagrapevine.org/apps>

***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](http://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 Discipline of Tradition Two

When I came to Alcoholics Anonymous in 1983, I wondered, sometimes aloud, why didn't someone "take over." The process of group conscience seemed ponderous and some members seemed not astute enough to make the "right" decisions. I was told by my sponsor that in the group conscience our ultimate authority, God, speaks and that we trust that that loving God's Will takes us in the right direction. Needless to say, I was sure she didn't mean what she said. I was sure that secretly the "wise" and "educated" members met and took the group where it needed to go. I was wrong.

In group conscience we listen to the least educated with as much attention as we do to the most educated. We weigh the opinion of the youngest member with as much regard as we do the longest sober member. We consider the opinion of the minority view and many times we change the direction of the group because we had never considered the merits of the obscure view having been expressed by the only "nay" when given the opportunity

to tell us why she voted "nay."

Tradition Two leads me to "trust God" in all things undertaken by the Fellowship. Many times over the past twenty-eight years, I've questioned "group conscience" only to find that in the end the decision made was the best direction for all. That is the beauty of "group conscience," it is God's voice telling us what is best for all of us, not just some of us. Each group is a fellowship of equals. No matter what an individual member's background, education or professional expertise, no member has authority over the group. In this way, the Fellowship reaches out to all who would seek its comfort and provides the atmosphere of a sense of belonging to all members.

My sponsor gave me a copy of a series of articles on the Twelve Traditions of Alcoholics Anonymous that appeared in the Grapevine in 1969. The questions were intended for the individual's use. Many groups, however, use them as a basis for their discussion topic as they study the Traditions. My sponsor gave them to me

in an effort to help me find enough humility to be of service to our group. Some of the questions pertaining to Tradition Two are:

1. Do I criticize or do I trust and support my group officers, AA committees, newcomers, old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs or praise for my AA ideas?
4. Do I have to save face in group discussion or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

I am constantly amazed that the lessons of early sobriety and the direction of a sponsor who did not seem wise at the time, still serve as the basis of a happy, joyous and free sober life.

<https://www.saltlakeaa.org/2012/01/the-discipline-of-tradition-two/>

## AREA 29 SHARING SESSIONS TO DISCUSS OUR FOUNDERS' WRITINGS

Join us on Zoom!

January 24, 2024 7:00 pm - 8:30 pm  
January 28, 2024 12:00 pm - 1:30 pm  
January 30, 2024 7:00 pm - 8:30 pm  
February 3, 2024 2:00 pm - 3:30 pm

Join Zoom Meeting

<https://us06web.zoom.us/j/87839305599?pwd=cDgBt5lw2t3uSQSn81hfpgjDnvnJ.1>

Meeting ID: 878 3930 5599  
Passcode: 216293  
+1 (301) 715 8592 (dial in)



## 2024

## SOBER BOWL SUNDAY!

FEBRUARY 11, 2024

EASTERN SHORE ALANO CLUB  
103 Dixon Drive  
Chestertown, MD 21620

DOORS OPEN/DROP OFF FOOD/SETUP ..... 4:30 PM  
AA MEETING ..... 5:30 PM  
KICKOFF ..... 6:30 PM  
ANNOUNCE WINNER OF 50/50 RAFFLE ..... HALFTIME

POTLUCK (BRING A DISH TO SHARE)  
WATCH WITH SOBER FRIENDS  
BRING A NEWCOMER  
FAMILY FRIENDLY  
ALL ARE WELCOME



WWW.MARYLANDAA.ORG

# Southern Maryland's 13<sup>th</sup> Annual Roundup

with Al-Anon participation

# 24 Hours a Day

DoubleTree by Hilton  
Annapolis, Maryland

March 15-17, 2024



For conference and lodging information, please visit  
[www.SouthernMarylandRoundup.org](http://www.SouthernMarylandRoundup.org)  
or email: [info@SoMdRoundup.com](mailto:info@SoMdRoundup.com)



**Pam H.** Amherst, OH  
**Robert M.** Stuart, FL  
**Lisa L.** Boyton Beach, FL  
**Harold L.** St. Louis, MO

## SPEAKERS

**Carole C.** Columbus, OH  
**Kelly C.** Columbus, OH  
**John E.** Nashville, TN  
Al Anon: **Teresa S.** Clinton, MD

"FAITH HAS TO WORK TWENTY-FOUR HOURS A DAY IN AND THROUGH US, OR WE PERISH." -BB, PG. 16

When we are born, we come into the world untainted and perfectly innocent. From that time on, we are influenced by everything we experience in life, good and bad. If we are loved and nurtured, we may develop feelings of trust and safety, but if, as it sometimes happens, we get our hand slapped when we pick up something from the coffee table, it may trigger an attitude of defiance and resistance. These two opposites are just examples of the many conflicts we encounter in a lifetime.

We are conditioned to think and react in a certain way as the result of the influences we are exposed to. Newcomers in Alcoholics Anonymous, and even some seasoned veterans, often find it hard to grasp a concept of "a power greater than ourselves." This is probably the biggest hurdle we in AA must face in our search for a happy and meaningful life. Once we come to terms with the concept of a higher power, it becomes much easier to proceed with the rest of the program.

The word God means something different to just about everyone that is having difficulty with it, and if God alone was the answer, why do priests and ministers come to AA for solutions; why not just go to church? Alcoholics Anonymous is here for all alcoholics that want to get sober regardless of their approach to faith. Anyone that thinks that we are trying to convert someone into a religion or out of a religion is simply misguided.

# All You Need Is



# An Open Mind

The Big Book and the 12x12 have many comments explaining this, but unfortunately this old conditioning, bolstered by the EGO, seems to block some of us from breaking down the resistance on this subject, or some members may just fake it to appear to be going along with the program, but never getting the results. If we denied the possibility of a God of the different religious groups, they could not have AA (continued on page 7)

(continued) available to them, and if we made it a requirement that we picked one of those beliefs, atheists would be left out.

If a person believes that he doesn't have a higher power, I might remind him/her that alcohol was more powerful or else why would they need AA. With this in mind, I might suggest that they may only need to find a power greater than alcohol to begin with, then, as it says in the 12x12 "To acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could." As I look back on it now, I realize that, that was exactly the way I found my way through this dilemma. I find absolutely no conflict in any approach that one discovers on his own, only that he practices the rest of the program with enthusiasm.

What it seems to imply is that if we trust the process and, just do the suggestions, you will find a suitable understanding of

a power greater than yourself that you can do business with. I'm still not sure what or who (if you like) I am asking for guidance from but I'm open minded about these things, and I must let everyone find their own brand of enlightenment, without prejudging anyone else's approach on this matter. I believe that changing my perception was what put me firmly on the road to recovery.

The only thing that I must resist is my EGO, and the way I do that is by living by sound and unselfish principles many of which are discussed in AA meetings It's not that complicated. If I don't get caught up in the debate and just follow the simplest suggestions, it all works out just fine. Therefore, Step Two is the rallying point for all of us. "Whether agnostic, atheist of former believers, we can stand together on this Step." (12x12 p 33)

<https://www.aacle.org/our-own-concept-of-a-higher-power/>

Get ready for the sweetest  
NERAASA in history!  
*Página abajo para la versión en español.*

See  
[www.somdintergroup.org](http://www.somdintergroup.org)  
for more details!

<https://www.somdintergroup.org/>  
Para la version  
en Espanol



### Northeast Regional Alcoholics Anonymous Service Assembly

February 22-25, 2024  
Hershey, Pennsylvania  
Hosted by Area 59

**SIGN UP NOW!**

REGISTER >>

REGISTER ONLINE @  
<https://www.neraasa.org/>

# A LETTER FROM GSO

November 13, 2023

Dear Trusted Servants:

A.A.'s Co-Founder, Bill W., in his 1953 address to the General Service Conference, stated that he did not consider himself the author of Alcoholics Anonymous, the Big Book (Our Great Responsibility, p. 92). He also alluded to the fact that in the various A.A. literature published prior to his passing, he borrowed heavily from other sources, and that other A.A. members made significant contributions.

On the other hand, addressing the historical context of some of the writings of our Founders, many members in our Fellowship have expressed strong sentiment against any changes in the first 164 pages of Alcoholics Anonymous, the Big Book, as well as the Preface, the Forewords, The Doctor's Opinion, Doctor Bob's Nightmare, and the Appendices. In fact, as early as 1995 and most recently in 2022, Advisory Actions designed to protect the above-referenced contents have been passed by the General Service Conference.

In response to a Committee Consideration from the 73rd General Service Conference suggesting that trustees' Literature Committee

seek input from the Fellowship (including but not limited to Area delegate feedback) regarding any possible future changes to literature written by A.A.'s Founders, the trustees' Literature committee agreed it would be beneficial to gather shared experience from the Fellowship regarding this topic.

We would like to hear from you – the top of the triangle! While we hope that the suggested questions will help to spark thoughtful sharing and discussion, please feel free to add questions that we may not have thought of that you feel may best inform the discussion. Most of all, we are grateful for and thank you for your participation.

In fellowship,

The trustees' Literature Committee (2023-2024)

Attachment: Suggested Questions

HOW SHOULD WE TREAT A.A. FOUNDERS' WRITINGS? SUGGESTED QUESTIONS FOR DISCUSSION:

1. Do you think that A.A. Founders would object to or embrace revisions to their writings? If yes, why? If not, why?

2. Do you think the Founders' writings are effective in reaching new members? If not, what

measures do you think can be taken to resolve this issue?

3. What reasons would you consider for changing our Founders' writings?

4. How do you feel about changing A.A. Founders' writings to replace outdated references?

5. What suggestions do you have for preserving the Founders' writings, along with keeping pace with our current A.A. Society and its future?

6. Should there be a special Conference process for approval of changes to our Founders' writings? (e.g., super, or qualified majority – 75%, and/or 2-year consideration process.)

7. What additional ideas, thoughts or suggestions can you share about changing or not changing the Founders' writings?

Note: Please be as concise as possible in your responses to the questions.

**Please direct all communications to:**

**PO BOX 459**

**Grand Central Station**

**New York, NY 10163**

**“Being a little kinder, a little slower to anger, a little more loving makes my life better—day by day.”**

— Alcoholics Anonymous, [Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members](#)



**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.



**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**  
**20860 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.”**



# FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
					Kim S., 28 yrs, Beginners At Noon  Mike G., 3 yrs and Sue N., 1 yr, Beach Beacon On-Line	Jamie Q., 6 yrs, Laurel Grove  Will T., 3 yrs, Waldorf
4	5	6	7	8	9	10
Gordon M., 42 yrs, KISS			Fran C. 1yr, Battled & Rattled		Sue N., 5 yrs, Beach Beacon O/L	RC, 5 yrs, Helping Others  Craig W., 28 yrs, Waldorf
11	12	13	14	15	16	17
	Matt P., 3 yrs, Harmony		Beth M., 21 yrs, Step Sisters	Mike T., 1 yr, Basic Text		Jamie R., 3 yrs, North Beach
18	19	20	21	22	23	24
Tommy S., 38 yrs, KISS	Michelle T., 10 yrs, More Will be Revealed  Bob M., 5 yrs, Beach Beacon On-line  Dave M., 10 yrs, Harmony	Erica D. 10yrs, Emotional Sobriety	Laura P., 11 yrs, Step Sisters	Steve W., 1 yr, North Beach		Bruce O., 10 yrs, Waldorf
25	26	27	28	29		
Bobby L., 27 yrs, Never Too Late  Allan C. 30 yrs and Dave K., 16 yrs, Prince Frederick Big Book	Susan G., 34 yrs, Beach Beacon O/L			Dickie R., 39 yrs, Poplar Hill		



# MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Brian B., 17 yrs, Cove Point	2 Nathan H., 2 yrs, Waldorf
3	4 David H., 10yrs, Monday Nite Traditions	5	6	7 Daniel W., 27 yrs, St. Charles Step	8	9 Bill H., 5yrs, Early Bird
10	11	12	13	14	15 Jason R., 2yrs, Clean Air	16
17 Allen M., 10 yrs, Living Sober	18	19	20	21	22	23
24	25	26	27	28 Duke R., 22 yrs, Basic Text	29	30
31						





**We have an immediate opening available for an Archives Chair! This position maintains all archived records for SMIA. If interested, please join us at the SMIA meeting or reach out to any of the SMIA team.**



*"There is both a need and an obligation to save the history of our Fellowship within our Area. To be preserved for present and future generations. It is highly important that the factual material be placed in our files in such a way that there can be no substantial distortion." Bill W. 1957*

## **Treatment Center Committee**

**"The District 36 Treatment Center Committee"**

**is looking for female fellowship members, who are willing and have a year or more of sobriety to bring in-house A.A. meetings into the Jude House**

**Wednesday Evenings 7:00pm.**

**Please contact this committee at our email:**

**[treatmentcommittee36@gmail.com](mailto:treatmentcommittee36@gmail.com)**

**This is a very rewarding experience!**

**Come join up and try it out!**

**The Committee Contact:**

**[treatmentcommittee36@gmail.com](mailto:treatmentcommittee36@gmail.com)**



Grapevine Meeting!

4th Tuesday of each month 6:30 pm

Did you know that The Area 29 Grapevine Committee is a traveling literature store? We have a large variety of AA Grapevine books for sale. Please reach back out if your group, District, or intergroup is hosting an event or workshop and would like us to come and sell literature.

Join Zoom Meeting:

<https://us02web.zoom.us/j/85217774704pwd=TVhEdFpKdmxSRINvNnJHU1pYWDVaQT09>

Meeting ID: 852 1777 4704 Passcode: 019347

Brandi D., Area 29 Grapevine Committee Chair

For more info: [grapevine@marylandaa.org](mailto:grapevine@marylandaa.org)

Group and District GVR's encouraged to attend, all are welcome!

***Are you looking for a fun service position?***

Please join us and find out more! All are welcome to attend!

## **SAVE THE DATE!**

### **AA History Symposium**

### **April 13**

### **5-9 pm**

### **Immaculate Conception Church**

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

## **STORY SOLICITATION**

"Do You Think You're Different?" Pamphlet Update

**Deadline for submissions: April 30, 2024**

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>

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The trustees Literature Committee is seeking stories from AA members with diverse backgrounds. This is in response to the 2022 Conference Advisory Action that the trustees' Literature Committee revise the pamphlet "Do You Think You're Different?" to update the stories to represent greater diversity.

The Trustees' Literature Committee requested that consideration be given to stories from multicultural populations, stories from A.A. members whose experience reflects multiple factors, and from diverse populations not addressed in other current A.A. literature.

Please encourage members in your area to write their personal stories for possible inclusion in the revised pamphlet "Do You Think You're Different." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now."

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

**Deadline:** Please submit on or before **April 30, 2024**

**Submit your story by following this link:**

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>



**Additional ways of sending your story:**

**Email:** [pamphletstories@aa.org](mailto:pamphletstories@aa.org)

**Subject Line:** "Do You Think You're Different?"

Rev/09/8/2023

***The Lifeline*** is an unofficial newsletter published by Southern Maryland Intergroup Association, Inc. Any opinions expressed are those of the writers. They are not endorsed by SMIA, any group or AA as a whole. Group secretaries and individuals are encouraged to send group news, anniversaries and events. Material may be edited for space and content. Please send all *Lifeline* correspondence to: [somdlifeline@gmail.com](mailto:somdlifeline@gmail.com)

## 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 PSAS, ANONYMITY-PROTECTED INTERVIEWS AND PRESS KITS.

Join us at 3 p.m.  
on the 3rd  
Sunday of the  
month  
beginning  
Jan 21, 2024

Temp ID  
ID: 627 530 3589  
Pw: 514472

District Chairs  
and Interested  
AA members  
are invited!

FOR QUESTIONS OR TO BE ADDED TO OUR DISTRIBUTION LIST:  
CONTACT: [A29CPCPI@GMAIL.COM](mailto:A29CPCPI@GMAIL.COM)

# SMIA Meeting Minutes 1/13/24

Buddy F. opened with the Serenity Prayer.

**Board Members present:** Buddy F. - Chair, Rebecca B. - Treasurer, Rob A. - Parliamentarian and Kristi P. - Secretary

## **New Member/Visitor's Introduction:**

Lisa - Awakenings and Lori - Alternate Delegate for Area 29

**SMIA Chair Report:** Buddy stated on January 8<sup>th</sup> Area 29 hosted an Intergroup Liaison meeting. 12 people were in attendance. Our new Area 29 Chairperson, Frank M. introduced himself and spoke. He discussed his goals of looking at participation, communication, and cooperation. He also said that Area 29 would begin to print an Area 29 newsletter and it would possibly be printed on a quarterly basis. Scott B. and Taz are the new Area 29 Corrections Chair and Co-Chair. The Area will be submitting a bid this year to host a host a 3-day seminar, the National Correction Conference to be held in 2026. They also spoke about hosting a one-day seminar on Corrections sometime this fall. Stephanie M. introduced herself as the new Area 29 Treatment Chair. They discussed trying to do zoom meetings at the corrections facilities, however, due to security concerns, it doesn't appear many jurisdictions are willing. A digital library was mentioned also as a way to carry the message.

**Vice-Chair Report:** No report.

**Secretary Report:** Kristi read from the December 2023 meeting minutes. Buddy made a correction that only half of the \$890 collected from the Gratitude Dinner went to the church, the other half went to the 50/50 raffle winner. A motion was made to accept the minutes with this correction and was minutes were seconded and accepted.

**Treasurer Report:** Rebecca reported for the month of December, our total expenses were \$1,285.89 and our total revenue was \$11,321.18, giving us a total asset of

\$16,793.28. A motion was made to accept the treasurer's report as read and the motion was seconded and accepted.

## **Committee Reports**

**Bookstall Report:** Bill reported there 629 visitors to the On-Line Bookstall since the December meeting. Orders totaled \$422, chips and medallion orders totaled 323 and literature/grapevine orders totaled \$366.95.

**Web Report:** Bill reported there were a total of 3, 268 visitors to website and there are currently a total of 129 meetings. Site updates: the headers and footers on the website were updated to reflect 2024. Meeting changes: Sunderland Group meeting has been terminated. Beach Beacon Group - Mon., Wed., and Fri. meetings at noon terminated. North Beach Women's meeting moved to Friday at 6 pm and the North Beach Beginners meeting moved to Wednesday at 6 pm. We currently have a total of 129 meetings (119 in person meetings, 6 hybrid meetings, 6 online only meetings, 4 meetings reported as suspended. Of the 4, one has an online presence.

**Gratitude Dinner:** Buddy has reserved the Immaculate Conception Church Hall for November 16, 2024.

**Archives:** No report.

**Corrections and Treatment: Calvert -** Lorraine reported everything is going well. **Charles -** no report. **St. Mary's -** Roy reported on Kim's behalf. He stated that effective January 12, 2024, all outside programs are suspended until Phase 6 renovations are complete in April 2024. Meetings for men and women could be held virtually, if interested, please contact them.

**Lifeline:** Keith reported everything is going well. Any submissions and feedback are welcome.

**Picnic:** Buddy is looking into the possibility of holding the picnic at Gilbert Run Park in June. SMIA will supply meats, rolls and drinks and those who attend usually bring side dishes.

**PI/CPC: Calvert -** going well. **Charles -** no report. **St. Mary's -** Mary reported

need to check racks and she was looking for interested people who might want to give talk on A.A.

**Phone Report:** On Melissa's behalf, Kristi reported there were a total of 26 calls, 13 for Calvert, 5 for St. Mary's and 8 for Charles. The total duration of calls was 3 hours and 32 minutes. Bill reported he was getting 20-30 calls per week. He discovered his personal phone number was on the AA website for Southern Maryland. He contacted GSO and had his name removed.

**Where and When:** Pat reported it's time for an update. Need any corrections. Pat will print at the end of January. The cutoff is January 26, 2024. Todd reported no significant changes for Charles.

**Workshop:** History of AA workshop scheduled for February 17<sup>th</sup> from 5-9 pm. In desperate need of volunteers. May postpone until April/May. Not receiving a lot of participation in these workshops. Please take this information on workshops back to your groups.

**New Business -** Looking for an Archives Chair. Elections will be held in May for Vice-Chair, Treasurer and Parliamentarian. Will post online. By-laws are awaiting one more signature and will then be complete and posted to the website. Lori M. introduced herself. She is the new Alternate Delegate for Area 29. Spoke about the CARC process and upcoming CARC meeting being held on March 2<sup>nd</sup> from 11-1 pm in Owensville, MD. They will be looking for feedback regarding changes to the Plain Language Big Book and Twelve and Twelve. World Services is tapping the brakes and wants to get a sense of feelings from the fellowship. Lori relayed that Terry P. is the new Area Delegate. She can be reached at [altdelegate@mdaa.org](mailto:altdelegate@mdaa.org). Area 29 is seeking appointment committee members with military experience for a 1-year term for military outreach project, Buddy has information if anyone is interested.

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

# February 2024

## Southern Maryland Intergroup Association Inc Treasury Report

**Monthly Contributions:**  
**\$2,018.22**

[www.somdintergroup.org/contribute](http://www.somdintergroup.org/contribute)  
SMIA, PO Box 767, Charlotte Hall, MD 20622

Southern Maryland Intergroup Association Inc Statement of Financial Position December 25, 2023 - January 24, 2024	
<b>Assets</b>	
Primary Business Checking	10,845.63
Primary Business Savings	3,000.89
Prudent Reserve	3,300.00
PayPal	192.50
Bookstall Cash on hand	100.00
<b>Total Assets</b>	<b>17,439.02</b>
<b>Expenses</b>	
Bookstall	(835.12)
Liability Insurance	
Lifeline Printing	(102.27)
Misc	
Phone Answering Service	(25.11)
PO Box Rental	
Rent	(150.00)
Webmaster	
Website Maintenance	(112.57)
Where and When	
<b>Total Expenses</b>	<b>(\$1,225.07)</b>

Southern Maryland Intergroup Association Inc Yearly Statement of Activity May 1, 2023 - Apr 30, 2024	
<b>Revenue</b>	
Contributions	7,754.79
Bookstall	2,805.61
Gratitude Dinner	1,197.00
Serenity Breakfast	2,066.00
<b>Total Revenue</b>	<b>13,823.40</b>
<b>Expenses</b>	
Bookstall	(4,737.97)
Liability Insurance	(273.00)
Lifeline Printing	(941.84)
Misc	(645.10)
Phone Answering Service	(225.26)
PO Box Rental	(114.00)
Rent	(1,350.00)
Webmaster	(930.00)
Website Maintenance	(518.43)
Where and When	
<b>Total Expenses</b>	<b>(\$9,735.60)</b>
<b>Annual Net Assets</b>	<b>4,087.80</b>

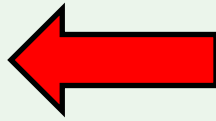
# WHERE DO WE SEND OUR CONTRIBUTIONS?

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

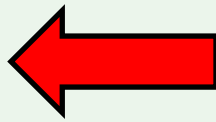
2) Or they can be mailed to the appropriate office location:

**\*\*\*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**

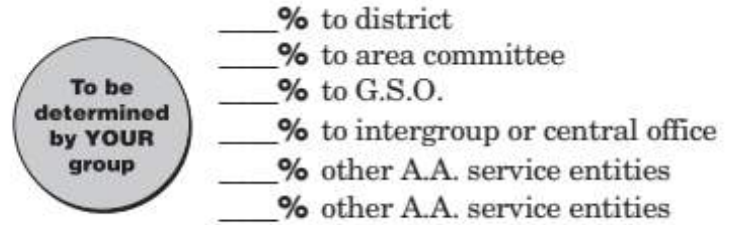
**District 35 (Charles)  
 P.O. Box 1981  
 La Plata, MD 20646**

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

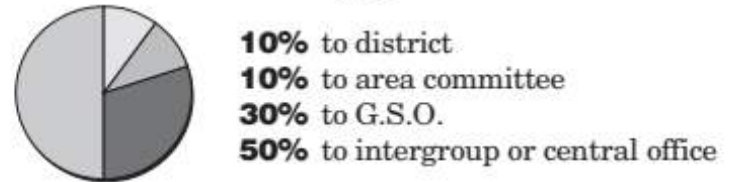
## Samples of Group Contributions to A.A. Service Entities\*

Distribution Plan of \_\_\_\_\_  
 (YOUR GROUP NAME)

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

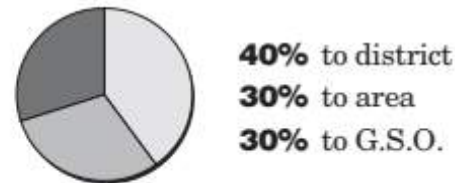


OR



OR

If you have no intergroup/central office.



## 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!

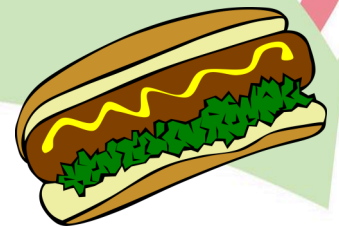
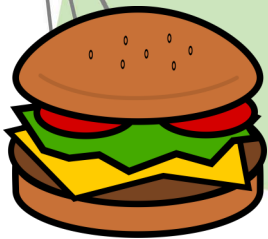
We also need a location for the picnic.

Please join us at the next SMIA meeting 2/10/23 @ 10am

Immaculate Conception Church

28297 Old Village Road

Mechanicsville, MD 20659



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

We have an immediate need for an Archives Chair. Please join us at the SMIA meeting 2/10/24 or check [www.somdintergroup.org](http://www.somdintergroup.org) for more info!

***We are looking for help with SMIA services and events, such as the Gratitude Dinner, the Serenity Breakfast, the Picnic, and the variety of committees for the services we provide. We are always looking for volunteers to answer 12-Step calls.***

## SMIA SERVICE TEAM:

Chair: Buddy F.  
Vice Chair: Katherine L.  
Secretary: Kristi P.  
Treasurer: Rebecca B.  
Parliamentarian: Rob A.  
Where & When: Pat P.  
Lifeline: Keith H.  
Telephone: Melissa W.  
Digital/Written Media: Bill L.  
Archives: VACANT

**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**

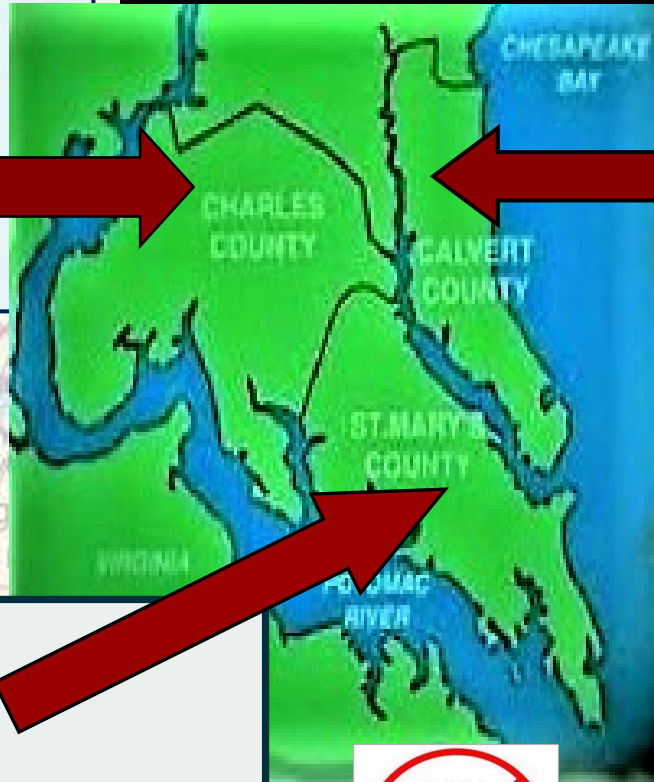
- **Accessibility Chair**
- **Grapevine Rep**

**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](http://www.calvertaa.org)**



**SERVICE KEEPS US  
SOBER**

**DISTRICT 36**

**ST. MARY'S COUNTY**

**PO Box 1334, California, MD 20619**

**[www.district36mdaa.com](http://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, March 9 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)**