



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>

Alcoholics Anonymous Makes Its Stand Here

October 21, 1939 Cleveland Plain Dealer
Success

By now it is a rare Clevelander who does not know, or know of, at least one man or woman of high talent whose drinking had become a public scandal, and who suddenly has straightened out "over night," as the saying goes—the liquor habit licked. Men who have lost \$15,000 a year jobs have them back again. Drunks who have taken every "cure" available to the most lavish purse, only to take them over again with equally spectacular lack of success, suddenly have become total abstainers, apparently without anything to account for their reform. Yet something must account for the seeming miracle. Something does. Alcoholics Anonymous has reached the town.



Fellowship

Every Thursday evening at the home of some ex-drunk in Cleveland, 40 or 50 former hopeless rummies meet for a social evening during which they buck each other up. Nearly every Saturday evening they and their families have a party — just as gay as any other party held that evening despite the fact that there is nothing alcoholic to drink. From time to time they have a picnic, where everyone has a roar-

ing good time without the aid of even one bottle of beer. Yet these are men and women who, until recently, had scarcely been sober a day for years, and members of their families who all that time had been emotionally distraught, social and economic victims of another's addition. These ex-rummies, as they call themselves, suddenly salvaged from the most socially noisome of fates, are the members of the Cleveland Fellowship of an informal society called "Alcoholics Anonymous." Who they are cannot be told, because the name means exactly what it says. But any incurable alcoholic who really wants to be cured will find the members of the Cleveland chapter eager to help. The society maintains a "blind" address: The Alcoholic Foundation, Box 657, Church Street Annex Post Office, New York City. Inquiries made there are forwarded to a Cleveland banker, who is head of the local Fellowship, or to a former big league ball player who is recruiting officer of the Akron Fellowship, which meets Wednesday evenings in a mansion loaned for the purpose by a non-alcoholic supporter of the movement.

Cured

The basic point about Alcoholics Anonymous is that it is a fellowship of "cured" alcoholics. And that both old-line medicine and modern psychiatry had agreed on the one point that no alcoholic could be cured. Repeat the astounding fact: These are cured. They have cured each other. They have done it by adopting, with each other's aid, what they call "a spiritual way of life." "Incurable" alcoholism is not a moral vice. It is a disease. No dipsomaniac drinks because he wants to. He drinks because he can't help drinking. He will drink when he had rather die than take a drink. That is why so many alcoholics die as suicides. He will get drunk on the way home from the hospital or sanitarium that has just discharged him as "cured." He will

(continued on page 2)

(continued) get drunk at the wake of a friend who died of drink. He will swear off for a year, and suddenly find himself half-seas over, well into another "bust." He will get drunk at the gates of an insane asylum where he has just visited an old friend, hopeless victim of "wet brain."

Prayer

These are the alcoholics that "Alcoholics Anonymous" cures. Cure is impossible until the victim is convinced that nothing that he or a "cure" hospital can do, can help. He must know that his disease is fatal. He must be convinced that he is hopelessly sick of body, and of mind — and of soul. He must be eager to accept help from any source —

even God. Alcoholics Anonymous has a simple explanation for an alcoholic's physical disease. It was provided them by the head of one of New York City's oldest and most famous "cure" sanitariums. The alcoholic is allergic to alcohol. One drink sets up a poisonous craving that only more of the poison can assuage. That is why after the first drink the alcoholic cannot stop. They have a psychiatric theory equally simple and convincing. Only an alcoholic can understand another alcoholic's mental processes and state. And they have an equally simple, if unorthodox, conception of God.

<https://silkworth.net/alcoholics-anonymous/the-elrick-b-davis-articles/>

Service Opportunities!

**GRATITUDE DINNER
PLANNING MEETING
VOLUNTEERS NEEDED!
10/25/23 7pm
Immaculate Conception
Church Hall
28297 Old Village Road,
Mechanicsville, MD
20659**

Grapevine Meeting! 4th Tuesday of each month 6:30 pm

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

Join Zoom Meeting:

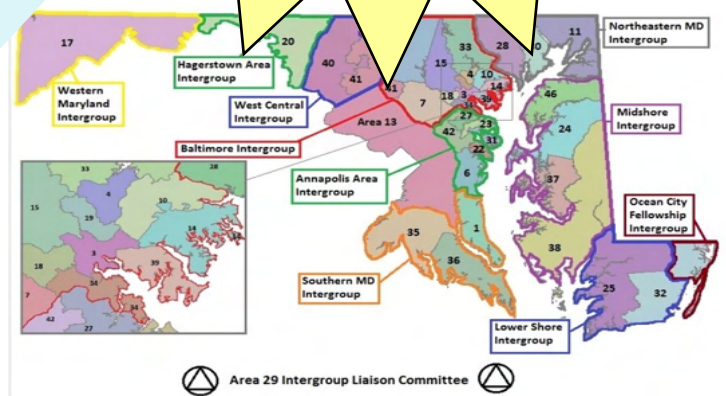
<https://us02web.zoom.us/j/85217774704pwd=TVhEdFpKdmxSRINvNnJHU1pYWDVaQT09>

Meeting ID: 852 1777 4704 Passcode: 019347
Brandi D., Area 29 Grapevine Committee Chair

For more info: grapevine@marylandaa.org
Group and District GVR's encouraged to attend, all are welcome!

Are you looking for a fun service position?

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



A.A. Old-timers...on the Tenth Step...

A.A. Grapevine, August 1945 Vol. 2 No. 3

“Continued to take personal inventory and when we were wrong promptly admitted it.”

The admission of a wrong compares in its effects to a strong cauterizing agent. When applied promptly it burns away the infection, but the treatment may be painful. How much mental pain an individual incurs by admitting a wrong depends not so much on the degree of the wrong as on how seriously he is afflicted with vanity and false pride. The more vain the person, the more reluctant he is ever to admit a mistake. The more false pride he has, the more imperative it seems to him to perpetuate the illusion of his own perfection.

Since we all know that vanity and false pride are distortions of the mind, perhaps the reason they are so common is the fact that, although we can spot them immediately in others, we have considerable difficulty in detecting them in ourselves.

Here the value of the personal inventory is self-evident. If it is honest and thorough, it will leave no vanities and false pride unrevealed. It is the means by which we can

detect in ourselves the faults we note so readily in others and which we know are obstacles to the growth of an effective and happy personality.

The first inventory we take as we begin to apply the A.A. program naturally tends to be the most soul-searching and the most revealing. In most cases, it is the first self-reckoning we have undertaken in many years and most of us are likely to unearth a great accumulation of debris.

This inventory provides the guide for basic, and usually drastic, correction. Subsequent inventories serve to show whether the first efforts toward correction have been effective and what additional correc-

tion may be needed. By this method of personal checkup, we can determine for ourselves whether we are actually moving forward or have slipped backward.

Continued personal inventory is also a medium for readjustment to new objectives. As the A.A. moves upward he frequently finds that he is constantly lifting his sights. What satisfied him previously does not do so any longer. When he was learning to crawl he looked ahead to being able to walk. When he could walk he wanted to run. His expanding personality demands larger fields. If the person he wanted to be yesterday has come into being, he now wishes to be a still better person.

The inventory, obviously, is only part of the treatment. The deficiencies it reveals must be made up. Or, in the thought of the 10th Step: When wrong, promptly admit it. That is putting the inventoried knowledge into action.

Haliburton once wrote, “When a man is wrong and won’t admit it, he always gets angry.”

Anger, as we well know, is particularly poisonous to us. How foolish and ironical to fall prey to it through vanity!

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/aa-oldtimerson-tenth-step/>



The Spiritual Principle of step 10 is Perseverance: Many in recovery enter the program with a blaze of enthusiasm and lose motivation. However, a profound spiritual application of the 12-steps requires perseverance. No matter how long you have been in the program, you must take it “one step at a time” and apply the spiritual principles daily with renewed vigor.

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

Quote for October

“Nothing could be sadder than to lose touch with ourselves in recovery; to have our connection to our Higher Power blocked by resentment; to be governed by old ideas we are only dimly aware of and that hold us back; or to be reduced by our fears to living sequestered from life. For the sunlight of the spirit to enter, the window must be kept clean so the light can pour through.”

“Safety Valve,” New York, New York, October 2010, Step By Step

New Grapevine Mobile Apps are available!

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

Bridging the Gap Information

[District 1](#) looking for AA members who are willing to be a *Bridging the Gap* Temporary Contact.

What is a Temporary Contact?

- A TEMPORARY CONTACT is an AA member in the Bridging the Gap Program who helps a newcomer make the successful transition from a treatment or correctional facility into AA.
- A TEMPORARY CONTACT is not committed to help with every case; he or she simply assists when he or she can.
- This is basic 12th Step work, and the initial contact is like a 12th Step call.
- Being a TEMPORARY CONTACT is not the same type or level of commitment as being a sponsor. It is simply helping a newcomer to get started in AA.
- A TEMPORARY CONTACT does not provide lodging, money, or other social services.


What is a Temporary Contact expected to do?

- Meet or make contact with the newcomer before or soon after the newcomer leaves the facility.
- To avoid any misunderstandings, explain clearly that this is a temporary arrangement.
- Try to do the things outlined in the AA pamphlet; [Bridging the Gap](#).
- Take the newcomer to a meeting and introduce him or her to other AA members.
- Explain group membership and the value of having a home group.
- Explain sponsorship to the newcomer, referring to the pamphlet; [Questions and Answers about Sponsorship](#) and perhaps help the newcomer find a sponsor.
- Review the many different meeting formats – open, closed, speakers, etc.
- Ensure the newcomer knows how to obtain a listing of meetings or provide a list to him or her.
- Introduce the newcomer to AA conference-approved literature and the *AA Grapevine*.


How to become a TEMPORARY CONTACT:

Speak to your Intergroup rep or DCM, or if you want more information feel free to email btg@calvertaa.org.

OCTOBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Patrick, 34 yrs, Sunday AM Eye Openers	2 Mike B., 3 yrs, More Will Be Revealed Linda M., 23 yrs, Monday Nite Traditions	3	4 Todd S., 4 yrs, North Beach	5	6 John B., 4 yrs, 231	7 Alkie Al, 27 yrs, Early Bird
8 Roy B., 3 yrs, Solomon's Glen G., 1 yr, Never Too Late	9	10	11	12	13 Bill H., 14 yrs, 231	14
15	16 Brian., 1 yr, 12-Step Home	17	18	19	20 Andy H., 5 yrs, Not Quite Right	21
22 Scott B., 1 yr, Never Too Late Chris P., 3 yrs, Solomons	23	24	25	26 Dan S., 15 yrs and Joannie B., 1 yr, Poplar Hill	27	28 Frank R., 1 yr, Helping Others
29 Jeanette C., 2 yrs, Never Too Late	30 Will F., 1 yr, Harmony	31 Guy A., 17 yrs, Lexington Park Big Book				

NOVEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
					Gary E., 1 yr, Cove Point	
5	6	7	8	9	10	11
	Jim M., 22 yrs, 12 Step Home		George B., 4 yrs, Patuxent River			
12	13	14	15	16	17	18
	Bill L., 13 yrs, Harmony					
19	20	21	22	23	24	25
						Freddie S., 18 yrs, Helping Others
26	27	28	29	30		
		Rick K., 1 yr, Laurel Grove		Jeanine W., 27 yrs, St Charles Step		



A.A.® Guidelines

Relationship Between A.A. and Al-Anon

from G.S.O., Box 459, Grand Central Station, New York, NY 10163

A.A. Guidelines are compiled from the shared experience of A.A. members in the various areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (U.S. and Canada). In keeping with our Tradition of Autonomy, except in matters affecting other groups or A.A. as a whole, most decisions are made by the group conscience of the members involved. The purpose of these Guidelines is to assist in reaching an informed group conscience.

The Fellowships of Alcoholics Anonymous and the Al-Anon Family Groups have a unique relationship. They are naturally drawn together by their close ties. And yet the Twelve Traditions, the General Service Boards, and the General Service Conferences of both Fellowships suggest that each functions more effectively if it remains "separate," cooperating but not affiliating with the other.

Each Fellowship has always had its own General Service Board, General Service Office, Conference, publishing company, and directory. Each has established its own policies and maintained its own services. This separate functioning has served both A.A. and Al-Anon Family Groups well. A.A.'s policy of "cooperation but not affiliation" was established as long ago as the early 1950s, and both Al-Anon and A.A. recognized at that time the importance of maintaining separate Fellowships.

However, from time to time, questions come to both A.A. and Al-Anon General Service Offices indicating confusion as to how A.A. and Al-Anon may best cooperate in the groups, intergroups or central offices, and area and regional conventions and get-togethers.

Here are some common questions about cooperation between the two Fellowships:

Question: Should a group be affiliated with both A.A. and Al-Anon?

Answer: As the primary purpose of the A.A. group is to help the sick alcoholic to recover and Al-Anon Family Groups offer strength and hope for friends and families of problem drinkers, it is suggested they not be combined, but remain separate groups. This enables both Fellowships to function within their Twelve Traditions and to carry their messages more effectively.

Question: Should "family groups" be listed in A.A. directories?

Answer: "After discussion, the Conference reaffirmed A.A. group policy that only those with a desire to stop drinking may be members of A.A. groups; only A.A. members are eligible to be officers of A.A. groups; nonalcoholics are welcome at open meetings of A.A. It is suggested that the word 'family' not be used in the name of an A.A. group; if A.A.s and their nonalcoholic mates wish to meet together on a regular basis, it is suggested they consider these gatherings 'meetings' and not A.A. groups. Listing in A.A. directories: It was the sense of the meeting that the family groups should not be listed under the family group name in the directories."

Question: Should A.A. and Al-Anon have combined central (or intergroup) services and offices?

Answer: Experience and the Twelve Traditions of A.A. and Al-Anon suggest that each Fellowship will function more effectively if each retains separate committees, staffs, and facilities for handling telephone calls, as well as separate telephone answering services, intergroup activities, bulletins, meeting lists, and Twelfth Step services of all types. Also, that the members involved in each service committee or office be A.A. members, if an A.A. facility, and Al-Anon, if an Al-Anon facility.

Question: How may A.A. and Al-Anon cooperate in area and regional conventions and get-togethers?

Answer: In accordance with the Twelve Traditions, a convention would be either A.A. or Al-Anon — not both. However, most A.A. convention committees invite Al-Anon to participate by planning its own program, and the committee arranges for facilities for the Al-Anon meetings.

Question: When Al-Anon participates in an A.A. convention, what is the financial relationship between the two Fellowships?

Answer: The relationship and the financial arrangements usually follow one of two patterns:

When an A.A. convention committee invites Al-Anon to participate with its own program, A.A. may pay all expenses (for meeting rooms, coffee, etc.) and keep all income from registrations, etc., in a single fund used to pay all convention bills, after which any excess income reverts back to A.A.

Alternatively, Al-Anon may have a separate registration and pay its own direct expenses, plus a proportionate share of common expenses of the convention. Al-Anon, in this case, receives its own share of the registration income and also shares in any losses that may be incurred.

Question: Should an A.A. convention committee make a contribution to Al-Anon from the financial profits of the convention?

Answer: In accordance with the self-support Traditions of both Fellowships and to abide by the concept of "cooperation but not affiliation," it is suggested that A.A. should not make gifts or contributions to Al-Anon. By the same token, A.A. should not accept contributions from Al-Anon.

A BRIEF HISTORY OF AL-ANON

Al-Anon is almost as old as Alcoholics Anonymous (AA). Al-Anon was started by Lois W., wife of AA co-founder Bill W., and Anne B., a close friend of Lois'. In the formative years of AA, the wives and relatives of AA's realized that they too could improve their lives by applying the spiritual principles of AA.

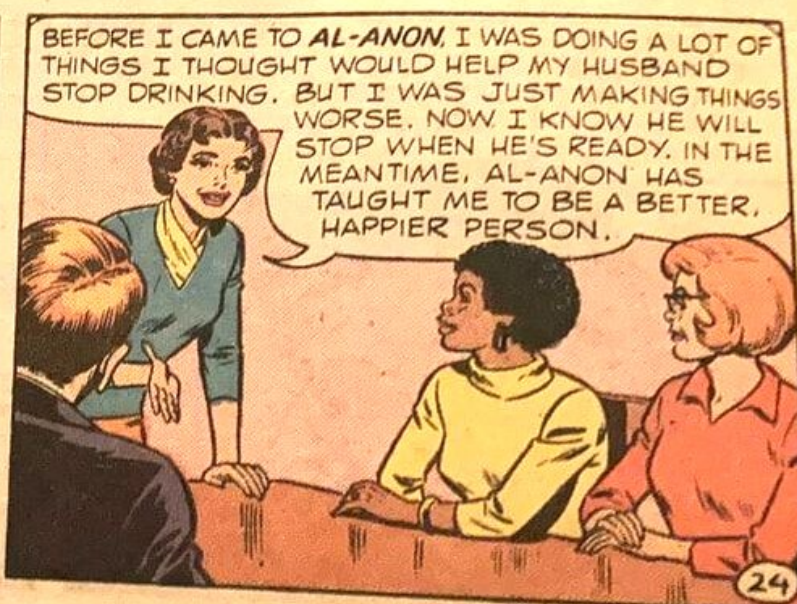
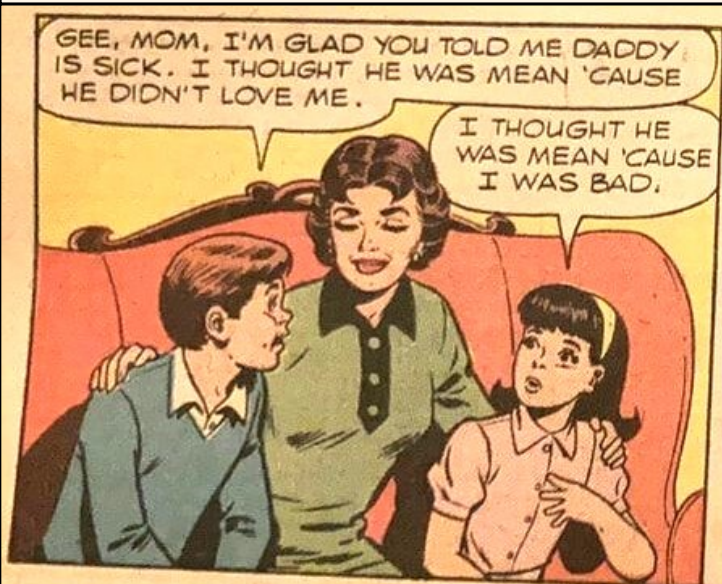
While the AA's were attending their meetings, their loved ones often waited in their cars. Soon they started to come in from the cold and hold their own meetings to discuss their own common problems, while the AA's were at their

meeting.

By 1948 a number of these family groups applied to the A.A. General Service Office to be listed in the A.A. Meeting Directory. Because of AA's singleness of purpose, these groups could not be included in the directory.

In 1951, Lois and Anne, created a Clearing House Committee to service 87 inquirers and to coordinate and serve them. Through this effort, 56 groups responded. They chose the name of their groups from the first syllables of "Alcoholics Anonymous" and they adopted the name Al-Anon Family Groups. They adopted the Twelve Steps of AA and later the Twelve Traditions, in the slightly modified form we know today.

Source: 2006-2009 Al-Anon/Alateen Service Manual



Every member of Al-Anon and Alateen was, once upon a time, a newcomer. We understand how it feels to venture into a meeting, for the first time. Many of us were scared, angry, needing the craziness to stop, or simply tired of being tired of it all. We were at our wit's end. Some were concerned that the secrets their family worked so hard to conceal would be broadcast. But anonymity is an important tradition in Al-Anon, and contributes to the safety members feel sharing very personal feelings. Many of us keep coming back — even when the drinking has stopped or the alcoholic is no longer around — because this program continues to help us to maintain our serenity, and to discover new insights about ourselves as we try to carry the message to others.

Al-Anon members come from many backgrounds. All ages, religions, ethnicities, and socio-economic

groups are represented. Some of us are parents, grandparents, children, grandchildren, spouses, partners, brothers, sisters, or otherwise related to problem drinkers. Some are friends, employers, employees, and coworkers of alcoholics. Others are professionals who work with alcoholics and their families, and have also been personally affected. Some are "dual" or "double" members: recovering alcoholics who still struggle with someone else's drinking. No matter what our specific experiences, we share a common bond: *we are seeking to recover from the effects that others' drinking has had on our lives.*

We can't stop the rain, but we don't have to get soaked!



<https://www.alanon-maryland.org/newcomer/>

SMIA Serenity Breakfast October 21, 2023

Harry Lundeberg School of Seamanship
45353 St. George's Avenue
Piney Point, Maryland 20674

Breakfast 8:00 – 9:00 AM

Speaker – 50/50 Raffle – Silent Auction

Tickets cost: \$20.00

DISTRICT 35 INVITES YOU TO A NINTH STEP FORUM

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Come and listen as members share their experiences with our Ninth Step

(And maybe share yours!)

Become inspired and encouraged to take this step.

Alleviate your fears!

MAKING AMENDS

Saturday, November 4th
Peace Lutheran Church
11610 Rubina Place
Waldorf, MD 20602

Forum begins at 12:30 pm
Ends approximately 3:00 pm
Door Prizes

**FOOD AND FELLOWSHIP
AT NOON**

Grapevine materials will be available –
make great sobriety birthday and holiday gifts!



AREA 29 MULTI DISTRICT
ELECTION YEAR TRAINING EVENT

General Service

BRING THE HEAT AND A HEART FOR SERVICE

CHILI COOK-OFF

Sunday 11/5/2023

2:30-5:00 PM

Hot Prizes for the best chili!

***WHICH DISTRICT CAN
MAKE THE BEST CHILI***

St Stephens Church, 901 Courtney
Road, Halethorpe, MD

GSR & DCM TRAINING

\$5
SUGGESTED

ENTRY DEADLINE 11/2/23

CONTACT 410-949-6456 TO ENTER

CO-HOSTED BY ACCESSIBILITIES & DISTRICT18@MARYLANDAA.ORG

IN-PERSON SPANISH AND ASL INTERPRETATION PROVIDED

Southern Maryland's 13th Annual Roundup

with Al-Anon participation

24 Hours a Day

DoubleTree by Hilton
Annapolis, Maryland

March 15-17, 2024

SPEAKERS

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

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

Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

August 25, 2023

Dear Trusted Servants,

In 2023, the Conference Committee on Policy/Admissions put forward the following committee consideration:

“The committee reviewed the “Report of the GSB Ad Hoc Committee on Participation of Online Groups in the U.S./Canada Service Structure” and expressed appreciation for the report, particularly the results of the survey to delegates. The committee agreed that an important next step would be for delegates to find out more about the online groups in their areas and requested that the ad-hoc committee provide them with sample questions they may use in that inquiry. The committee looks forward to the next iteration of the ad hoc committee and the continued exploration of the possibilities for the participation of online groups in the U.S./Canada general service structure.”

In keeping with the intention of the above, please consider the following suggested questions to ask the members in your area:

1. Are the online groups in your area participating in their districts? At the area level?
2. Is this participation at in person meetings, online via hybrid meetings, and/or fully online only meetings?
3. Are members of your online groups active at the district and/or the area level as chairs/members of committees or officers?
4. How are the voices of online groups heard at the area level?
5. How have your districts and area coped with purchase, maintenance, and transportation of equipment, as required for online and/or hybrid meetings?
6. What option does your area (inclusive of online groups) prefer:

(continued on page 11)

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- a. No change: online groups are listed based on geography and areas are autonomous regarding if they need or want a virtual district and other efforts to facilitate participation.
 - b. The implementation of an online area for US/Canada. The area would be autonomous regarding membership and structure; HOWEVER, delegates would need to be from the US or Canada.
 - c. Another option? Please describe.
7. How have the online groups in your area used their expertise to help district and area service committees to:
- a. Bring online meetings to treatment facilities, correctional facilities, nursing homes, and rehabilitation centers.
 - b. Reach out and connect with remote communities.
 - c. Help members who are homebound or have mobility issues.
 - d. Offer more options for members with accessibility challenges, such as: hard of hearing, blind and/or deaf.
 - e. Use simultaneous interpretation to offer meetings in more languages.
 - f. Provide meetings for immunocompromised members.
 - g. Offer meetings 24/7 for A.A.s who are shift workers, new parents, or caregivers.
 - h. Make meetings accessible to those who have lost their driving privileges.

The ad hoc committee for the Participation of Online Groups asks that you submit feedback (please be as specific or general as you feel is helpful) **no later than Friday, October 6, 2023.**

Please submit your responses by filling out the following survey. You may also share this link for members in your area to respond separately.



Scan the QR code to participate or go to <https://forms.office.com/r/1deBmG9TMH>

We look forward to hearing from you and appreciate your valuable assistance.

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

**SERVICE KEEPS
US SOBER**

UPCOMING ELECTIONS!

**Area 29 Assembly
October 21 8am-5pm**

**Severna Park United Methodist Church
731 Benfield Road Severna Park, MD**

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

2023 FREDERICK ROUNDUP



Speakers:

Earl H. - Vista, CA

&

Sheldon F. - Las Vegas, NV

Location:

Frederick Elks Lodge

289 Willowdale Dr, Frederick, MD 21702

When:

October 6 - October 7

Tickets are \$20 and available on

<https://www.eventbrite.com/e/2023-frederick-roundup-tickets-63657>

9244657

Or your local activities committee representative has paper tickets!

Can't wait to see you!

Times:

October 6th – 6 pm until 9 pm

October 7th – 8:30 am until Noon

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 62 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!

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 #liveitkeyoumeanit

Royal Caribbean INTERNATIONAL

www.sobercelebrations.com, fellowship vacations since 2001

Southern Maryland Intergroup Association



2023 Gratitude Dinner

November 11th, 2023
Doors Open at 5:30 PM

Immaculate Conception Church
28297 Old Village Road
Mechanicsville, MD 20659

Featured Speakers
Jeanine W. and Tom M.

Menu

Appetizers

Smoked Brisket
Garden Salad

Main Course

Fried Oysters
Stuffed Ham
Fried Chicken
Parsley Potatoes
Sweet Potatoes
Yellow and Zucchini Squash Medley
Green Beans
Rolls

Dessert

Cupcakes and Cookies
and Bring a Dessert to
share

Entertainment

Hometown
Karaoke and DJ

50/50 Raffle
Door Prizes

*"Gratitude is the sweetest thing
in a seekers life - in all human life.
If there is gratitude in your heart,
then there will be
tremendous sweetness in your eyes."*

Tickets

\$25 per person

For Ticket Information, E-Mail the event chair
at the following address
gratitude.dinner@somdaa.org

Fall 2023 **CONTRA** Study

September 14, 2023 through December 28, 2023
Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)
Moderated by Trusted Servants from Area 29 (Maryland) & Area 13 (DC)

Zoom Meeting ID: 814 7038 7175

Passcode: 195173

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

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

Sep 14, 2023 – Registration & Orientation

Sep 21, 2023 – Traditions 1, 2 & 3

Sep 28, 2023 – Traditions 4, 5 & 6

Oct 5, 2023 – Traditions 7, 8 & 9

Oct 12, 2023 – Traditions 10, 11 & 12

Oct 19, 2023 – Service Manual, pp. I-VIII, 1-6, 85-104

Oct 26, 2023 – Svc Man Ch 1 2 3 & pp 105-14, 160-2

Nov 2, 2023 – Svc Man, Chapters 4 5 6 & pp 164-8

Nov 9, 2023 – Svc Man, Chapters 7 8 9 & pp 169-73

Nov 16, 2023 – Svc Man Ch 10 11 12 & pp 155-9, 163

Nov 23, 2023 – Service Manual, pp. 115-154

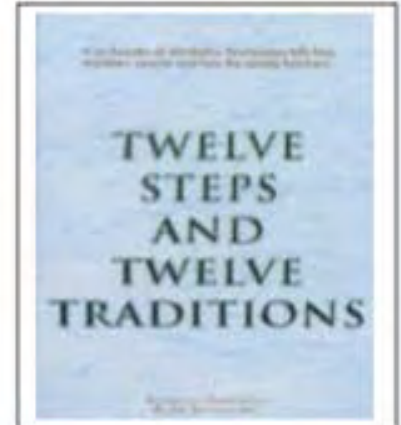
Nov 30, 2023 – Concepts pp I-VIII, C1-C2, Con 1 2 3

Dec 7, 2023 – Concepts 4, 5 & 6

Dec 14, 2023 – Concepts 7, 8 & 9

Dec 21, 2023 – Concepts 10 & 11

Dec 28, 2023 – 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

Fall 2023 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 Districts 10 & 17, Area 29 (MD)

and District 2, Area 13 (DC)

For more information, contact:

2023contrastudy@gmail.com

SMIA Meeting Minutes

September 9, 2023

Opening: Buddy F. opened with the Serenity Prayer.

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

Groups & Committees Represented: Paul S. - Cove Point, Bill L - Sunderland/Bookstall, Bruce O. - Waldorf, Amanda W. - ODDAT, Keith H. - Almost Normal, Jamie R. - North Beach, George W. - Inspiration, Roy B. - Solomons

SMIA Chair Report: Buddy F. - 696 people attended the Area 29 conference in July. Attended Area 29 Delegates Report in Severna Park, there will be an election for a chairperson board member. Final report for the 73rd Annual General Assembly Service Committee is posted online. GSO will do an inventory on itself this coming year. It appears that contributions for the first 6 months of 2023 are slightly higher than projected, which is a good thing. There was a Plain Language Big Book zoom meeting, however Buddy was unable to attend because he was attending the delegate meeting. There will be an International Conference for Young People in Austin, TX. No date was given but will be held in 2024. Jeanine W. gave a nice report on ad-hoc communication and doing AA online at Area 29. Buddy mentioned that NERAASA did not cover their expenses and had to use prudent reserves (prudent reserves were set up directly for that event). Next NERAASA will be held in Hershey Park, PA. There is a GSR zoom meet-

ing on the 2nd Saturday of every month to discuss GSR responsibilities. Grapevine app has been launched. Cost is \$2.99/month or \$29.99/annually. You can search for the app in the app library on your phone. There will be a workshop on Handling Grief in Sobriety on Oct 14th from 1-4 pm in Frederick, MD. Area Assembly elections will be held on Oct 21st. Buddy has signed up to attend Intergroup Liaison Committee for Area 29, conference being held in Cincinnati Oct 12-15th, may not be able to attend due to family reasons.

Vice-Chair Report: Katherine L. - no update.

Secretary Report: Read by Kristi P. - August 2023 minutes were accepted as read.

Treasurer Report: 7/25/23 - 8/24/23 report provided was accepted as presented. Total assets \$13,113.54. We will now be paying \$150 per month for rent instead of paying \$600 quarterly. The Treasurer's Report is available online at <https://somidintergroup.org/finance.html>

Committee Reports

Archives: No report

By-Laws Committee: Discussed under "Old Business."

Lifeline: Keith - Going well. Suggestions or submissions are always welcome, i.e., Spotlight on Service, anyone's experience with steps, sponsorship, etc. Keith thanked everyone for their submissions. Request was made to put information in Lifeline on contributions for 2 longtime members having medical issues. Discussed and decided that it may not be a good idea. Paul discussed the possibility of adding a news item in the Lifeline regarding how one family was able to raise funds

through a fundraiser on Go Fund Me to assist an AA member and how similar tools could be used for members in need.

Phone Report: Melissa W. - not available

Serenity Breakfast: no update. Mary F. and Melissa W. are looking into locations. Possibly St. Andrew's Church Hall - \$250. Additional Serenity Breakfast is being held on Oct. 21st from 8-9 am at Harry Lundeberg School of Seamanship in Piney Point, MD.

Gratitude Dinner: Scheduled for November 11th at Immaculate Conception. Committee met on August 30th for Gratitude Dinner discussions, had a good turnout. Everything is moving along. Menu has been finalized, Jeanine W. and Tom M. will be speakers for the night. There will be another committee meeting on October 25th. Flyers available online.

Corrections and Treatment: Charles County - no update. Anchor - Tuesdays (6 volunteers), RCA every day except Sunday, Jude House - every Wednesday. Calvert County - no update. Avenues Mondays and Thursday meetings continue as reported previously. Corrections—detention center orientations are held twice a year, next round of orientations will be next February. Men's meetings on first and third Wednesdays; Women's meetings on second and fourth Wednesdays. St. Mary's - no update. Still only 2 meetings per month through July and no women's meetings. Paul is participating in Bridging the Gap, has 2 clients, he has reached out to one. Provides reminders of different types of meetings, etc. Buddy has Bridging the Gap cards that you can scan and other information. Will have copies at the next meeting.

PI/CPC: St. Mary's - Pat P. - no update.

(continued on page 16)

(con't) Bookstall Report: Bill L.

There were 620 visits to the On-Line Bookstall since the August meeting. There were 11 orders since the last meeting; 9 are processing and 4 were completed

Processing orders totaled \$212.00
Completed orders totaled \$330.45

Bookstall orders from World Services totaled \$1068.82

Medallion orders from the Token Shop totaled \$171.70

Web Report: 08/12/23 – 09/09/23

Total Visitors (initial visit)	2535– down 26%
5 Most Frequently visited pages	Home Page – 2513
	Where and When Calendar- 306
	Where and When Search -249
	Minutes - 215
	Anniversary Calendar - 134
Referring Sites	Direct
	Others
	Search Engines – Google, Duck-DuckGo, Yahoo

Site Updates and Changes

No significant changes this month.

Meeting Change Information

New Meeting – Another Late Night, Charles County, at the Great Escape Recovery Lounge on Fridays at 10:00pm. Temporarily suspended meeting, Calvert County, Beach Beacon Friday Night. Suspended indefinitely. The group will make a decision soon on the permanent status.

Meeting Status

Currently there are 131 meetings in our service area; 120 meetings are in-person, 7 meetings are hybrid, 6 meetings are on-line only, and 5 meetings are reported as suspended. Of those 4, 1 has an on-line presence.

Document Posts and Updates

- Mobile App 2023 4.9 released – 9/2/23
- Lifeline posted – 9/2/23
- Where and When PDF updated – 8/30/23
- Finance Page updated – 8/28/23
- Minutes posted – 8/23/23

Where and When: Buddy F. – good on inventory. Will be reprinting in January, any changes/updates should be sent to

Pat before reprint.

Old Business – third and final reading of section 7.5, 7.5.1 read on September 9, 2023. Paul motioned to vote, vote was approved.

Final Revision – approved September 9, 2023

7.5 SPECIAL COMMITTEES

7.5.1 The Serenity Breakfast, Picnics, Workshop, Social Event and Gratitude Dinner Committee Chairs are appointed each year.

Final Revision - approved September 9, 2023

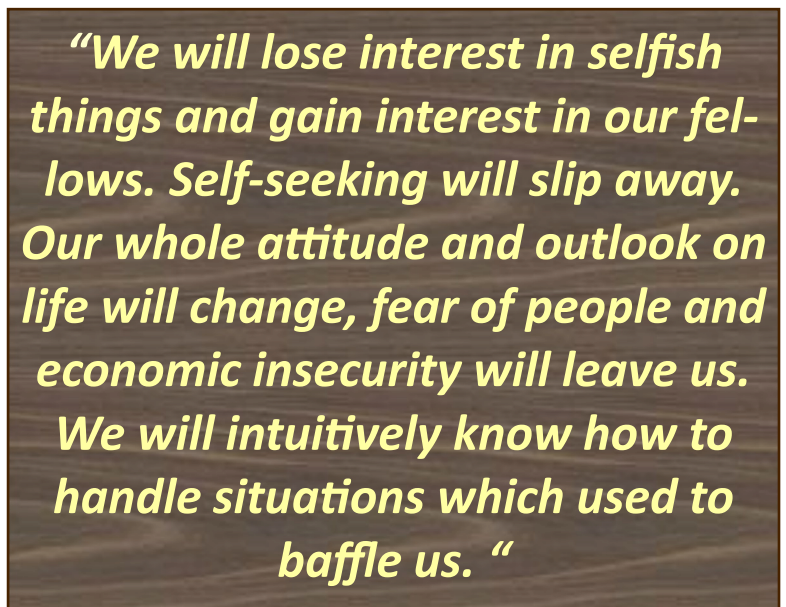
7.5 SPECIAL COMMITTEES

7.5.1 Special projects and annual events include, but are not limited to, Serenity Breakfast, Gratitude Dinner, Workshops and Social Events. Subject to adequate funding and volunteers, committees to coordinate these events will be formed on an ad hoc basis.

New Business

For the Good of the Order – Buddy F. will celebrate 11 years on 9/14 at Basic Text. Melissa W. will celebrate 4 years on 9/28 at Basic Text. Mandy W. – the Charles County Health Department will have it's Annual Charles County Recovery Celebration, Together We Rise. This event will take place on Saturday, September 23, 2023 from 10am-2pm at the Indian Head Rail Trail, behind the Health Department,

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



October 2023

Southern Maryland Intergroup Association Inc Treasury Report

**Monthly Contributions:
\$240.00**

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

**Southern Maryland Intergroup Association Inc
Statement of Financial Position
August 25, 2023 - September 24, 2023**

Assets	
Primary Business Checking	5,176.26
Prudent Reserve	6,300.69
PayPal	282.05
Bookstall Cash on hand	100.00
Total Assets	11,859.00
Expenses	
Bookstall	(350.00)
Liability Insurance	0.00
Lifeline Printing	(96.67)
Misc	
Phone Answering Service	(24.97)
PO Box Rental	
Rent	(150.00)
Webmaster	(930.00)
Website Maintenance	(45.05)
Where and When	
Total Expenses	(\$1,596.69)

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

Revenue	
Contributions	2,752.11
Bookstall	1,128.05
Gratitude Dinner	
Serenity Breakfast	
Total Revenue	3,880.16
Expenses	
Bookstall	(2,078.83)
Liability Insurance	(273.00)
Lifeline Printing	(496.00)
Misc	(380.00)
Phone Answering Service	(124.85)
PO Box Rental	(114.00)
Rent	(750.00)
Webmaster	(930.00)
Website Maintenance	(187.29)
Where and When	
Total Expenses	(\$5,333.97)
Annual Net Assets	(1,453.81)

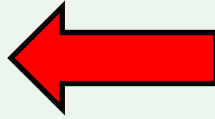
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

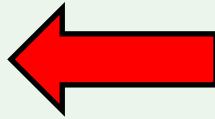
2) Or they can be mailed to the appropriate office location:

*****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**

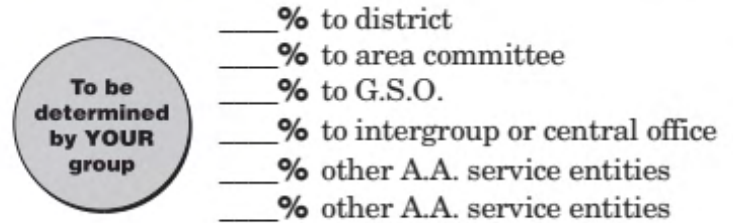
**District 35 (Charles)
 P.O. Box 1981
 La Plata, MD 20646**

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

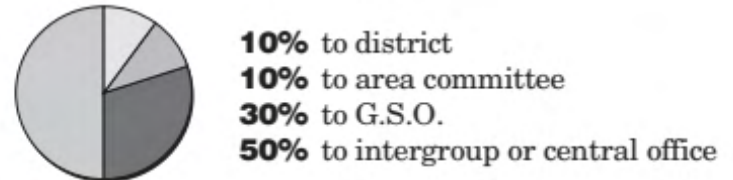
Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
 (YOUR GROUP NAME)

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

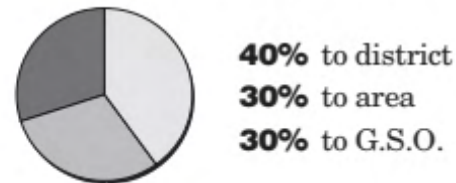


OR



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**

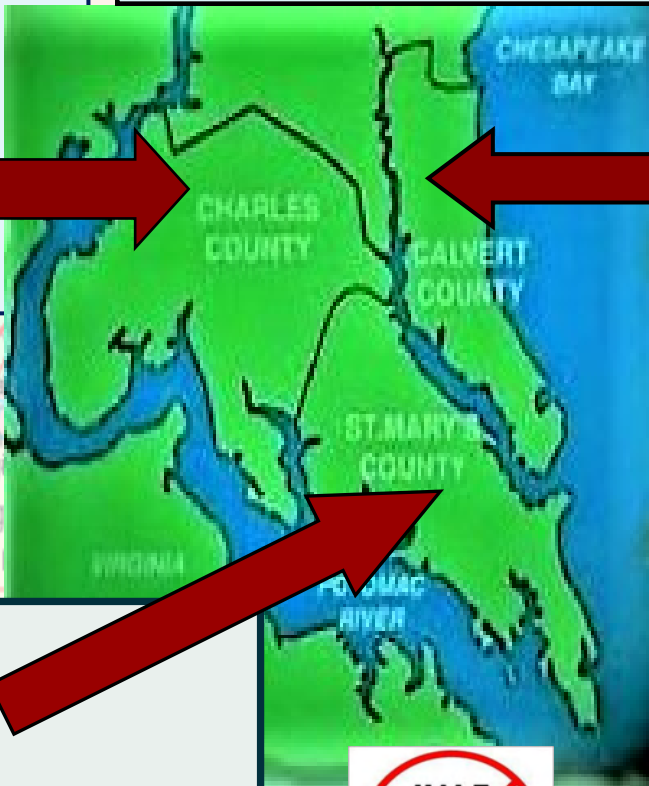
**Peace Lutheran Church
11610 Rubina Place
Waldorf MD 20602**

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

**SERVICE KEEPS US
SOBER**

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, October 14 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)

“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.”

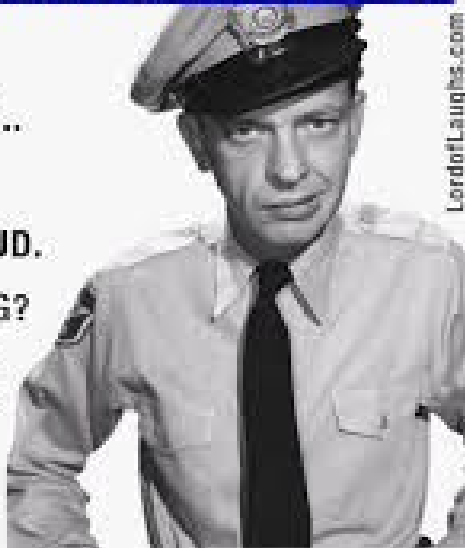
RECOVERY COACH BARNEY FIFE

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.

— Bill W. —

QUOTES



RECOVERY.

You must be present to win.

SMIA SERVICE TEAM:

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

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: somdlife-line@gmail.com