



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>

The Middle Steps In a Timely Manner



Luckily, my sponsor, Carl, allowed me almost no "let me think it over" time as we approached my initial middle step process. No time for fear or hesitation was available!

Only minutes after praying the Third Step request for God's help, he had me start a process I call "spontaneous writing" which provided substantive and honest Fourth Step information. I was warned not to write good things about myself because that would take too many pages. Ha!

This spontaneous writing process started on a Saturday, "at once," per page 64 instructions, and we then completed the Step Four instructions the following Saturday. Carl then helped me actually "read and do" the Fourth Step process directly from the Big Book (p 64-71). This

process lasted about one hour.

The Step Five process of reporting my newly found character defects, etc., began just a few minutes after finishing Step Four (First opportunity, p. 74), and Step Six began, "then," (p. 76) and Step Seven was prayed at "When ready" (p. 76). Steps Four through Seven, were completed in a few hours that last Saturday.

Dr. Carl Jung has written "People will do anything to avoid facing their own soul." Thankfully, my sponsor didn't give me time to back out. He followed the Big Book timetable!

Over the years, as I watch newcomers too often disappear between Steps Three and Four, I have become much more appreciative of the Big Book's timetable for the

middle steps. I believe too much in-between time allows fear and doubt to take over; then, even the sincerest Third Step decision will often deteriorate into indecision and inaction.

Sometimes I hear: "God will show me when to start my inventory," or, "I plan to take my time and do it right" . . . and so on. I believe it is good to explain, at this point, that what is missed in Step Four can always be taken care of in Step Ten—even years later when they crop up.

Step Ten is continually redoing of the mid-steps of the "learning" process above! First of all, I had to learn how to do the mid-steps—only then could I actually put them into action by following these clear-cut Step Ten directions on page 84:

(continued on page 2)

(continued from cover page)

- We continue to watch for selfishness, dishonesty, resentment and fear. (Step Four)
- When these crop up we ask God at once to remove them. (Steps Six and Seven)
- We discuss them with someone immediately. (Step Five)
- Make amends quickly if we have harmed anyone. (Steps Eight and Nine)

Speaking of a “timely manner” as in the title of this article, I believe it is important to realize that as I go through my day, to remember that the step Ten instructions include the phrases: “at once,” “immediately” and “quickly.” Of course, these phrases are to be used in sensible context, for the Big Book infers that God gave me brains to use! For instance, not to phone my sponsor you at work, simply, because I have some trivial concern or small problem.

Early on, I thought the above directions were to be done only before going to bed at night. Of course, that came from a misreading of the first full paragraph of page 86 which is Step Eleven. I now realize that Step Ten is to be done throughout each day. Living these middle steps, via Step Ten, continually provides relief from the anxiety and fear of my drinking days. But I need to remember that AA is a program of action!

<https://www.aacle.org/the-middle-steps-in-a-timely-manner/>

Years ago, I heard that Step Six timing is everything

This reminds me of a story of when I was newly sober and almost went out drinking.

I almost ordered a drink at five months sober. This made me rightfully terrified during a visit with my sponsor. We immediately went through the first three steps. But, on my second visit (the next Saturday), I was still in tremendous fear. This provided me with willingness to go to any lengths to find secure sobriety.

Consequently, I felt completely willing, in Step Six, to allow God to remove whatever defects of character might make me drink. If this would have happened months later, I may not have felt that way. I will be eternally grateful that my new sponsor followed the timing suggestions of the Big Book.

Steps Five, Six and Seven are often considered the “*same day steps*”. The Big Book “*timetable*” certainly connects them in a timely series (e.g.: Step Four, at once, after Step Three), Step Five (at first opportunity after Step Four completion), Step Six and Seven when ready (then, not later; when Step Six is complete).

I am always reminded that Dr. Bob took Earl T. through the “*six step program as it was at that time*” in three or four hours (p 263).

Step Six gave me the willingness to face my character defects

I have not had to drink since! Now, when sponsoring, I try to also “*Strike while the iron is hot!*” I got sober in southern Califor-



Step Six Timing is Important

nia. You are asked to raise your hand, if you have less than thirty days. One of my newcomer friends enthusiastically jerked his hand in the air at the first meeting. The next week, a little less, And then, you guessed it, not at all.

He later informed me that these AAs are too fanatic; he and his friend simply go to the bar, drink a few beers, and discuss sobriety. Poor guy was facing years in prison. I never saw him again, but his story makes the point.

I spent much of my youth in a poolroom atmosphere and other dens of iniquity. Much of such language followed me into AA. Yes, I was willing to face and get rid of it. Plus smoking, bragging, and maybe all the things my sponsor had pointed out to me just a few minutes earlier in Step Five. Of course, this was only a beginning. I was to discover many more defect later.

Step Six is only two short paragraphs in the Big Book, but for me it was a vitally important beginning. As soon as they crop up, I need to be willing to face and be rid of my character defects!

<https://www.aacle.org/step-six-timing-is-important/>

My AA Zoom Experience



I got sober on Zoom during COVID. The zooms of AA saved my life. I had gone to AA meetings nine years earlier for about six months. I would string together a month or two and go back out. I was trying to run the show, but the seed of AA was planted. I kept my Big Book buried deep in my closet. I am surprised I didn't throw it away; I certainly didn't acknowledge its existence. I spent the next years of my life remembering that phrase I heard in the rooms, "you are only as sick as your secrets," as I began to accrue more and more secrets, getting sicker and sicker in my disease.

Enter 2020, I was a single mom experiencing a global pandemic and my drinking continued to spiral. I was afraid to leave my house, except to get my alcohol. Somehow, the thought of getting COVID was less frightening than the thought of not drinking. I was broken, depressed and miserable.

I truly did not think I had anything good to offer the world, let alone my son. I knew I needed to find an answer, but I didn't want AA to be the answer. I started reading books that I thought would be my solution, which helped me for a few hours or a few days, but that was it. The Big Book

remained buried in my closet.

Next, I decided social media would get me sober. I started joining social media groups which reminded me that misery loves company. There were brief glimpses of hope, but it was still up to me to stop drinking. The problem was me, so none of these worked for long. One of the groups for sober moms posted about an AA meeting on Zoom. Before I could think too much about it, I decided to check it out.

Tuesday morning at 7am, I signed on to my first Zoom AA meeting. The very first face I saw was a beautiful woman who was smiling, friendly and kind. I was broken, hung over and desperate. She told me that the women in the program would love me until I could love myself. That first woman became my sponsor. The woman who shared about the Zoom meeting in the sober mom group ended up being my sobriety sister with the same sponsor. I don't believe in coincidences; I believe in God.

Four days into Zoom meetings I had a sponsor and we got to work. I did everything my sponsor suggested, even on Zoom. I did 90 in 90, worked my Steps and did service. It was suggested I start my day with prayer, readings, and jour-

nalizing. It was suggested I call three sober women a day, and I was cold calling women all over the country. It was suggested I introduce myself in meetings as a newcomer for two weeks. It was suggested I go to the same meetings each week so people could get to know me.

I did just that, I went to the same meetings every day of the week for seven months. Some were local and some were in different parts of the country. I attended Big Book, Twelve and Twelve, Topic Discussion, and Lead meetings. I even attended Group Conscience sessions on Zoom which showed me how to apply the Traditions to AA groups and to my life.

I learned about service on the district, area, and regional levels. I mainly attended women's meetings but found some wonderful mixed meetings too. I met some of the kindest people in my life and most importantly, even during this time of world isolation, I did not feel alone. I felt more connected than ever to other alcoholics and to my God.

After those seven months, I stepped into an in-person meeting. I was nervous that it wouldn't be the same and it wasn't. I learned it doesn't have to be the same to be meaningful.

(continued on page 4)

(continued) It was also a transition to not practice my Zoom habits in the rooms. I waved at people when they introduced themselves for weeks, like I had done in the Zoom Brady Bunch type squares!

I had worked all my Steps at this point and my sponsor was walking me through the Traditions. I was grateful for the foundation that I built on Zoom because it helped me transition into the rooms. I found more similarities than differences, which is true of all parts of program when I relate in instead of identifying out.

I now attend both Zoom and in-person meetings, with more of an emphasis on in-person. I still attend my first homegroup

on Zoom which is now at 6am on Tuesdays. I am GSR for my current in-person homegroup. I have sponsored both on Zoom and in-person. I continue to do service in both too. My sponsor came to visit me at eight months sober! She still lives in another state, and she is still guiding me through sobriety, sharing her experience, strength and hope every day.

I am on round two of my steps, digging out the boxes further back in my storage unit. I have a sober best friend in another state whom I have yet to meet and know I will. I have a tribe of sober sisters in town too. I do life with all these women. I live in immense gratitude for all the supports,

and love how the message of AA transcends through all mediums.

I am so grateful that the rooms of AA transferred to Zoom. I am grateful I was desperate enough and willing enough to do anything to stay sober. I have learned that once you put down the drink and work the steps, the Promises do come true! I have also learned that life continues to get... lifey, and with the tools of AA, I can maintain my serenity amongst the stormiest of storms. I live in this gratitude daily and try to carry the message on zoom, in the rooms or wherever the hand of AA is needed.

<https://www.aacle.org/my-aa-zoom-experience/>



Serenity Breakfast Committee needed! (see page 9)

Daily Reflections May 17

Under very trying conditions I have had, again and again, to forgive others - also myself.



Forgiveness of self and forgiveness of others are just two currents in the same river, both hindered or shut off completely by the dam of resentment. Once that dam is lifted, both currents can flow. The Steps of A.A. allow me to see how resentment has built up and subsequently blocked off this flow in my life. The Steps provide a way by which my resentments may – by the grace of God as I understand Him – be lifted. It is as a result of this solution that I can find the necessary grace which enables me to forgive myself and others. **As Bill Sees It, p. 268**

June 1

1949 – Anne S., Dr. Bob’s wife, died.

June 4

2002- Caroline K., author of “Drinking: A Love Story” died sober of lung cancer.

June 5

1940 – Ebby T. took a job at the NY Worlds Fair.

June 6

1940 – The first AA Group in Richmond, VA, was formed.

1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill’s wife, in New York.

June 7

1939 – Bill and Lois W. had an argument, the first of two times Bill almost slipped.

1941 – The first AA Group in St. Paul, Minnesota, was formed.

June 10

1935 – The date that is celebrated as Dr. Bob’s last drink and the official founding date of AA. There is some evidence that the founders, in trying to reconstruct the history, got the date wrong and it was actually June 17.

June 11

1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.

1969 – Dr. Bob’s granddaughter, Bonna, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.

1971 – Ernie G. died.

June 13

1945 – Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn’t drink.

June 15

1940 – First AA Group in Baltimore, MD, was formed.

June 16

1938 – Jim B., “The Vicious Cycle” in Big Book, had his last drink.

June 17

1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

June 18

1940 – One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.

June 19

1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. “There are fewer suicides in my files,” he commented.

June 21

1944 – The first Issue of the AA Grapevine was published.

June 24

1938 – Two Rockefeller associates told the press about the Big Book “Not to bear any author’s name but to be by ‘Alcoholics Anonymous.’”

June 25

1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”

June 26

1935 – Bill D. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.

June 28

1935 – Dr. Bob and Bill W. visited Bill Dotson at Akron’s City Hospital.

June 30

1941 – Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.

2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

2023 -

What Happened in June?



<https://www.aa-oregon.org/a-a-historical-events-in-june/>

Let's face it, returning to A.A. after relapsing can be extremely uncomfortable, and I should know because I've been a periodic "slipper" over the past 20 years. But now, after three lengths of serial sobriety, (5 years, 8 years and now, over 3) and two nearly fatal relapses, there is no doubt in my mind that I need A.A. in order to survive. But, how to make it work this time?

Coming Home.

A Returnee's Story

When I returned to A.A. in 2015, I was not only in the throes of physical withdrawal, but I was also beset with toxic levels of self-pity, anger and jealousy that were blocking me from getting any real relief. For instance, when a dear friend took an anniversary cake for double-digit sobriety, I wallowed in self-pity that I had "lost my time" instead of being happy for him.

It took numerous calls to my sponsor to decipher my feelings from the fact that I'm nothing more or less than a jealous, self-obsessed alcoholic, which was quite a relief. And, I was worried that there was something seriously wrong with me! LOL Here's where a thorough 4th Step came in. Sorting out who did what to whom and my part in it was essential, but not as a means to browbeat myself for my defects of character. With Steps 4-7, I did something constructive with those flaws – namely to identify my wrong thinking, be ready to change it and pray like hell to have it removed.

It's taken years for me to put my life together again, but remembering that A.A. is a one-day-at-a-time venture on a long-haul journey is essential for my recovery. Going to meetings and not picking up a drink or drug is essential. But, not picking up a harmful thought, word or action keeps me away from an emotional state that leads me to relapse – and that's my hard-won fact.

True, I haven't done it perfectly. But, as Ethel Merman once said, "Sure I've made mistakes! But, that's why they put erasers on pencils!" We returnees are also the life-blood of A.A. and we've got a lot to contribute. Our stories provide our fellows with unique insights into staying sober where we went off the rails, and we can return to "the happy road of destiny" if we're willing. I'm happy to report that the program hasn't changed, but my willingness to maintain a spiritual solution to my self-obsession problem has.

<https://www.aacle.org/coming-home-a-returnees-story/>

MORE THAN A TASTE OF ALCOHOL



Recipes frequently call for flavoring dishes with wine or other alcoholic spirits — often as a replacement for heavy creams and starches in "nouvelle" or light cuisine. Don't worry about inebriating your dinner guests or adding "empty" calories, cooks are told; virtually all of the alcohol volatilizes during food preparation. While that may sound plausible, new research shows that up to 85% of the alcohol used in cooking may end up in the finished entree.

Though simmering a pot roast at 185° for 2 ½ hours removed 95% of the red wine added, 25 minutes of baking at 375° F retained 45% of the dry sherry in scalloped oysters. Because Brandy Alexander pie involves no cooking, the researchers were hardly surprised to find that 75% of its alcohol ended up on the dessert plate. But when 75% of the alcohol survived flaming for 48 seconds in Cherries Jubilee, study leader Evelyn A. Augustin of Washington State University in Pullman was so surprised that she repeated the experiment several times – with no change in results.

And what makes Grand Marnier sauce taste so heady? Some 85% of the alcohol in its liqueur survives blending with a boiling mixture of sugar, cornstarch and orange juice.

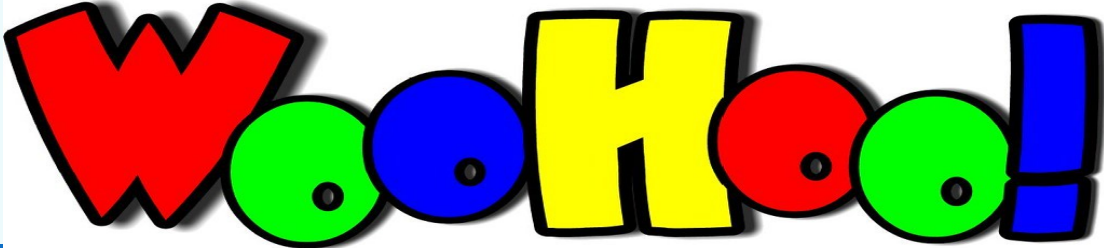
<https://www.aacle.org/cooking-with-alcohol-in-recovery/>

JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Pam R., 48 yrs, We Wuz Wurz Mike H., 23 yrs, Steve D., 12 yrs, and Tam- my M., 12 yrs, North Beach
4	5	6	7	8	9	10
		Angie S. 10yrs. Lex- ington Park Big Book	Matt C., 4 yrs, Grateful Alive Martha K. 27yrs., Do Drop In (Zoom)			Kevin S., 2 yrs, King- ston Creek
11	12	13	14	15	16	17
Karen L., 1 yr, Sunday Morning Sobriety	Paul, 3 yrs, Home Group Marie W., 33 yrs,12 Step Home		Jen, 5 yrs, Cobb Island			
18	19	20	21	22	23	24
		Kristi P., 1 yr, Laurel Grove				
25	26	27	28	29	30	
David Y., 7 yrs, Sol- omon's Group				Ed B. 15yrs. Blue Top @ Noon		

JULY 2023

SUN MON TUE WED THU FRI SAT



2 3 4 5 6 7 8

9	10	11	12	13	14	15
Brandi T., 9 yrs, ODAAT	Susan B., 6 yrs, More Will Be Revealed Mark R., 1 yr, 12 Step Home	Travis S. 15yrs. Hollywood		Misty C. 2yrs. Almost Normal		Keith H., 34 yrs, Almost Normal

16	17	18	19	20	21	22
				Brian B., 7 yrs, and Jim W., 1 yr, Poplar Hill	Joe H. 22yrs. Mary F. 24yrs, Leonardtown	

23 24 25 26 27 28 29

30	31
Sherrie T., 9 yrs, Never Too Late	



All Committee and Assembly meetings will continue to be offered via Hybrid for foreseeable future.

July 15 Area Committee, **hosted by District 10**

St. John's Lutheran Church, 8808 Harford Road, Parkville, MD 21234

August 19	Area Assembly, <i>host District needed</i> Severna Park United Methodist Church, 731 Benfield Rd., Severna Park, MD
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September Area Committee will be scheduled if necessary.

October 21	Area Assembly: Area Elections, <i>host District needed</i> Severna Park United Methodist Church, 731 Benfield Rd., Severna Park, MD
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November 18 Area Committee, **hosted by District 20**

Otterbein United Methodist Church, 108 East Franklin St., Hagerstown, MD

December 16 Area Assembly, **hosted by District 40**

Trinity United Methodist Church, 703 West Patrick St., Frederick, MD 21701

IMPORTANT: NOTE DATE CHANGE FOR DECEMBER MEETING!!

- Zoom link for Hybrid option will be included in emailed meeting invitation each month
 - 8 a.m. to 9 a.m. Coffee, donuts, and fellowshiping
 - 8:20 a.m. Orientation for new GSRs and DCMs
 - Attendees will be asked to provide your own lunch.
- 9 a.m. to 3 p.m. Business Meeting (meeting ends when business is concluded).
- Meetings may be subject to COVID restrictions as determined by the facility. These will be communicated via email prior to that meeting

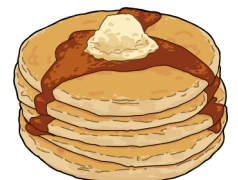
Service Opportunities

**HELP! WE NEED A SERENITY
BREAKFAST COMMITTEE**

CHAIR!!



If you are interested or you know a suitable candidate, please contact SMIA and be sure that you or the person you are nominating attends in person or joins the monthly Zoom meeting.





SAVE THE DATE
Thursday
July 6th, 2023

DISTRICT 35
 INVITES ALL AA MEMBERS TO
 ATTEND OUR DELEGATE, KURT W.'S,

**REPORT BACK FROM THE 73rd
 GENERAL SERVICE CONFERENCE**

Where: Peace Lutheran Church
 11610 Rubina Place
 Waldorf, MD

When: Thursday, July 6th, 2023
 7:00 – 8:00 PM

Light Refreshments and Snacks

**COME MEET YOUR AREA 29
 DELEGATE!**



The Three
 Pillars of A.A.

SMIA Workshop

Topics
 Unity, Service, and Recovery

July 15th, 2023

9:30 AM to 2:00 PM

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

Speakers
 Pat S., Rick H., and Craig W.

For more information, contact the SMIA Chair:
smia.chair@somdaa.org

Refreshments
 included

SMIA



FREE EVENT

The District 36 Picnic plans are underway!!

Save the date:

Sunday, September 17th

Lettie Dent

Fifth District Park

37880 New Market Turner Rd

Mechanicsville, MD

Noon-6PM

Rain or Shine

Under the Pavilion

Burgers, Dogs, Drinks provided

Bring a side or dessert if you can.

*Lawn games, 50/50 Raffle, plus a speakers meeting
 later in the day!*

For info contact Mary F at 240-237-2954



**General Service
 Representative**

*What does a GSR do?
 How can you help your home
 group and the still suffering
 Alcoholic?*

*Join us for a Zoom
 GSR Discussion /
 Q&A*

*2nd Saturday of each month, 10 am
 Meeting ID: 818 6222 7157
 No PW
 + Special guests*

Hosted by Area 29

Area 29
Maryland
State
Convention



51st Annual Area 29
Maryland State Convention
August 4-6, 2023

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

Held at the Delta Hotel by Marriott—Hunt Valley
245 Shawan Road, Hunt Valley, MD 21031

Spanish & ASL Interpretation will be provided
with additional accommodations for the hard of hearing

AA Speakers	Friday, August 4th	Saturday, August 5th
Amalia C.—Farmington, CT (Friday, 1 pm)	7:00 am Registration Opens	7:00 am Registration Opens
Stephanie L.—Eastampton, NJ (Friday, 4 pm)	8:15 am Prayer and Meditation	8:15 am Prayer and Meditation
Barclay R.—Nashville, TN (Friday, 7:30 pm)	10:00 am Workshops	9:00 am AA Speaker Meeting
Greg T.—South Deerfield, MA (Saturday, 9 am)	11:30 am Lunch on your own	10:30 am Al-Anon Speaker Meeting
Jimmy A.—Spring Lake Heights, NJ (Saturday, 7:30 pm)	11:30 am Workshops/Delegate Report	12:00 pm Lunch A La Carte
Sara V.—Frederick, MD (Sunday, 10 am)	1:00 pm AA Speaker Meeting	1:00 pm Old Timers Panel
Al-Anon Speaker Katie C.—Frederick, MD (Saturday, 10:30 am)	2:30 pm Workshops	2:30 pm Workshops
Open AA and Al-Anon Meetings at intervals each day	4:00 pm AA Speaker Meeting	4:00 pm Delegate Report
	6:00 pm Dinner on your own	5:30 pm Dinner Banquet
	7:30 pm AA Speaker Meeting	7:00 pm Meet Area 29 Officers and Sobriety Countdown
	9:00 pm Ice Cream Social with Live Music	7:30 pm AA Speaker Meeting
	10:00 pm AA History Presentation: Founding Moments	9:00 pm Ice Cream Social/Live Music
		10:00 pm Recovery Talent Show
Evening Activities Ice Cream Socials (\$5 each night) Live Music and Talent Show	Pre-Registration Gift! Limit 600 See Back	Sunday, August 6th
		9:15 am Prayer and Meditation
		10:00 am AA Speaker Meeting

Convention Hotel Room Rate: \$124/per night + tax
Hotel reservations must be made by Sunday, July 9, 2023
For hotel reservations, call 844-781-7404
(Code: MGS 2023 State Convention)
For online hotel reservations click on—
[Book your group rate for MGS 2023 State Convention](https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink)
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink>

Area 29
Maryland
State
Convention



51a Reunión Anual Área 29
Convención Estatal de Maryland
Del 4-6 de agosto del 2023

A cargo de Maryland General Service, Inc. con
la participación de Al-Anon

Celebrada en el Hotel Delta de Marriott—Hunt Valley
245 Shawan Road, Hunt Valley, MD 21031

Se proporcionará interpretación en español y
lenguaje americano de señas con adaptaciones adicionales
para personas con problemas de audición

Oradores AA	Viernes 4 de agosto	Sábado 5 de agosto
Amalia C.—Farmington, CT (Viernes, 1 pm)	7:00 am Se abre el registro	7:00 am Se abre el registro
Stephanie L.—Eastampton, NJ (Viernes, 4 pm)	8:15 am Oración y meditación	8:15 am Oración y meditación
Barclay R.—Nashville, TN (Viernes, 7:30 pm)	10:00 am Talleres	9:00 am Reunión con orador AA
Greg T.—South Deerfield, MA (Sábado, 9 am)	11:30 am Almuerzo por su cuenta	10:30 am Reunión con orador Al-Anon
Jimmy A.—Spring Lake Heights, NJ (Sábado, 7:30 pm)	11:30 am Talleres/Informe del delegado	12:00 pm Almuerzo a la carta
Sara V.—Frederick, MD (Domingo, 10 am)	1:00 pm Reunión con orador de AA	1:00 pm Panel de veteranos
Al-Anon Orador Katie C.—Frederick, MD (Sábado, 10:30 am)	2:30 pm Talleres	2:30 pm Talleres
Aperura de reuniones AA y Al-Anon a intervalos cada día	4:00 pm Reunión con orador de AA	4:00 pm Reporte del delegado
	6:00 pm Cena por su cuenta	5:30 pm Cena Banquete
	7:30 pm Reunión con orador de AA	7:00 pm Conozca a los oficiales de Área 29 y de Sobriety Countdown
	9:00 pm Convivencia con helado y música en vivo	7:30 pm Reunión con orador de AA
	10:00 pm Presentación de la historia de AA: Momentos de su fundación	9:00 pm Convivencia con helado y música en vivo
		10:00 pm Espectáculo de talento en recuperación
Actividades nocturnas Convivencia con helado (\$5 cada noche) Música en vivo y espectáculo de talentos	¡Regalo de pre-registro! Limitado a 600 Ver el reverso	Domingo 6 de agosto
		9:15 am Oración y meditación
		10:00 am Reunión con orador de AA

Tarifa del Hotel por cuarto para la convención: \$124/por noche + impuestos
Las reservaciones del Hotel deben hacerse antes del domingo 9 de julio de 2023
Reserve al: 844-781-7404
(Código: MGS2023 Convención estatal)
Para reservar en línea ingrese a:
[Book your group rate for MGS 2023 State Convention](https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink)
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink>

Pre-Registration Gift—51st MGS Convention Pin—First 600 pre-registrations!
51st Annual Area 29 Maryland State Convention

Registration and Meal Selection
Register online at <http://www.marylandaa.org/state-convention>
Online registration payment by credit card or PayPal is \$38, including a \$2 convenience fee.
Registration payment by check is \$36. Make check payable to MGS State Convention.
Mailing address for hardcopy/check registration is:
MGS Convention
P.O. Box 9879
Towson, MD 21284

First Name: _____ Last Name: _____
Address: _____ Email: _____
City: _____ State: _____ Zip: _____

Please contact me regarding Service Opportunities at the Convention: Yes Phone #: _____
I require accessibility accommodations at the Convention. Please list: _____

Area 29
Maryland
State
Convention

Registration Options

Registration Options	Cost	# of Registrants	Subtotal
AA Registrants	\$36/person	X _____	= \$ _____
Al-Anon Registrants	\$36/person	X _____	= \$ _____
Saturday Lunch—A La Carte	\$34.00	X _____	= \$ _____

Rotisserie style chicken served with warm rolls & butter, classic Caesar salad, au gratin scalloped potatoes, seasonal vegetables, New York style cheesecake, premium coffee, tea, and iced tea.

Saturday Banquet—Seating limited to 200—(Must Specify Meal Option 1-4 Below)
Plated meals served with warm rolls & butter, mixed green salad, New York style cheesecake, premium coffee, tea, and iced tea.

Option 1: Chicken piccata with lemon caper sauce, Yukon gold smashed potatoes, seasonal vegetables.	\$51.00	X _____	= \$ _____
Option 2: White fish Veracruz with capers, olives, peppers sauteed, Saffron cilantro rice, seasonal vegetables.	\$54.00	X _____	= \$ _____
Option 3: Roasted pork tenderloin with mushroom marsala demi glaze, parley fingerling potatoes, seasonal vegetables.	\$55.00	X _____	= \$ _____
Option 4: Vegetarian lasagna, seasonal vegetables.	\$49.00	X _____	= \$ _____
Total Amount Due:			= \$ _____

¡Regalo de pre registro—Broche conmemorativo 51st MGS—Primeros 600 pre-registros!
51a Convención Estatal Anual en Maryland de Área 29

Registro y selección de comidas
Registro en línea: <http://www.marylandaa.org/state-convention>
Pago de registro en línea con tarjeta de crédito o PayPal es de \$38, incluye \$2 como tarifa de conveniencia.
Pago de registro con cheque es de \$36. Girar el cheque a nombre de MGS State Convention.
La dirección para el registro de cheques/copia impresa es
MGS Convention
Apartado Postal 9879
Towson, MD 21284

Nombre: _____ Apellido: _____
Dirección: _____ Correo Electrónico: _____
Ciudad: _____ Estado: _____ Código postal: _____

Comuníquese con nosotros respecto a oportunidades de servicio en la Convención: Sí Teléfono #: _____
Requiero adaptaciones de accesibilidad en la convención. Enumérelas: _____

Area 29
Maryland
State
Convention

Opciones de registro

Opciones de registro	Cost	# Participantes	Subtotal
Participantes de AA	\$36/persona	X _____	= \$ _____
Participantes de Al-Anon	\$36/persona	X _____	= \$ _____
Almuerzo sábado—A la carta	\$34.00	X _____	= \$ _____

Pollo asado servido con panecillos calientes y mantequilla, ensalada clásica César, papas gratinadas, vegetales de la temporada, pastel de queso estilo New York, café premium, té y té helado.

Banquete sábado—Asientos limitados a 200—(Debe especificar las opciones de comida 1-4 a continuación)
Platos servidos con panecillos tibios y mantequilla, ensalada verde mixta, pastel de queso al estilo Nueva York, café premium, té, té helado.

Opción 1: Pollo piccata con salsa de alcaparras al limón, puré de patatas Yukon, vegetales de temporada.	\$51.00	X _____	= \$ _____
Opción 2: Pescado blanco Veracruz con alcaparras, aceitunas, chiles, salteados, arroz con azafrán y cilantro, vegetales de temporada.	\$54.00	X _____	= \$ _____
Opción 3: Lomo de cerdo asado con demi glaseado de hongos marsala, Bastones de papas con perejil, vegetales de temporada.	\$55.00	X _____	= \$ _____
Opción 4: Lasaña vegetariana, vegetales de la temporada	\$49.00	X _____	= \$ _____
Cantidad Total:			= \$ _____

66th Annual Sessions By-The-Sea
September 5-10, 2023

Hotel Information

For your convenience, "Sessions" rates have been offered by hotels and motels listed below. It is your responsibility to select a place to stay during the week and make your own reservations. To obtain "Sessions" rates, you must inform the hotel you will be attending Sessions By-The-Sea. Locations and phone numbers are listed for each hotel. Ask the hotel about other items such as room tax, minimum nights required to make reservations, weekday and weekend rates, and any other items they have to offer or require. Please make your reservations as soon as possible. More information can be obtained by contacting the Ocean City Hotel-Motel Association at 1-800-OC-OCEAN.

COURTYARD MARRIOTT	15TH STREET	410-289-5005
FLAGSHIP OCEAN FRONT	2600 N. BALTIMORE AVE	410-289-3384
HARRISON HALL HOTEL	1409 ATLANTIC AVE	410-289-6222
HOLIDAY INN OCEANFRONT	6600 COASTAL HWY	410-524-1600
PLIM PLAZA HOTEL	109 N. ATLANTIC AVE	410-289-6181
QUALITY INN BOARDWALK	1601 ATLANTIC AVE	410-289-4401
QUALITY INN OCEAN FRONT	54TH STREET	410-524-7200
SEABONAY MOTEL	2711 ATLANTIC AVE	410-289-9194

Serenity Breakfast Committee needed! (see page 9)



22nd Annual Halloween

GRATITUDE CRUISE

October 29-November 5, 2023
WONDER OF THE SEAS



BY ROYAL CARIBBEAN

EXCLUSIVELY FOR GRATITUDE CRUISE GUESTS, MALE & FEMALE

More food than you can eat, more coffee, iced tea & lemonade than you drink included, plus nightly shows!

BEST NEW SHIP
 WONDER OF THE SEAS®
 2022 Travel Weekly Readers' Choice Awards

Daily 12 Step Meetings, Keynote Speakers:
 Chip B. & Alanon Angie B.

PRIVATE COSTUME CONTEST:
2023 Rule #2 Them: DRESS AS A SONG!
 (must play the song for judges on your phone)
 Rock & Roll, Country, Jazz, Hip Hop, Blues, etc.
SOBER SCAVENGER HUNT Nov. 3!

For the best sober party of the year, call
561-702-2312



Cococay is a private island

Date	Port	Arrive	Depart
Sun. Oct. 29	Orlando, (Port Canaveral) FL		4:30 pm
Mon. Oct. 30	Perfect Day at Cococay, Bahamas	7:00 am	4:00 pm
Tues. Oct. 31	Cruising		
Wed. Nov. 1	Charlotte Amalie, St. Thomas	1:00 pm	8:00 pm
Thurs. Nov. 2	Phillipsburg, St. Maarten	8:00 am	6:00 pm
Fri. Nov. 3	Cruising		
Sat. Nov. 4	Cruising		
Sun. Nov. 5	Orlando, (Port Canaveral), FL	6:00 am	





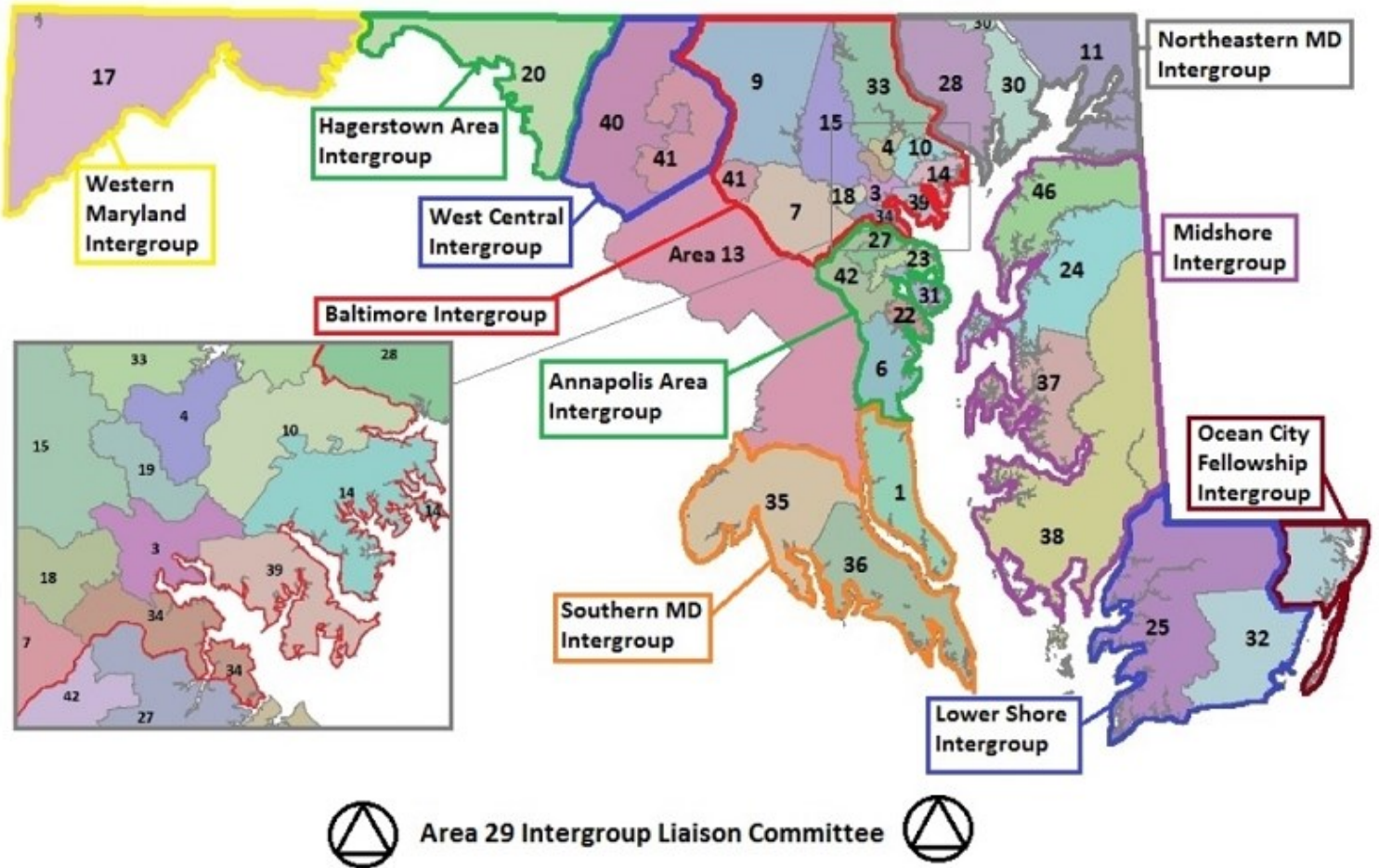


While they last...Rates are per person, double occupancy for week. Add \$193.45 to your choice of:
 Balcony: \$1,197.
 OB. Oceanview: \$1,116.
 Interior: \$900.

Features: The largest ship in the world has 7 neighborhoods, 4 pools plus Adult only Retreat; 10 whirlpools, Flow Rider Surfing Machines, Rock Climbing Walls, Casino Royale, 20 Dining options, Abyss Slide, Water Slides, Ice Shows, Vegas & Broadway Nightly Full Production, Vitality Spa, Fitness Center, Mini golf course, full sized basketball court and more on this 236,857 ton ship, the largest #livelikeyoumeanit

Royal Caribbean INTERNATIONAL

www.sobereceptions.com, *fellowship vacations since 2001*



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

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.

**SUPPORT YOUR
LOCAL GROUPS!!!**

"BLUE TOP @ NOON"

Lexington Park United Methodist Church

21760 Great Mills Road

12:00 noon

Tuesday, Wednesday, Thursday

Tuesday will be the Daily Reflections

Wednesday will be the Big Book

Thursday will be a Step/Tradition meeting

Come check us out and join our group!



THE "WHAT'S THE POINT!"

A.A. MEETING

BIG BOOK
AS BILL SEES IT
GRAPEVINE
TWELVE
&
TWELVE



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

COME OUT AND CHECK US OUT

GOOD SAMARITAN LUTHERAN CHURCH

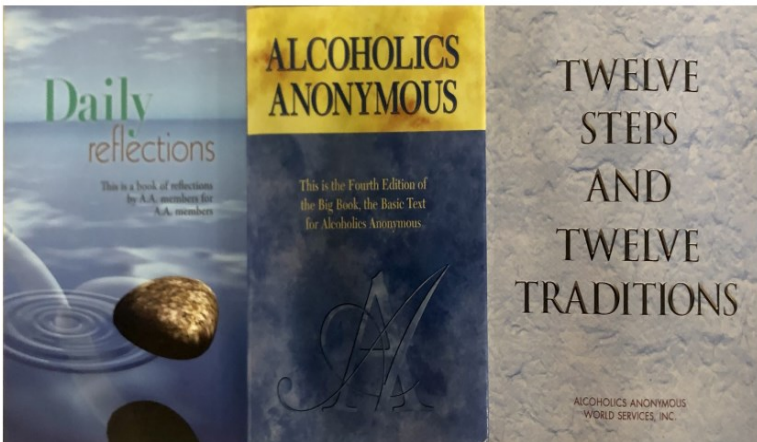
20850 LANGLEY RD. LEXINGTON PARK

THURSDAY EVENINGS 8:00 PM.

WE ARE LOOKING FOR HOME GROUP MEMBERS

WE HAVE SERVICE POSITIONS TO BE FILLED

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



SMIA MEETING MINUTES 5/13/23

Opening: Buddy F. opened with the Serenity Prayer.

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

Groups & Committees Represented: Paul S. – Cove Point, Bill L – Sunderland/Bookstall, Todd M. - St. Charles Step, Craig W. – Waldorf, Nathan H. – Waldorf, Roy B. – Solomons, Lorraine J. – Bedouin/District 1 PI, Amanda W. – ODDAT, George W. – Inspiration, Robert W. – Saturday Morning Breakfast, Dan W – St. Charles Step, Jeanine W. – St. Charles Step, Tressie F. - Harmony

SMIA Chair Report: Buddy F. – Attended SMIA meeting (mid-western district) and District 1 GSR meeting where he spoke about hosting The Three Pillars of AA workshop, looking for speaker for each county, Craig will be speaking on Unity. Buddy reserved the hall at Immaculate Conception for the Gratitude Dinner and is looking for a chairperson. Plans to attend District meetings and Area 29 meeting on 5/20. SMIA is no longer hosting a picnic, however, will assist all three counties with their picnics.

Vice-Chair Report: Katherine L. – not available.

Secretary Report: Read by Kristi P. – April 2023 minutes were accepted as read.

Treasurer Report: Rebecca B. – 3/25/23 – 4/24/23 report provided. Total assets \$13328.88. The annual budget was presented and accepted. The Treasurer’s Report is available on-line at <https://somidintergroup.org/finance.html>

Committee Reports

Archives: John Z. – not available.

By-Laws Committee: Rob A. Parliamentarian. The committee will be meeting to review and edit By-laws concerning treasurer’s freedom to conduct business and SMIA funds and

distribution of such funds for initiatives and projects, for presentation to the SMIA membership for consideration, discussion, and modification. Tentative meeting schedule for May 27th. Members include Rob, Buddy, Melissa, Keith, Rebecca, Craig, George, and Lorraine.

Lifeline: Keith – not available.

Phone Report: Melissa – not available.

Serenity Breakfast: Buddy – Facility is not available at Piney Point and a chair is needed.

Gratitude Dinner: Buddy – reserved the hall at Immaculate Conception for November 11th at Immaculate Conception Church and needs a chair.

Corrections and Treatment: Charles County – Jeanine - meetings are being held at Jude House at 8:30 on Sundays, Anchor every Tuesday, RCA - 6 meetings, Avenues meetings Monday and Thursday, split between men and women, all in-person, no longer virtual. Corrections - women’s meeting no longer being held, no men taking meetings in, looking for volunteers. St. Mary’s – Meetings going into Anchor every Wednesday and Compass every Monday. The Anchor would like a meeting brought in the 5th Tuesday of the month. Kathy and JT are new chairs for treatment. Corrections: jail is currently under construction, only 2 meetings per month until July. No representative for women – not going into meetings. Calvert – no report.

PI/CPC: St. Mary’s – in good shape. Calvert – no report. Charles – no report.

Bookstall: Bill L. reported - There were 2214 visits to the On-Line Bookstall since the April meeting. There were 14 orders since the last meeting; 8 are processing and 6 were completed. Completed orders totaled \$197.15. Processing orders totaled \$166.80. Total expenses for literature and medallions \$700.47. The inventory database is up to date. The total cash value of assets is \$11,417.55. Items that are not in stock are no longer visible on the storefront, but a form has been added for people to request missing items.

Website: Bill L. reported

Site Updates and Changes

Total Visitors (initial visit)	3072– Up 43%
5 Most Frequently visited pages	Home Page – 3481
	Where and When Calendar - 459
	Where and When Search - 264
	On-Line Meetings - 219
	Anniversary Calendar -179
Referring Sites	Direct
	Others
	Search Engines – Google, DuckDuckGo, Yahoo

Redesign of the Bookstall site for improved navigation

Meeting Change Information

The Huntingtown 12 and 12 at Noon Group was terminated

Meeting Status

Currently there are 129 meetings in our service area; 119 meetings are in-person, 7 meetings are hybrid, 6 meetings are on-line only, and 4 meetings are reported as suspended. Of those 4, 1 has an on-line presence.

Document Posts and Updates

Mobile App 2023 4.4 released – 5/1/23

Lifeline posted – 5/1/23

Where and When PDF Updated – 5/1/23

Finance Page updated – 4/29/23

SMIA Minutes posted – 4/19/23

Where and When: Pat P. – No new changes.

Old Business –there was a lot of discussion concerning SMIA use of funds and the requirement for excess funds to be split between World Services and Maryland General Services (60/40). The rent for Immaculate Conception was increased. There will no longer be a contribution to the church. Discussed increasing from

(continued on page 15)

(continued) \$200 to \$500 for non-budgeted items, to be voted on at next meeting. Discussed donations to GSO and Area 29 on a semi-annual basis, Lorraine in favor. Will be addressed in the revision of the by-laws and brought back to vote at next meeting. There was a \$145 reduction in the Round-up contri-

bution due to the return of 49 books. Currently there is no finance committee, only during audit. By-laws to be reviewed and revised to have an ad-hoc committee every two years and will bring revisions back to the meeting for a vote.


New Business – no new business discussed.

For the Good of the Order - Rebecca B. (Treasurer) will celebrate 4 years of sobriety at Grateful Alive on May 17th. George W. will be celebrating 40 years of sobriety at Inspiration Group, Memorial Serenity Walk on May 20th

Meeting adjourned with the Lord's Prayer.

June 2023

Southern Maryland Intergroup Association Inc. Treasury Report

 <p>Thank you! For Your Contributions \$268.29</p> <p>www.somdintergroup.org/donate.php SMIA, PO Box 767, Charlotte Hall, MD 20622 PayPal</p>		<p>Southern Maryland Intergroup Association Inc. Yearly Statement of Activity May 1, 2023 - Apr 30, 2024</p>																																																																							
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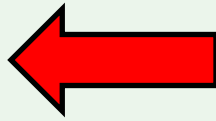
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

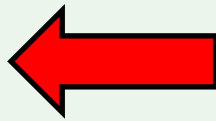
2) Or they can be mailed to the appropriate office location:

*****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 Inc.
 P.O. Box 207
 Benson, MD. 21018**



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

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

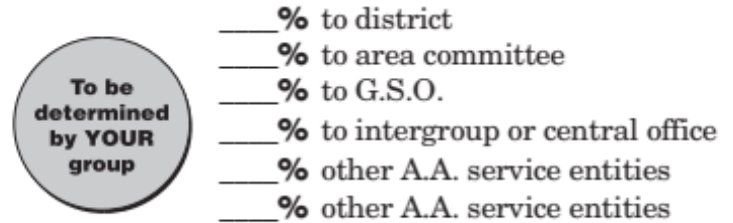
**District 35 (Charles)
 P.O. Box 1981
 La Plata, MD 20646**

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

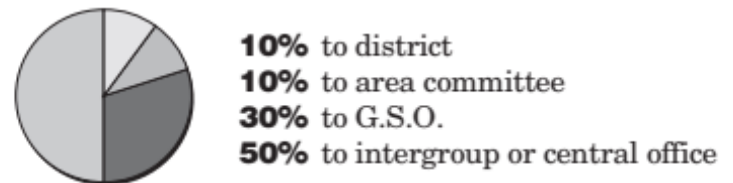
Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
 (YOUR GROUP NAME)

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

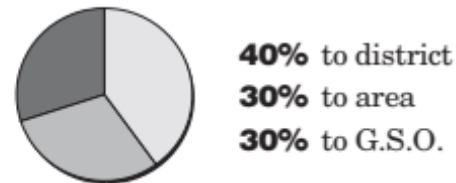


OR



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.***

DISTRICT 35 - CHARLES CO.

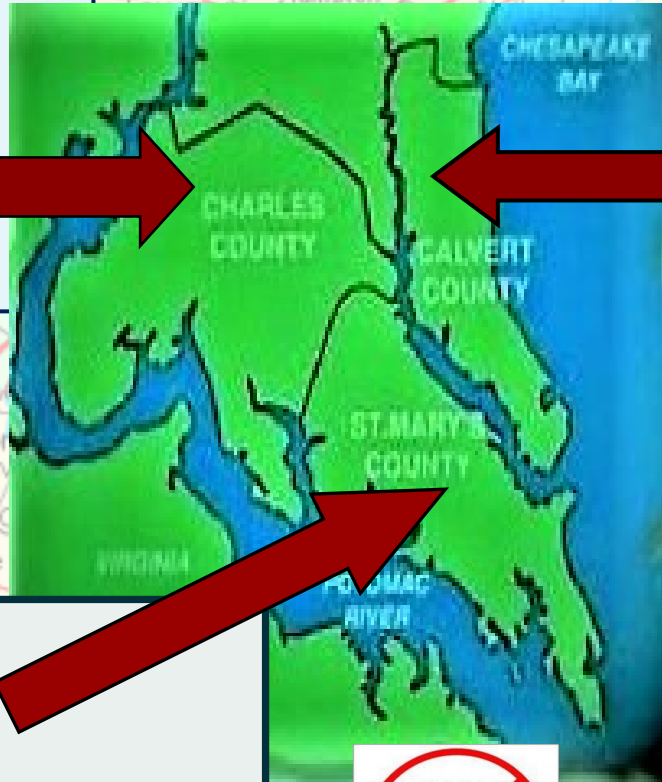
Please come out and join us at our next District Meeting - the first Thursday of the month @ 7pm

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

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

***SERVICE KEEPS US
SOBER***

**THE WORLD
RECORD
FOR SOBRIETY
IS 24 HOURS.**



**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

The next SMIA Meeting will be held on

Saturday, June 10 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)**

Please send any updates 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.

“Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.”

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



The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit - well symbolized by anonymity - is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future. [https://](https://www.alcoholicsanonymous.ie/)

www.alcoholicsanonymous.ie/

“There is, however, a vast amount of fun about it all. I suppose some would be shocked at our seeming worldliness and levity.”

RECOVERY COACH BARNEY FIFE

LET'S GO OVER OUR RELAPSE PREVENTION PLAN...

ARE YOU KEEPING SECRETS? NIP THAT IN THE BUD.

ARE YOU ISOLATING? NIP IT IN THE BUD.

ARE YOU SKIPPING MEETINGS? NIP IT! NIP IT IN THE BUD.



LordofLaughs.com

“Our leaders are but trusted servants, they do not govern.”

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.

It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

— BUDDY F. —

QUOTES



RECOVERY.

You must be present to win.

SMIA SERVICE TEAM:

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- Vice Chair: Katherine L.
- Secretary: Kristi P.
- Treasurer: Rebecca B.
- Parliamentarian: Rob A.
- Where & When: Pat P.
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