



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>

One of the great challenges for those still struggling with alcohol and drug dependency - and even for those in long-term recovery - is *surrendering to a power greater than ourselves*. Giving up the internal battle to control our own lives and letting someone else guide us to a path of sobriety can often feel like the hardest thing we have ever done. Until we do completely surrender, however, we will

was required to reach a point of absolute surrender. We had exhausted all of our will to beat this disease and reclaim our lives. Throwing our hands up in defeat we were finally given the gift of receptivity. We are now ready and available to receive the guidance and support that will lead us to a happy, sober and meaningful life. Whether it be with an AA sponsor, professionals in the recovery field, a spir-

had burned all of my bridges. All of MY efforts to change my life resulted in more pain, more loss, more trouble. I was utterly powerless to stop drinking and using on my own and my life was a mess. I was terrified of what may lie ahead, but I was completely willing to let someone else direct the next steps of my life. I adopted a posture of a student, looking at everyone who came into my life as teachers who could show me a better way to live my life.

This willingness to go to any lengths led me to two months in treatment, eight months in a halfway house and a year and a half living in a sober house, surrounded by a community of fellow travelers who taught me how to live the spiritual program embodied in the Twelve Steps of Alcoholics Anonymous in my day-to-day life. I was introduced to a "Program of Living", a community of support and a spiritual connection that for the past thirty-nine



never fully know the joys that a sober life can bring. The process of surrendering our lives to a power greater than ourselves must first begin with the realization that alone, left to our own devices, we cannot solve this problem. For most of us this was a painful, lonely and at times embarrassing process to reach a point in our lives where we are truly humble and teachable. Our self-centered out of control ways drove us to a point of utter despair. Yet, for the fortunate of us, this it what

itual guide or fellow members in the rooms of Alcoholics Anonymous (AA) we find that we are no longer alone and that there are many, who have come before us, that can show us the way.

At the age of 23, after a nine-year battle with alcoholism and drug addiction that nearly killed me, two old-timers in AA plucked me out of my misery and put me on a one-way airline flight from Cincinnati Ohio to Minnesota. I knew when I got on that plane that there was no going back. I

years, one day at a time, has given me an opportunity to live a whole, meaningful and productive sober life. And all I have to do to keep it is stay sober, live the Twelve Steps in my day-to-day life, stay grateful and teachable and help others.

Sounds easy doesn't it? Most of us enter our recoveries willing and motivated to go to any lengths. We'll do anything to stop the pain, fix our broken toys. But change the way we think, the way we live?

(continued on page 2)

(continued)

“What an order, I can’t go through with it.” Letting go absolutely is a frightening prospect. So it’s human nature that at some point our ego will re-emerge. We say, “Thanks God for getting me out of this mess, I’ve got it from here.” And back behind the drivers seat we go. The daily maintenance of our spiritual life is where the real work begins.

Surrender isn’t something we do once and were done. It’s a daily spiritual practice to live our lives with a God Consciousness in all that we do. It requires a level of humility, vulnerability, and diligent and daily spiritual practice to stay on this path. But as the Big Book of Alcoholics Anonymous says, “Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines... *We claim spiritual progress rather than spiritual perfection.*” However, what I can say from my own experience and through listening to the experiences of others is that if you take a chance, let go of your inner battle and just show up you may be surprised with what you find. One day at a time, you will regain your relationships with loved ones and make real friends, and you may find a sense of purpose, hope and even serenity.

Just For Today

- Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.
- Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that most folks are as happy as they make up their minds to be.
- Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.
- Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that

requires effort, thought and concentration.

- Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.
- Just for today I will be agreeable. I will look as well as I can dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.
- Just for today I will have a program. I may not follow it exactly, but I will have it. I will save my-

self from two pests: hurry and indecision.

- Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.
- Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me.

www.BriefTSF.com

I WAS DRINKING AT A BAR SO I TOOK BUS HOME.

THAT MAY NOT SEEM LIKE A BIG DEAL TO YOU, BUT I'VE NEVER DRIVEN A BUS BEFORE.

The 12 Spiritual Principles of AA

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 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 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

The Spiritual Principle of step 3 is Faith: Faith is the next step up from hope. While the principle of hope represents the general idea that things can improve, faith is the direct belief in a power that knows better than us where our spiritual truth lies.

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

Relapse: When Fruit Gets Picked Before It's Ripe

Why is it that some people come to AA and never want a drink again in their lives, while others come and have multiple relapses prior to recovery, and then there are others that never get sober at all? When I hear the discussions about this topic it seems to me that the most important requirement is often overlooked. The only requirement for AA membership is a desire to stop drinking. How many of us have a desire to stop drinking just because they got a DUI and were sentenced to attend so many AA meetings in place of jail time? I didn't, even after my 2nd DUI at the age of 22, and nobody suggested that I should stop drinking.

I didn't have a desire to stop until I woke up one morning at the age of 28, divorced, alone, desperate, and emotionally depleted. The first thought that came to me was: I had better do something about my drinking as I was circling the drain and the only thing I could think of was to call AA. I made my 1st meeting on Oct. 15, 1969 and have never wanted a drink since that day.

I was one of the fortunate ones that came to AA with a desire to stop drinking and not just a desire to get out of trouble. There are some people that are sent here to fulfill a legal requirement and they sometimes discover something that they never knew existed and they become one that is of the "educational variety", as mentioned in Appendices 2 in the Big Book, but that is a rarity.

Those that suffer relapse after relapse are tragic stories indeed and my heart

goes out to them. When a friend of mine was asked why we have so many relapses' in AA he replied, "*Sometimes the fruit gets picked before its ripe*" implying that that person hadn't reached that point of desperation yet. Once an alcoholic has lost the ability to control his drinking, it never returns. He will continue to try to regain a level of control but the compulsion will be irresistible. He will continue to try the old game again and again with no success. He will continue to seek that short period of euphoria that he feels when he is half way through his second drink but his drinking never stops there. He will, most likely, continue to repeat this until something tragic happens and he loses more that he was willing to lose. Sometimes the most dreadful thing that happens to us turns out to be the best thing that ever happened to us, if it gets our attention and renders us teachable.

The disease of alcoholism progresses rapidly in some and slowly in others. Add drugs to the equation and it speeds up the process. I don't think I have ever seen an AA member in their teens or early twenties that didn't have a drug problem that compounded the progression and as a result, they often get sober earlier than the average alcoholic.

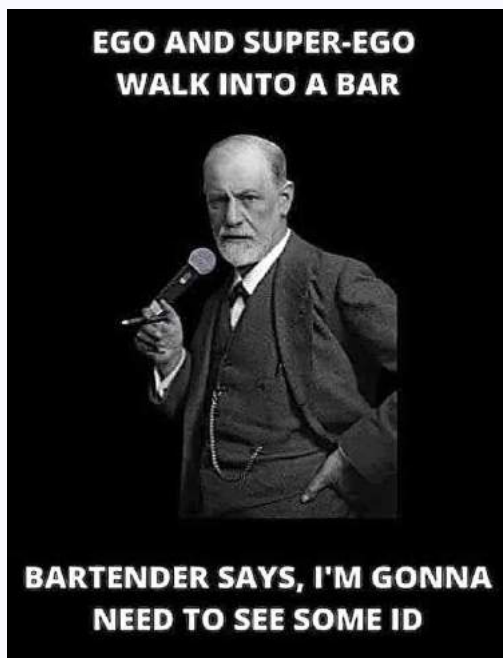
An alcoholic left to his own devices can't continue indefinitely without enablers. They will usually be someone who is willing to bail him out when he is in jail or call and report him off when he can't make it to work, etc. etc. This only postpones the inevitable and allows the alcoholic to deepen the degree of collateral damage. Eventually he ends up divorced, jailed, fired, or any of a dozen life changing catastrophic events that finally become the straw that broke the camel's

back. He then, in desperation, comes to AA to try to salvage what's left of the world he has been living in. In life and being willing to address his problems with the help of the fellowship he may finally be on the road to recovery. The cat is finally out of the bag and his alcoholism can never be denied again.

Trying to talk an alcoholic out of drinking is not the goal of AA. Describing the true nature of his malady is the real message we should be relating to him/her so they understand why and where they are in the progression of the disease, and that they can decide for themselves if they are ready to throw in the towel. To validate this I recommend: (Ref. BB. Bottom pg. 31-32 and pages 101-103) you can also read the third and fourth pages of step one in the 12X12 and get the same message.

We ought to be careful not to put our own slant on the message that we carry. It can do more harm than good and prolong the suffering of the recipient. I see it done all the time by well meaning members who got that message from other well meaning members but they are misguided. The Big Book will bear me out on this.

<https://www.aacle.org/relapse-fruit-gets-picked-ripe/>



THE STEPS OF A.A. – AN INTERPRETATION

Now here is the step which separates the men from the boys (or the women from the girls) – this is Step #3 – “We made a decision to turn our **will and our lives** over to the care of God...” whether we are going to be **in** A.A., or **around** A.A. Yes, we can attend meetings, visit the clubs, attend the social functions, but, unless we really take step #3, we are continuing to make up our own program. Since our entire program is based upon dependence upon God and our lives are to be directed by Him! So, here we are, making a **decision** which in itself is quite an accomplishment for the alcoholic, since they are one of the most indecisive creatures in society, due to their incapacity to manage their own life due to their obsession- But- to make a

decision to turn our life and our will over to the care of God- this creature in the far blue yonder, whom we have little acquaintance with and probably much fear of, this is really asking very, very much of an alcoholic! Rest assured, that if they are not ready, if they have not reached their “bottom” or extremity, and if they are not really “hurting more than they ever have,” they are not about to take step #3. So – they go pretty much on their own as usual, except that they do have the advantage of better company than they had been associating with and this in time, could really foul up any type of drinking life they may have in the future! Another important feature enters here, in that they **know** now that there is a way out of their dilemma and this is bound to “work” on them as time goes on, if they have any pride at all in themselves! At this point – their biggest problem is to overcome **FEAR** and “Let go and let God.”

<https://the12traditions.com/161/the-steps-of-a-a-an-interpretation/>

Bill W.’s grandfather was a drunk. Grandfather Wilson, an innkeeper, had had alcohol turn against him. “One Sunday morning in despair he climbed to the top of Mount Aeolus and beseeched God to help him. He saw a blinding light and felt a great wind, and rushed down to interrupt the service at the Congregational Church. Demanding that the minister leave the pulpit, Wilson described his experience to the congregation... Emily [Bill’s mother] loved this story about her husband’s father, and she told it to her son and husband as often as they would listen. In the eight years that he lived after that experience, the elder Wilson never had another drink.” (Cheever, *My Name is Bill*, p. 17) During Bill’s final stay as a patient at Town’s Hospital, perhaps the familiar tale of his grandfather’s miraculous recovery came to mind. Bill’s description of his 1934 “spiritual experience” was remarkably similar to that of his grandfather. When Bill later told the story of his recovery, it was in the form of a 19th century Protestant redemption story of the sort he would have heard repeatedly from his mother. He resurrected that style when it came time to write about the Third Tradition.

In the essay on Tradition Three, Bill tells the story of “Ed”, an obstreperous atheist/agnostic, who vociferously and repeatedly disagrees with the predominant religious tone of AA. Ed falls off the wagon while on a sales trip and his pleas for help are rebuffed by his fellows at

The Truth Behind Tradition Three

home. (Bill later was to denigrate the exclusionary attitude and quest for respectability of early AA. Only “pure alcoholics” were to be admitted, he reports. “They could have no other complications. So beggars, tramps, asylum inmates, prisoners, queers (sic), plain crackpots, and fallen women were definitely out” (Twelve Steps and Twelve Traditions, p. 140) and so, apparently, were atheists and agnostics.) Bill relates that, after a couple of weeks, Ed did return to Brooklyn chastened and, Bill implies, freshly converted to the ranks of the religious.

Part of this story is true. “Ed” was really a fellow named Jim B., one of the first ten AA members in New York. Jim did work selling car polish for a company owned by Bill and Hank. He did go out of town on a sales trip and get drunk. He was rebuffed by the other members. He did sober up and return to New York. Jim, by his own admission, was thereafter less contemptuous of the religiosity of the other members. Bill gets a bit creative in returning to the conversion story format by adding a mysterious interaction with a bible in a hotel room and has Jim appear in the home of an unnamed fellow AA asking if the family had had their “morning meditation”, implying Jim had abandoned his disbelief. These parts did not hap-

pen. The home in which Jim appeared was Hank’s. Hank was also an atheist; the chance that he would have been having a religious meditation is small. Jim never mentioned a bible in relating his story, nor did he ever abandon his disbelief. According to Clarence Snyder (an early AA member from Cleveland): “Jimmy remained steadfast throughout his life and ‘preached’ his particular [non-God] brand of AA wherever he went.” Jim died in 1974, sober 35 years and still an atheist. Jim was responsible for the “God as you understand Him” and “Higher Power” wording of the Steps. Burwell’s contribution to Alcoholics Anonymous is considered by many to be second only to that of AA’s two co-founders,

Bill, in later years, regretted his earlier position. In 1957, writing in *AA Comes of Age* (footnote, page 232), Bill said, “Nothing, however, could be so unfortunate for AA’s future as an attempt to incorporate any of our personal theological views into AA teaching, practice or tradition. Were Dr. Bob still with us, I am positive he would agree that we could never be too emphatic about this matter.” In a Grapevine article in 1961 (“The Dilemma of No Faith”), Bill went further: “In AA’s first years I all but ruined the whole undertaking... God as I understood Him had to be for everybody. Sometimes my aggression was subtle and sometimes it was crude. But either way it was it was damaging – perhaps fatally so – to numbers of non-believers.”

<https://sbreethinkers.org/the-truth-behind-tradition-three/>

Sober Haunting: Drunk Dreams in Sobriety

Have you ever woken up in a panic unsure if what you were just dreaming was actually real or not? Sometimes our dreams can be so lucid it's downright scary. Even more so, when these dreams include drinking or using drugs. Chances are if you're sober, you've already experienced a drunk dream. When I got sober I had no idea what a drunk dream was and it took me months to figure out that was what they were called. Their frequency at the beginning of my sobriety was much higher than it is now. So, what is a drunk dream? Why do they happen and what do they mean? Unfortunately, these traumatizing experiences are a normal part of sobriety. But armed with information, we can expect that this is a part of our healing process on the journey of recovery.

What is a Drunk Dream? A drunk dream is when people in recovery dream about their past. Normally, this includes a dream where we are drinking or using our drug of choice. It can also include old behaviors that we used to engage in. For example, cheating on a partner, stealing, lying, or being arrested. These have also been called relapse dreams, but I prefer the term drunk dream because I don't think we're dreaming about relapsing.

These dreams can deeply affect us. It's traumatizing to wake up and believe you were drinking again after being sober for some time. It can bring up a mix of emotions like anger, sadness, shame, and guilt. It can make us feel like we're doing something wrong when we're not. Depending on how real your dreams seem, it can often be difficult to separate dream from reality until you are fully conscious and awake. Other times we wake up and are incredibly relieved to find we're still sober and it was all just a dream. I can't recall ever having dreams about drinking while I was still drinking and using drugs. It only started for me when I got sober.

What Do Drunk Dreams Mean? In early sobriety, my drunk dreams occurred almost every night and the topics varied. I would be out at a club with loud music playing taking shots of tequila, or suffering through a hangover and wondering what happened the night before, or finding myself piecing together a night after a blackout. All of the things that I did during active addiction I was dreaming about. I would wake up with my heart racing and the guilt overwhelmed me. Looking back, I wonder if these intense dreams at the beginning had anything to do with all the toxic substances leaving my body.

As time as passed, my drunk dreams have become less and less frequent. The topics have also shifted. A few months back I had an intense dream that made little sense to me. I was at my parent's house that I grew up in outside of Philadelphia and the scene was that I was groggy and didn't really know what was going on. The house was a mess and it was clear that a huge party had just taken place. There were people passed out in the basement, all of them strangers.

Tapped kegs, cups, and food were thrown about. The front door was wide open and I immediately wondered if my cats ran away. My head was pounding and I had that dry mouth that was so familiar from my drinking days. I didn't know where Fer was or what had happened. I was left there feeling helpless and I knew that the only reason I couldn't remember what happened was because I had been drinking. I awoke startled and sat straight up in bed. My heart was beating a mile a minute and it took me several minutes to make sure what I had just experienced wasn't actually real life.

What do this drunk dream, or any of my drunk dreams mean? I'm not sure. I wish I had a concrete answer to give you. I spent a few hours researching what drunk dreams could mean, from the side of being a recovering alcoholic, and from the side of dream interpretations. I didn't find anything 100 percent reliable, but many treatment centers and AA people have written that drunk dreams warn of relapse and that you need to get to a meeting or ask for help if you're having them. Personally, I think drunk dreams are part of the healing process. I think my own may even be a part of post-traumatic stress disorder. I haven't been formally diagnosed, but Google defines post-traumatic stress disorder as, "a condition of persistent mental and emotional stress occurring as a result of injury or severe psychological shock, typically involving disturbance of sleep and constant vivid recall of the experience, with dulled responses to others and to the outside world."

I think these sober hauntings are reminding me of a life I never want to go back to. I also think they play on feelings that I'm still working through, mostly shame and guilt. Although I'm three years sober and I don't live like that anymore, there are times when I still struggle to forgive myself. Drunk dreams are a difficult reminder that I cannot shut the door on my past, but I can learn from it and grow. Even though drunk dreams are traumatizing and upsetting, there is *always* a sense of relief that what was going on in my subconscious during sleep was not real. No matter how real it seemed, it wasn't. And that is what we have to remember. We don't live in that dark, scary place anymore. We've already made the biggest change in our life, walking away from drugs and alcohol. If drunk dreams are part of sobriety, but it means I never have to go back to my former life, I'll take it.

At this point in my own sobriety, I've accepted that drunk dreams will probably always visit me, but I hope they continue to become less and less frequent. If we can accept and embrace them as a reminder of a past we are no longer participating in, we can still heal. So if you're reading this and you've experienced a drunk dream, know that you aren't alone, and you're on the right path because sobriety has taken you here.

<https://sobersenorita.com/blog/2016/06/30/sober-haunting-drunk-dreams-sobriety>

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
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.”

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Brian B., 17 yrs, Cove Point	2 Nathan H., 2 yrs, Waldorf Daniel, 5 yr, Happy Hour
					3 Bobby L., 27 yrs, Never Too Late	4 David H., 10yrs, Monday Nite Traditions
10 Vivian A., 17 yrs & Patty M., 42 yrs, End of the World Sandy C., 2 yrs, ODAAT	11	12	13	14	15 Jason R., 2 yrs & Dan H 5 yrs, Clean Air	16
17 Allen M., 10 yrs, Living Sober	18	19	20 Michelle, 1 yr, Living Sober	21 Lorraine J., 44 yrs, Daily Reprieve Tommy B., 27 yrs, Charlotte Hall	22 Kenny G., 8 yrs, 231 Danny K., 6 yrs, Another Late Night	23
24 Gene C., 8 yrs & Dan, 8 yrs, Bedouin Karl K., 1 yr, Solomon's	25	26	27	28 Duke R., 22 yrs, Basic Text Tessa K., 1 yr, St. Charles Step	29	30
31						

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11 Gisela R. 33yrs. Almost Normal Keith T., 6 yrs, Basic Text	12	13 Barbara N., 1 yr, Helping Others
14	15 Donald R., 24 yrs, Lusby	16	17	18	19	20 Chelsea B., 11 yrs, Ear- ly Bird
21	22	23	24	25 Frank G., 5 yrs, Poplar Hill	26	27
28	29	30				



Southern Maryland's 13th 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
or email: 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



DISTRICT 35 WORKSHOP



**SATURDAY
APRIL 20**

**PEACE LUTHERAN CHURCH
11610 RUBINA PL,
WALDORF, MD**

**WRITING A
4TH STEP
INVENTORY**



AGENDA

11:30-12:15 FOOD & FELLOWSHIP
12:15-12:30 OPENING REMARKS
12:30-1:30 INTERACTIVE FOURTH STEP WORKSHOP
BRING YOUR BIG BOOK!

Spring 2024 CONTRA Study

March 7, 2024 through June 20, 2024

Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)
Moderated by Trusted Servants from Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)

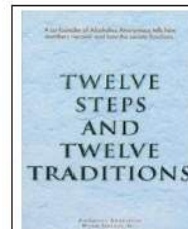
Zoom Meeting ID: 881 6177 7393
Passcode: 330331

Dial-in number for phone callers: +1 (301) 715-8592

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

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

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



CONTRA Study Materials (provided via email following registration):

Twelve Steps and Twelve Traditions, B-2 (free participant download at www.aa.org)
The A.A. Service Manual combined with *The Twelve Concepts for World Service*, BM-31, 2021-2023 edition
AA Grapevine Traditions Checklist, July 2018 revision
Spring 2024 Contra Study Service Manual Questions
A.A.W.S. Concepts Checklist, SMF-91, 08/18 edition

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

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

Conference Agenda Review Committee (CARC)
CARC 1 – Eastern Shore

March 2, 2024
4:00 PM to 6:00 PM

ANY member of A.A. may attend a CARC meeting and provide direct feedback to the Area Delegate on any of the proposed changes to A.A. that are on the agenda of the upcoming 2024 General Service Conference.



Location:
Christ United Methodist Church
401 High Street
Chestertown, MD 21620

Zoom ID: 848 2435 2982
Passcode: 469548

Area 29 Conference Agenda Review Committees (CARCs)

CARC 1 Districts 24 25 32 37 38 46

Questions? Contact Trini (301) 646-4567

CARC II

Planning and Full Meetings

Have a voice and get involved!

Planning Meeting

Saturday, March 2, 2024 from 11:00 AM to 2:00 PM

Zoom Info: Meeting ID: 842 4128 3070 Passcode: 524725

Full Meeting

Saturday, March 23, 2024 from 3:00 PM to 6:00 PM

Zoom Info: Meeting ID: 818 5506 6347 Passcode: 714702

Christ Episcopal Church
220 Owensville Rd
West River, MD 20778

ALL AA Members Welcome

The Conference Agenda Review Committee (CARC)
Review, Discuss, & Present items to the
AREA 29 Delegate in preparation for the
2024 General Conference

Topics Covered: Literature, Corrections, Treatment
Finance, Public Information
And more...

DISTRICTS 1, 6, 22, 23, 27, 31, 35, 36, 42 36, 42

CARC III

Conference Agenda Review Committee



DISTRICTS THAT ARE A PART OF CARC III:

- 3
- 4
- 10
- 11
- 14
- 15
- 18
- 19
- 28
- 30
- 33
- 34
- 39

Don't miss your chance to be a part of the A.A. Group Conscience!

This is our opportunity to learn more about, and share our opinions on some of this year's General Service Conference topics.

ALL AA MEMBERS ARE WELCOME TO ATTEND AND ENCOURAGED TO PARTICIPATE!

**SATURDAY, MARCH 23, 2024
9 AM - 12 PM**

Physical Location:

**HAVENWOOD PRESBYTERIAN
100 EAST RIDGELY RD.
TIMONIUM, MD 21093**

**ZOOM ID:
896 9319 8138**

PW: CARC3

HYBRID

Contact Bethany Y. with any questions at y.bethanyaa@gmail.com

YOU'RE INVITED!!!

CARC IV

Conference Agenda Review Committee

Districts 7, 9, 17, 20, 40, 41

ALL ARE WELCOME!

Virtual Meeting

Saturday March 2, 2024

10 AM

ZOOM Meeting ID:
857 2203 5761
Passcode: 756953

Be part of AA's Group Conscience!

Join us to review and discuss 2024
General Service Conference Agenda items!

If you have questions, please contact Birk S. at 443-536-8243

JOINT MONTHLY MEETINGS

PI & CPC Area 29 Maryland

Teaming up to
Provide
Comprehensive
Service to A.A.



Cooperation with the Professional Community

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

JESSICA W., CPC CHAIR
CPC@MARYLANDAA.ORG

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

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

next up

Feb 18, 2024
ID: 854

5914 3395
Pw: 199887

District Chairs
and Interested
AA members
are invited!

Public Information

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

KATHI K., PI CHAIR
PI@MARYLANDAA.ORG

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

CONTACT: A29CPCPI@GMAIL.COM



Maryland Deaf Access Committee (MDAC) Alcoholics Anonymous

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

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

PayPal QR code >>>



✓ We follow all of
AA's 12 Traditions

✓ We rely on contributions
from only AA members
& AA entities

✓ We provide language
Access via ASL
interpretation

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

Contributions accepted via PayPal@
MarylandDeafAccess@gmail.com

80 THURMAN HOSPITAL, ARDMORE, MARYLAND

Southern Maryland Intergroup Association (SMIA)

presents

The Spiritual Roots of Alcoholics Anonymous



Who Paved Our Way?

Founding of the Oxford Group

Speaker:

❖ Charles S.

Oxford Group Historian

Saturday

13 April

5pm - 9pm

Refreshments Raffles
Surprise Entertainment

Immaculate Conception Church
28297 Old Village Road
Mechanicsville, MD 20659



Save The Date!

2024 Southern Maryland Intergroup Serenity Breakfast

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

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

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

SMIA

STORY SOLICITATION

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

Deadline for submissions: April 30, 2024

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

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

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

SMIA Meeting Minutes 2/10/24

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

Board Members Present: Buddy F. Chair, Rebecca B. Treasurer, Katherine L. Vice Chair.

Groups & Committees Represented: Buddy F.-Rocky Roads Group, Bill L.-Sunderland Group, Mary F.-Leonardtown Group, Loraine J.-Bedouin Group, Paul S. Cove Point Group, Roy B.-Solomons Group, Pat S. SMIA Workshop Chair, Bruce O.-Waldorf Group, Mellisa W.-SMIA Phone Chair, Katherine L.- SMIA Vice Chair, Keith H. SMIA Lifeline Chair, Pat P. SMIA Where & When Chair, Rob D. Sunrise Sobriety Group, Lisa T. Awakenings Group, Jeanine W. St Charles Step Group, Todd M. St Charles Step Group, Barry S. Inspiration Group,

SMIA Chair Report: Buddy stated that he attended the Area 29 Intergroup Liaison Meeting on February 5. There was a total of 13 people in attendance. Christian B. delivered a presentation on the upcoming return of the Area 29 Newsletter the Merganser. He also made comment on a survey being conducted online by Area 29 about how should we treat the founders. Buddy F. also stated that he would be attending the upcoming NERAASA event and that he will be submitting expense vouchers for that event.

Vice Chair Report: No Report

Secretary Report: Buddy F. reported on Kristi P.'s behalf. Buddy F. read the SMIA January 2024 meeting minutes. A motion was made to accept the minutes as read; the was seconded and passed.

Treasurer's Report: Rebecca B. gave

the February 2024 Treasurer's report. A motion was made to except the Treasurer's report. The motion second and passed.

Committee Reports:

Bookstall: Bill reported There were 877 visits to the On-Line Bookstall since the January meeting. There were 11 orders since the last meeting, and all are completed. Completed orders totaled \$363.00. Literature orders from World Services totaled \$795.30

Web/Technology: Total visitors, 3268, down 16%. Most frequently visited pages; Home, Where and When Calendar, On-Line Meetings, Where and When Search, and Announcements. Site Updates and Changes; Maryland Deaf Access Committee page added per request from a trusted servant. The SMIA By-Laws were signed and posted. Meeting Change Information; The Harmony Group appointed Sean W. as GSR. The Sunrise Sobriety Group appointed Rob D. as SMIA Rep. The following groups were terminated by confirmation of Buddy F., who serves as the Where and When Chair for District 36; Cookin By The Book, Tuesday Night Big Book Meeting, and St. Mary's City Group. Beach Beacon Friday Night Live was terminated, confirmed by Pat P., SMIA Where and When Chair. There were several changes to group designations for handicap accessibility, and meeting formats per information sent to Pat from DCM's to confirm accuracy of the forthcoming printed Where and When. Meeting Status; Currently there are 126 meetings in our service area; 119 meetings are in-person, 6 meetings are hybrid, 6 meetings are on-line only, and 1 meeting is reported as suspended but has an on-line presence. Document posts and updates; Where and When PDF updated – 02/09/24, Mobile

App 2024 5.2 released – 01/31/24, Lifeline posted – 01/31/24, Finance Page updated – 01/28/24, Minutes posted – 01/22/24

Gratitude Dinner: Buddy F. stated that he had reserved the Immaculate Conception Church for November 16, 2024.

Corrections and Treatment: Calvert-Lorraine J. stated that things were going well. Meetings were going into the Correction facility as we as the Treatment Centers. Charles-Jeanine W. stated that at this time no meetings were taking place at the corrections facility due to lack of volunteers. Women's meetings are on Tuesdays 6:00-7:00 pm Men's are on Saturday 6:00-7:00 pm. Anyone interested in helping you can reach out to Dan W. and or Jeanine W. Jeanine stated that meetings were being held at RCA every night 6-7:00 pm on Tuesdays they hold a meeting at Pyramid 7:30-8:30pm and she also stated that there is a new treatment center in La Plata called ALPAS and they hold a meeting on Wednesday from 7-8:00 pm. St Mary's Buddy F. stated that the correction was temporarily closed due to construction.

Lifeline: Keith H. things are going well, always looking for article from fellowship members on their Service and how it has helped their program. Or any other A.A. topics you might wish to share on.

Picnic: Buddy F stated that he has reserved a pavilion at Gilbert Run Park for June 23, 2024, from 12:00 till 6:00 pm. Looking at the different available venues the group conscience was that this park was the best suited for our family's. Buddy also stated that volunteers are needed in all phases of operation. There will be a \$5.00 per car entry fee into Gilbert Run Park. The membership voted to move forward and pay the reservation.

(continued on p. 15)

(continued) PI/CPC: Calvert- Lorraine J stated that she has been making sure the various Literature racks throughout the county were being replenished. Charles-No report St Mary's- Mary F. stated the all the Literature racks were being kept up and that she was looking for interested people who might want to give a talk on A.A.

Workshop: The chairperson would like to host a Symposium (History of A.A.) on April 13,2024 at the Immaculate Conception Hall. 5-9:00. There is a flyer posted on the SMIA website.

Telephone: Melissa W. gave her Report, there were a total of 25 calls 1 for ST Mary's 15 Calvert and 4 for Charles.

Serenity Breakfast: Mary F stated that

she reserved the Immaculate Conception church for June 1,2024. A flyer with more information will be posted soon on the SMIA Website.

Where and When: Pat P. has made all necessary corrections to the Where and When and has submitted it for publication for this upcoming year.

Old Business: We are currently looking for a new Archives Chair, Keith W. graciously accepted the position. The By-Laws changes that were made this past summer have been officially signed by all board members and are now available on our website.

New Business: Pat P. provided the group with the cost estimates for the new Where and When Pamphlets. The group

agreed to place an order of Three thousand.

Regarding SMIA elections, Lorraine J. volunteered for the Vice Chair position, Bruce O. was nominated for the Treasurer Position and Pat S. volunteered for the Parliamentarian position. We are still taking nominees for all these positions. If you would like to get involved, please reach out to our website, or speak with any SMIA officer.

For the Good of the Order: Lorraine J. will celebrate 44 years on March 17th ,2024.

Respectfully,
Buddy F.



SERVICE IS THE SECRET

VOLUNTEERS NEEDED FOR

12TH STEP WORK

District 35 Treatment Committee

Is asking for people to carry the message into Treatment Facilities

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

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

CONTACT:

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

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.

March 2024

Southern Maryland Intergroup Association Inc Treasury Report

Monthly Contributions:

\$443.31

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

Southern Maryland Intergroup Association Inc Statement of Financial Position January 25, 2024 - February 24, 2024

Assets

Primary Business Checking	10,388.18
Primary Business Savings	3,000.94
Prudent Reserve	3,300.00
PayPal	150.00
Bookstall Cash on hand	100.00

Total Assets **16,939.12**

Expenses

Bookstall	(485.08)
Liability Insurance	
Lifeline Printing	(127.84)
Misc	(470.00)
Phone Answering Service	(25.11)
PO Box Rental	
Rent	(150.00)
Webmaster	
Website Maintenance	(48.23)
Where and When	

Total Expenses **(\$1,306.26)**

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

Revenue

Contributions	8,198.10
Bookstall	3,168.61
Gratitude Dinner	1,197.00
Serenity Breakfast	2,066.00

Total Revenue **14,629.71**

Expenses

Bookstall	(5,223.05)
Liability Insurance	(273.00)
Lifeline Printing	(1,069.68)
Misc	(1,115.10)
Phone Answering Service	(250.37)
PO Box Rental	(114.00)
Rent	(1,500.00)
Webmaster	(930.00)
Website Maintenance	(566.66)
Where and When	

Total Expenses **(\$11,041.86)**

Annual Net Assets **3,587.85**

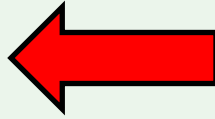
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

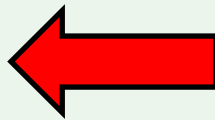
2) Or they can be mailed to the appropriate office location:

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

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



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



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

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

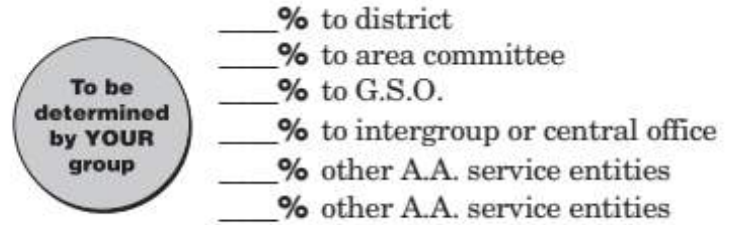
**District 35 (Charles)
 P.O. Box 1981
 La Plata, MD 20646**

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

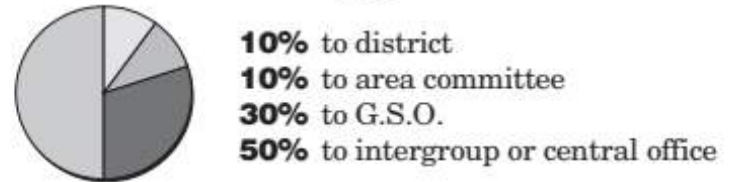
Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
 (YOUR GROUP NAME)

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

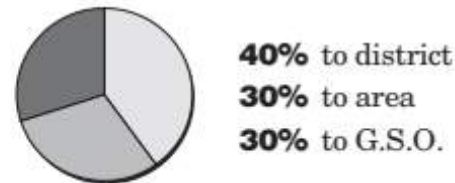


OR



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!

FIND OUT MORE!

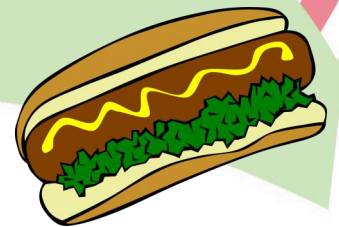
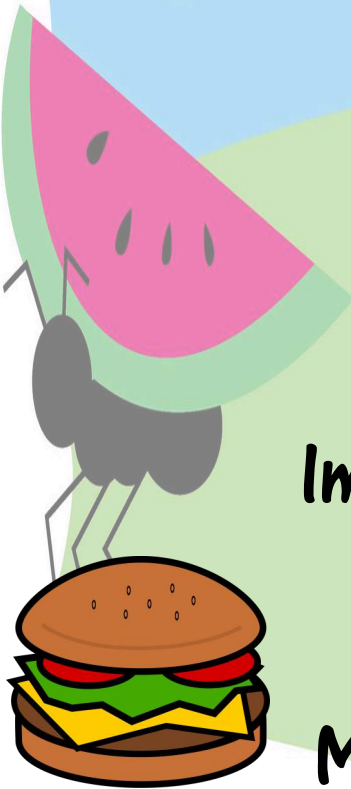
Saturday, April 13

10:00 AM

Immaculate Conception Church

28297 Old Village Road

Mechanicsville, MD 20659



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

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

SMIA SERVICE TEAM:

Chair: Buddy F.
Vice Chair: 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.
Interim Archives: Keith H.

DISTRICT 35 - CHARLES CO.

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

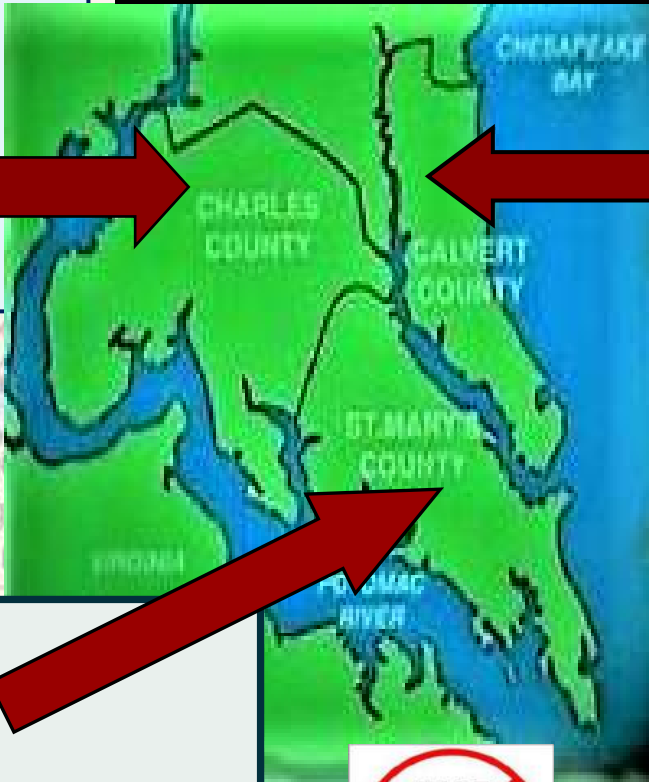
**Peace Lutheran Church
11610 Rubina Place
Waldorf MD 20602**

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

**SERVICE KEEPS US
SOBER**

NEW BOOKSTALL HOURS:

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



**DISTRICT 1
CALVERT COUNTY**

**SERVICE
OPPORTUNITIES**

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

District Meeting:

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

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

PO Box 234

Barstow, MD 20610

www.calvertaa.org

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.com



DISTRICT NOTES



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

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

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

The next SMIA Meeting will be held on

Saturday, April 13 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)**