



LIFELINE



I am responsible when anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there, and for that I am responsible.

life-line | \ 'lif-, līn : 1. A rope or line used for life-saving, typically one thrown to rescue someone in difficulties in water. 2. A thing on which someone depends for a means of escape from a difficult situation. <https://en.oxforddictionaries.com>

The Control Rooms in My Brainbox

There are many proven, practical suggestions in Alcoholics Anonymous literature that, if followed, would lead to a life of serenity and peace of mind. We hear these suggestions every day in the AA meetings that we attend, and it seems that we all place different degrees of importance on them. This might simply be based on how desperate we were when we entered the program.

Desperation was the main motivation that brought many of us to Alcoholics Anonymous in the first place. Unfortunately, some members get to a certain comfort level and then settle into a pattern of just attending meetings, falling into that "Half Measures" rut. This is a routine of complacency that can go on indefinitely, but that is their choice.

On page 35 in the *Twelve Steps and Twelve Traditions*, it states that willingness is the necessary key. But when I was in my early days of sobriety, I resisted looking deeper into those embarrassing behaviors of the past and the present. That slowed down the pace of my recovery—

but, thank God, it did not bring it to a complete stop.

Then, I learned that I was not the one making decisions about my willingness, for another power was hijacking that function of my brain box. I recognized and decided that, until I got my ego under control, I was going to be one of those unfortunate souls who falls into that complacency mode.

I had to come to terms with something that never occurred to me on my drinking days: Most of my errant behavior was the result of an ego-driven mindset. My ego did not want me to be willing to do any of the altruistic principles the AA program encourages, and for the most part, it selfishly ran the show.

I seem to approach the ego-deflation problem by imagining it as a separate control room in my brain, so to speak, right next to another control room labeled "CONSCIENCE."

My conscience says, "Make your bed." And my ego says, "Don't be a wimp." Next, I make my bed. The more I do what my conscience suggests, the more I ren-

der my ego irrelevant.

All of my ego-driven actions were of a selfish nature, and all my conscience-driven action are unselfish in spirit. If I had not given due diligence to all of the twelve steps—and, instead, had let my ego talk me out of it—I would, most likely, not have gotten to this level of understanding.

I had to start with simple suggestions such as these: "Nothing pays off like restraint of tongue and pen." (12 & 12 p. 91). And, "we had to drop the word 'blame' from our speech and thought." (12 & 12 p. 47).

Now, I find it rewarding to be willing to brew and serve coffee at AA meetings, pass out the Big Books at 12-Step study meetings, take out the trash bags, etc. I can also smile, open a door for someone, let another driver in on the highway and help with an occasional hand out to the less fortunate.

Some may misunderstand my motives for why I do these simple little gestures, but I never let myself be deterred by that. If I did, I would be letting my ego get another foothold, and I am just not going to let that happen here. I am simply dropping the dead weight from my conscience.

Today, I do not have to think about doing these deeds, as they have become second nature and part of who I am. When I do these things without fanfare, I get a warm feeling in my heart that replaces those old neglectful, negative emotions of the past. No half-measures or complacency, here - my conscience is my guide. Night-night ego. It's time to take your nap NOW. <https://www.aacle.org/who-holds-the-key-to-willingness/>

Who Holds the Key to Willingness?

IF NOT NOW, WHEN?

I Think Before I Do

In my early days of sobriety my wife came home from an Al-Anon meeting all excited about what they had talked about. Apparently, they were discussing their Fourth Step inventories. She explained that when taking step six, it was important that she examine her motives, before making decisions.

How interesting and profound that statement was, at the time. And, it has come up many, many times since that initial conversation. Since almost everything we do, begins with what we think, that statement has been a big part of what I believe our goals are supposed to be when we are in the process of cleaning up the wreckage of the past. It also implies that we should examine our motives for what we do, from this day forward. And, be sure that they conform to the spirit of the principles that are suggested in the A.A. program.

This kind of thinking was foreign to me before John Barleycorn got his grip. But, when the alcohol took its toll and I was circling the drain, I was forced to decide what I was going to do with the rest of my life. It became very important to learn and

understand what the causes of my failures were, in the past, and what I could do to correct them.

Like most of us, we have measured our successes and failures based on things we have accomplished, by the things we owned, and where we lived. It made little difference how we acquired those things. How different my thinking is today, compared to how it was back then. I no longer base my success on material possessions. As the old country song says, "one rich man in ten with a satisfied mind."

This, to me, does not mean that we must take a vow of poverty. To me, this means that if I am honest with myself and that my motives are pure and unselfish, I can be content at any economic level. My motives make it so.

I was doing a little research to find the definition of the word happiness and discovered that it is often described as "a byproduct of right living and not an end in itself" Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting that, satisfying his wants will never make a person happy. Another person shared that she had read something that described it like this: "Happiness is like a butterfly, the more you chase it, the

farther away it gets. But, when you stand still, it will land on your shoulder." If my motive is to create happiness, it's proba-



bly not going to happen. These subtle little gems of wisdom are revealed to me daily and they slowly become a part of my mental make-up.

Examining my motives has made me look deeper at many of the subtle little differences in the words we use and their causes and effects. And, for my purposes, I find that my defects of character, cause my shortcomings. And, when I understand my defect, my shortcoming (faulty behavior) can be corrected. When I understand the problem, the troubles can be corrected. These ideas may be hard to grasp in the beginning, but if I hadn't started looking deeper into my motives, I may never have resolved the deeper issues. These days, Unselfish Motives are the seeds that all my thoughts and actions stem from, and that is as simple as it gets.

<https://www.aacle.org/motives-are-the-seeds-of-action/>

"All by himself, and in the light of his own circumstances, he needs to develop the quality of willingness. When he acquires willingness, he is the only one who can then make the decision to exert himself along spiritual lines." – 12&12

Step 8 is based upon the principle of authentic love.

Steps 1 through 7 were more personal steps, as their focus was more on my past thoughts and actions that caused me to make some internal changes. Step 8 asked me to continue making changes by revisiting my past and making a list of those I'd wronged somehow.

In addition, I was preparing my heart to become willing to actually make amends to such people in Step 9. I had to become willing to offer my apologies to those I'd hurt and extend a good dose of authentic love. This required humility and trust that such ac-

tions would help me in my recovery and benefit the greater good.

Now, this step wasn't easy. Owning my selfishness and taking responsibility for hurting others was painful. It's easier to point fingers at others or just look the other way. It's easier to let bygones be bygones. But when I really humbled myself and honestly went inside on this matter, I realized I was carrying around guilt and shame. The people I'd hurt did not deserve it, and I knew if I wanted to continue to grow personally and spiritually, I had to be willing to make amends and do the right thing." <https://recovery.org/alcoholics-anonymous/step-8/>



“Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.”

Paid Staff Help Make 12-Step Work Possible

The Eighth Tradition makes it clear that A.A. may employ professional secretaries and other professional staff members. Their job is not to do Twelve Step work; but to make Twelve Step work possible. “Our Twelfth Step is never paid for, but those who labor in service for us are worthy of their hire.” (12×12, Page 171)

There is a difference between doing Twelve Step work for pay and working for a Master’s degree as a counselor in the field of alcoholism and being of service in a hospital where more and more newcomers first find sobriety. Professional counselors do their counseling job and then go to A.A. meetings and carry the message “for free and for fun” just like the rest of us. Their job is not a substitute for working an A.A. program.

We must always remember that we cannot do the work of carrying the message to the still suffering alcoholic if we don’t have people in our various service centers assisting us in the logistics of US carrying out our primary purpose. We see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing Twelfth Step work. They are just making more and better Twelfth Step work possible.

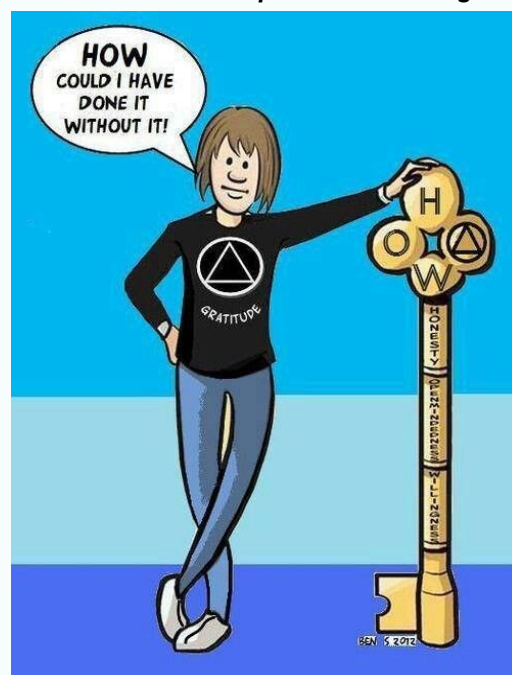
We give freely what has been given freely to us.

Step-Tradition Parallel

The spiritual principle behind the eighth step is “willingness and love” to work the steps. The Eighth Tradition takes that idea one step further and teaches me

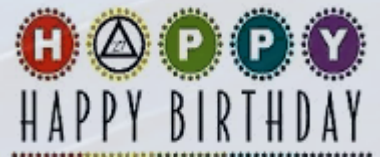
that to have good relationships with other people, I must be “zealous” in carrying the message. Otherwise my message is suspect. In our meditation, let us examine the state of our “zeal” in our relationships with God, A.A., mates and work. Let us begin with the state of our “zeal” in carrying the message to the sick and suffering alcoholic.

<https://takethe12.org/t8/>





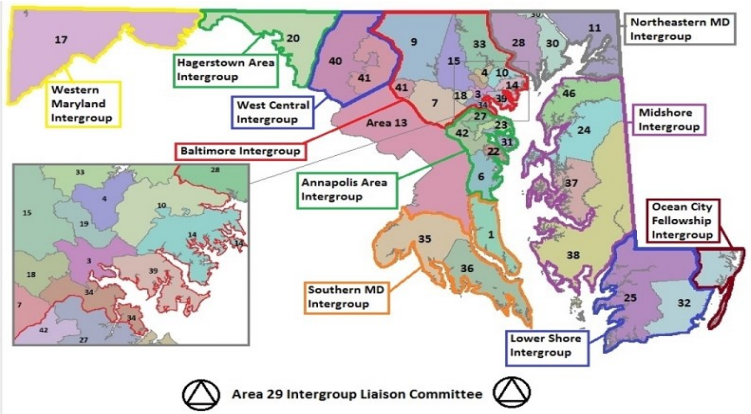
AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Tom F., 1 yr, Sunderland/Harmony	2	3	4	5 James C., 4 yrs, Helping Others
 <p><i>Congrats</i></p>						
6 Ray C., 2 yrs, Never Too Late	7	8 Jerry Z., 10 yrs, Smoke Free	9	10 Betty C. 2yrs. Blue Top	11	12
Jeanette W., 3 yrs, ODAAT Kevin M., 28 yrs, K.I.G. Bobby U., 32 yrs, Solomon's Beth H., 20 yrs, Living Sober				Chuck M., 1 yr, Harmony		
13 Emme J., 20 yrs and Taylor T., 5 yrs, ODAAT	14 Colleen L., 7 yrs, To-day	15	16	17 Jonathan, 1 yr, Harmony	18	19
20 Suzi L., 18 yrs, Never Too Late	21	22	23	24 Paul B., 34 yrs, Basic Text	25	26
27	28	29	30	31		



SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Lisa., 1 yr, 12-Step Home	5	6	7 Tony S., 40 yrs, Almost Normal	8 Cory, 5 yrs, Wayside	9 Clair T., 50 yrs, Kingston Creek
10	11	12	13	14 Babe H., 39 yrs and Lanny H., 32 yrs, Harmony	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Pete D., 5 yrs, Poplar Hill	29	30 REV, 15 yrs, Early Bird



I've been doing service for Alcoholics Anonymous since I was two months sober. It wasn't because I wanted to back then, but I was desperate not to drink again.

When my sponsor told me I was going to start bringing the cakes to our Saturday morning home group anniversary celebrations, I nodded and tried to ignore the anxiety that made my stomach clench. Truthfully, the thought of talking to people other than my sponsor scared me to death. My alcoholism had isolated me from others for a long time, even when I was in a room full of people, including my own family.

Of course, like every service position I have had since, the more I did it, the easier it got. The people in my home group were, and are, loving and encouraging. They were happy to see me start to lower my defenses and even begin to share in meetings. And when it was time for me to rotate on to something else after six months, I didn't want to! Our founders were so wise when they emphasized the value of the spirit of rotation, both for our own humility and to give someone

else an opportunity to serve.

I love the section of the 12 and 12 where Bill W. writes about the meaning of true ambition through the spiritual lens of our 12th Step: "True ambition is the deep desire to live usefully and walk humbly under the grace of God." Service offers me this beautiful opportunity to live a useful life, giving back to A.A. the many gifts it has given me.

My service journey has been long and varied. I've chaired several of our home group meetings over the years (Early Bird meets in person Monday through Saturday at 6:45 a.m.) . I became very involved with our local Intergroup after a home group member, who was Intergroup Chair, invited me to be his recording secretary. This came at a time in my life when I was again feeling isolated and depressed, due to a major illness. My HP has always shown up to help keep me in the middle of

A.A.

After several years of Intergroup service, I decided to take a little break. Once again, my HP stepped in. A woman asked me to take over her GSR position. Curious about what this was, I agreed. Once again, I had no idea how many more service opportunities there were in AA! I was totally overwhelmed at my first Area Assembly! All these people showing up on a Saturday to devote several hours to discuss ways to ensure that AA would be around for years to come!

I was totally hooked! Serving at my District led me to obtaining a service sponsor who has helped guide and encourage me in my service journey. I always suggest to my service sponsees that they try something that scares them a little bit, because it's another opportunity to get nudged out of our comfort zones and grow spiritually. I look back at the shy, fearful woman I was when I came into AA and give all the credit to this program and my HP for helping me grow into the woman I was meant to be, embracing the sunlight of the Spirit!

Brigitte F., Early Bird - Frederick

SPOTLIGHT ON SERVICE

Aug 1

1943 – Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3

1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8

1879 – Dr. Bob born in St. Johnsbury, VT.

Aug 9

1943 – LA groups announce 1000 members in 11 groups.

Aug 11

1938 – Akron & NY members begin writing stories for Big Book.

Aug 15

1890 – E. M. Jellinek is born,

What Happened IN AUGUST?

author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.

Aug 16

1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18

1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19

1941 – 1st AA Meeting in Colorado is held in Denver.

Aug 25

1943 – AA group donates Big Book to public library in

Quincy, MA.

Aug 26

1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28

1954 – *24 Hours a Day* is published by Richmond W.

Other significant events in August for which there is no specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes 3 million.

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

Perspectives on Step 8

“Step 8 is a wonderful step for beginning to rebuild some bridges that were burned in active addiction. When addiction had its grip on me, some of my relationships with loved ones became strained, and I hurt some of those closest to me. This step gave me the chance to reflect on my past and take full responsibility for my part in the burned bridges. Thankfully, all of the previous steps brought me to a place where I could honestly sit down and create a list of the people I’d harmed and become willing to make amends.”

“Step 8 is based upon the principle of authentic love. Steps 1 through 7 were more personal steps, as their focus was more on my past thoughts and actions that caused me to make some internal changes. Step 8 asked me to continue making changes by revisiting my past and making a list of those I’d wronged

somehow.

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<https://recovery.org/alcoholics-anonymous/step-8/>

Area 29
Maryland
State
Convention



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

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

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



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

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

Convention Hotel Room Rate: \$124/per night + tax
Hotel reservations must be made by Sunday, July 9, 2023

For hotel reservations, call 844-781-7404

(Code: MGS 2023 State Convention)

For online hotel reservations click on—

[Book your group rate for MGS 2023 State Convention](https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink)

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink>

or scan



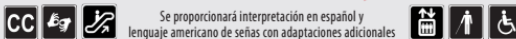
Area 29
Maryland
State
Convention



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

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

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



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

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

Tarifa del Hotel por cuarto para la convención: \$124/por noche + impuestos

Las reservaciones del Hotel deben hacerse antes del domingo 9 de julio de 2023

Reserve al: 844-781-7404

(Código: MGS2023 Convención estatal)

Para reservar en línea ingrese a:

[Book your group rate for MGS 2023 State Convention](https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink)

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1666295673654&key=GRP&app=resvlink>



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

Registration and Meal Selection

Register online at <http://www.marylandaa.org/state-convention>
Online registration payment by credit card or PayPal is \$38, including a \$2 convenience fee.
Registration payment by check is \$36 Make check payable to MGS State Convention.

Mailing address for hardcopy/check registration is:

MGS Convention
P.O. Box 9879
Towson, MD 21284



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

Please contact me regarding Service Opportunities at the Convention: Yes Phone #: _____

I require accessibility accommodations at the Convention. Please list: _____



Registration Options

		# of Registrants	Subtotal
AA Registrants	\$36/person	X _____	= \$ _____
Al-Anon Registrants	\$36/person	X _____	= \$ _____

Saturday Lunch—A La Carte \$34.00 X _____ = \$ _____
Rotisserie style chicken served with warm rolls & butter, classic Caesar salad, au gratin scalloped potatoes, seasonal vegetables, New York style cheesecake, premium coffee, tea, and iced tea.

Saturday Banquet—Seating limited to 200—(Must Specify Meal Option 1-4 Below)

Plated meals served with warm rolls & butter, mixed green salad, New York style cheesecake, premium coffee, tea, and iced tea.

Option 1: Chicken piccata with lemon caper sauce, Yukon gold smashed potatoes, seasonal vegetables. \$51.00 X _____ = \$ _____

Option 2: White fish Veracruz with capers, olives, peppers sauteed, Saffron cilantro rice, seasonal vegetables. \$54.00 X _____ = \$ _____

Option 3: Roasted pork tenderloin with mushroom marsala demi glaze, parley fingerling potatoes, seasonal vegetables. \$55.00 X _____ = \$ _____

Option 4: Vegetarian lasagna, seasonal vegetables. \$49.00 X _____ = \$ _____

Total Amount Due: = \$ _____

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

Registro y selección de comidas

Registro en línea: <http://www.marylandaa.org/state-convention>

Pago de registro en línea con tarjeta de crédito o PayPal es de \$38, incluye \$2 como tarifa de conveniencia.

Pago de registro con cheque es de \$36 Girar el cheque a nombre de MGS State Convention.
La dirección para el registro de cheques/copia impresa es

MGS Convention
Apartado Postal 9879
Towson, MD 21284



Nombre: _____ Apellido: _____

Dirección: _____ Correo Electrónico: _____

Ciudad: _____ Estado: _____ Código postal: _____

Comuníquese con nosotros respecto a oportunidades de servicio en la Convención: Sí No Teléfono #: _____

Requiero adaptaciones de accesibilidad en la convención. Enumérelas: _____



Opciones de registro

		# Participantes	Subtotal
Participantes de AA	\$36/persona	X _____	= \$ _____
Participantes de Al-Anon	\$36/persona	X _____	= \$ _____

Almuerzo sábado—A la carta \$34.00 X _____ = \$ _____
Pollo asado servido con panecillos calientes y mantequilla, ensalada clásica César, papas gratinadas, vegetales de la temporada, pastel de queso estilo New York, café premium, té y té helado.

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

Option 1: Pollo piccata con salsa de alcázaras al limón, puré de patatas Yukon, vegetales de temporada. \$51.00 X _____ = \$ _____

Option 2: Pescado blanco Veracruz con alcázaras, aceitunas, chiles, salteados, arroz con azafrán y cilantro, vegetales de temporada. \$54.00 X _____ = \$ _____

Option 3: Lomo de cerdo asado con demi glaseado de hongos marsala, Bastones de papas con perejil, vegetales de temporada. \$55.00 X _____ = \$ _____

Option 4: Lasaña vegetariana, vegetales de la temporada \$49.00 X _____ = \$ _____

Cantidad Total: = \$ _____

NOT QUITE RIGHT

The Not Quite Right Group

8:00pm. Friday Nights

Good Samaritan Lutheran Church

20850 Langley Rd. (Middle Building)

Lexington Park, Md.

Is in need of Support

and Home Group Members

CLEAN AIR GROUP

The Clean Air Group

Is in need of support

And home group members

Come on out and check us out

Friday nights 6:30pm.

St. Andrews Episcopal Church

44078 St. Andrews Church Rd.

SUPPORT YOUR LOCAL GROUPS?

"BLUE TOP @ NOON"

Lexington Park United Methodist Church

21760 Great Mills Road

12:00 noon

Tuesday, Wednesday, Thursday

Tuesday will be the Daily Reflections

Wednesday will be the Big Book

Thursday will be a Step/Tradition meeting

Come check us out and join our group!



THE "WHAT'S THE POINT!"

A.A. MEETING

BIG BOOK
AS BILL SEES IT
GRAPEVINE
TWELVE
&
TWELVE



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

COME OUT AND CHECK US OUT

GOOD SAMARITAN LUTHERAN CHURCH

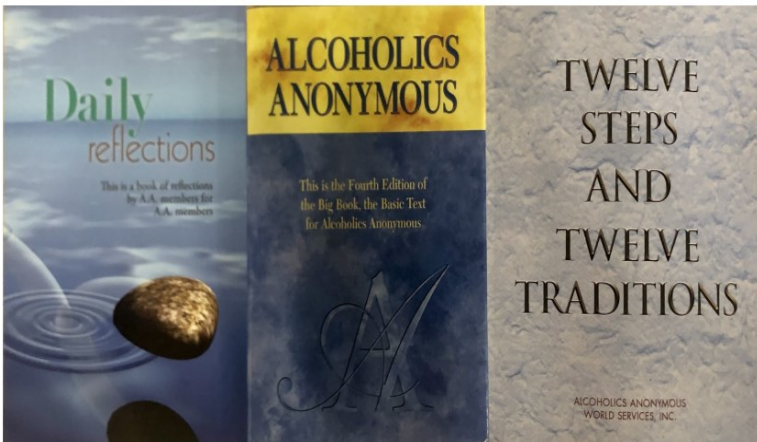
20850 LANGLEY RD. LEXINGTON PARK

THURSDAY EVENINGS 8:00 PM.

WE ARE LOOKING FOR HOME GROUP MEMBERS

WE HAVE SERVICE POSITIONS TO BE FILLED

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



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

August 19	Area Assembly, host District needed Severna Park United Methodist Church, 731 Benfield Rd., Severna Park, MD
September	Area Committee will be scheduled if necessary.
October 21	Area Assembly: Area Elections, host District needed Severna Park United Methodist Church, 731 Benfield Rd., Severna Park, MD

November 18 Area Committee, **hosted by District 20**
Otterbein United Methodist Church, 108 East Franklin St.,
Hagerstown, MD

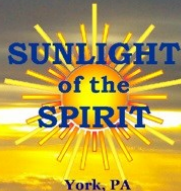
December 16 Area Assembly, **hosted by District 40**
Trinity United Methodist Church, 703 West Patrick St., Frederick,
MD 21701

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

“We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.”

William D. Silkworth, M.D.



August 11-13 2023

Wyndham Garden York Hotel
York, PA

See our website to purchase tickets, book rooms, and get information:
Sunlightyork.org

Fri 8:00 pm **Cleo D.** Baltimore, MD
 Sat 8:30 am Open Meeting
 10:00 am **Paul M.** Glenville, PA
 11:30 am Roundtable Discussion
 2:00 pm **Martha G.** Al-anon Zelienople, PA
 4:00 pm **Tony M.** Oklahoma City, OK
 8:00 pm **Cathy B.** Fancy Gap, VA
 Sun 9:30 am **Arnold R.** Baltimore, MD

Details Contacts: Julie B. (717) 434-9588; Rick B. (717) 870-7731
 Light refreshments provided in our hospitality room. Hotel Service available. Vendors on site: Bricker's French Fries & Choco L'More.
 Wyndham Garden York Hotel, 2000 Loucks Roadway, York PA 17408 (717) 846-9500 (\$95 and \$105 per night- see website).

Detach and mail if not using Sunlightyork.org to register.

REGISTRATION for AUGUST 11-13, 2023

Sunlight of the Spirit Conference, PO Box 3538, York PA 17402

\$25 per person (non-refundable) if postmarked by July 30th, 2023

\$30 per person if postmarked after July 30th and at the door; walk-ins accepted until capacity is reached.

NAME: _____ DATE: _____
 ADDRESS: _____ TEL: _____
 CITY, STATE: _____ ZIP: _____
 EMAIL: _____ #Attending: _____ Amt \$: _____



PLAIN LANGUAGE TRANSLATION - SAVE THE DATE

Spanish Interpretation upon request **ASL Interpretation upon request**

Working Title: A Tool for Accessing The Big Book of Alcoholics Anonymous

Sunday, August 20, 2023 @ 3 P.M. EDT
ID: 841 2499 3206 PW: 326186

A review of the origin and progress of the Plain Language Big Book Translation

Presented by:
John W. -Non-Trustee Director AAWS
with Delegate feedback and Q&A

Accessibilities@MarylandAA.org

SIXTY SIX ANNUAL
Sessions
 by the Sea



OCEAN CITY MARYLAND
 SEPTEMBER 5-10, 2023
 ONLINE REGISTRATION ONLY!

REGISTRATION



Save The Date

September 8th - 10th, 2023

Shenandoah University
 Winchester, VA

National AA Technology Workshop

"Solving, Sharing, and Scaling Solutions"

<https://naatw.org>



**Inviting all AA members in Service
 (and Geeks in Recovery)**

We would love for you to join us in person if you can make it
 or we'll see you on Zoom!

Hotel rooms available at two local hotels for \$139/night
 Rooms also available with the "Stay with a Local" program
 Transportation from Dulles Airport will be coordinated

Event & Hotel Registration coming soon!

DISTRICT 36
 FREE EVENT!!!

END OF SUMMER
 BBQ!!



Sunday, September 17th
 Noon-6pm

Lettie Dent Park Large Pavillion
 37880 New Market Turner Rd
 Mechanicsville, MD

Burgers, Dogs and Drinks provided!
 JUST BRING YOUR FAVORITE
 SIDE DISH/DESSERT!



GAMES..including:
 corn hole, horseshoes
 and volleyball plus
 50/50 raffle!

PLUS... 4pm Speaker
 Meeting
 with
 ERIC H from
 DC!!

JOIN IN
 THE FELLOWSHIP
 AND FUN!
 RAIN
 OR
 SHINE



FREE
 EVENT

For more information:
maryfearns82@gmail.com



22nd Annual Halloween

GRATITUDE CRUISE

October 29-November 5, 2023

WONDER OF THE SEAS

BY ROYAL CARIBBEAN

EXCLUSIVELY FOR GRATITUDE CRUISE GUESTS, MALE & FEMALE

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



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

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

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

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



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 #1likeyoumeanit



www.sobercelebrations.com, fellowship vacations since 2001

Treatment Center Committee

**“The District 36 Treatment Center Committee”
is looking for female fellowship members,
who are willing and have a year
or more of sobriety to bring
in-house A.A. meetings into
the Jude House**

Wednesday Evenings 7:00pm.

**Please contact this committee at our email:
treatmentcommittee36@gmail.com**

This is a very rewarding experience!

Come join up and try it out!

The Committee Contact:

treatmentcommittee36@gmail.com



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.

Alcoholics Anonymous, an Area 29 Accessibilities Subcommittee

Maryland Deaf Access Committee (MDAC)
Created to organize the foundation of funding and scheduling in-person AA meetings interpreted in American Sign Language (ASL) in Area 29

Who We Are The Maryland Deaf Access Committee (MDAC) is a group of AA members who work in cooperation with our local area districts and home groups to help ensure we can carry the message to ALL those seeking recovery.	Focus Our main focus is providing ASL (American Sign Language) interpreters at in-person AA meetings in Area 29 to make the fellowship more accessible to the Deaf and hard of hearing community
AA Traditions We follow AA's 12 Traditions and are not affiliated with any outside organization. More information will be provided on our website soon. Also see our FAQs.	Contributions We rely on contributions from AA members and groups to pay for ASL interpreters. We encourage people to remember that when we're discussing having ASL interpreters at meetings, we're discussing providing language access to AA.

Contributions can be made to:
PayPal/MarylandDeafAccess@gmail.com
and Venmo@District18-21228 (notate ASL)

MarylandDeafAccess@gmail.com
or **Accessibilities@Marylandaa.org**

General Service Representative

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

Join us for a Zoom
GSR Discussion /
Q&A

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

Hosted by Area 29

PRIDE
IS CONCERNED WITH
WHO IS RIGHT

HUMILITY
IS CONCERNED WITH
WHAT IS RIGHT

di.com/time.com ID #136084 © Alan Laskov

SMIA MEETING MINUTES 7/8/23

Opening: Buddy F. opened with the Serenity Prayer.

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

Groups/Committees Represented: Paul S. - Cove Point, Bill L - Sunderland/Bookstall, Bruce O. - Waldorf, Roy B. - Solomons, Amanda W. - ODDAT, Mary F. Leonardtown, John Z. - Sunday Morning Sobriety, Melissa M. Basic Text, Pat S. - Charlotte Hall, Rev Z. - Early Bird, Pat P. - North Beach

SMIA Chair Report: Buddy F. - Attended Area 29 meeting, liaison is Rex T, Area Rep was Kathy K. 8 Intergroups attended. Plans to attend District 35 meeting. Old bookstall literature has been tagged so Bill will know how much to charge for old/new literature. Increased price of pamphlets by \$.10-\$.15 cents. The Western Shore CARC II meeting will be on 7/18 (virtual). Buddy has meeting ID.

Vice-Chair Report: Katherine L. - none given.

Secretary Report: Read by Kristi P. - June 2023 minutes were accepted with corrections.

Treasurer Report: Rebecca B. - 5/25/23 - 6/24/23 report provided was accepted as presented. Total assets \$14,131.52.

Committee Reports

Archives: John Z. - no report.

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

Lifeline: Keith - Going well.

Suggestions or submissions are always

welcome for Spotlight on Service, anyone's experience with steps, sponsorship, etc. Rebecca advised that the price has gone up due to the number of pages of the Lifeline going up, Keith will now cap at 20 pages (only ads will be cut)

Phone Report: Melissa - 6/10/23 to 7/8/23 33 calls: 13 St. Mary's; 13 Charles; 10 Calvert. 5/13/22. Total duration of calls 1 hour and 27 minutes. Adding *988 to outgoing message, will be anonymous.

Serenity Breakfast: Mary F. and Melissa W. are looking into locations. Possibly: St. Andrew's Church Hall - \$250. Have volunteers for the committee.

Gratitude Dinner: Scheduled for November 11th at Immaculate Conception. Committee members: Bill A., Buddy F., Lorraine J., Brandy T., Gisela R., Amanda W. Committee plans to meet sometime in mid-August. Still looking for volunteers to help on all phases from setting up to cooking serving and clean up.

Corrections and Treatment: Charles County - no report. Calvert County--Avenues Mondays and Thursday meetings continue as reported previously.

Corrections--Men's meetings on first and third Wednesdays; Women's meetings on second and fourth Wednesdays. Still trying to schedule another orientation to equip additional volunteers, especially women. St. Mary's - Still only two meetings per month through July and no women's meetings.

PI/CPC: St. Mary's - doing well--rack stocked, Where and When's printed. Calvert - no report. Charles - John inquired about getting acrylic stand, Bill said to order online.

Bookstall: Bill L. - There were 1315 visits to the On-Line Bookstall since the June meeting. There were six orders since the

last meeting; four are processing and two were terminated and refunded; one because it was a purchase from Kansas, and I told her that we do not ship or deliver. I then directed her to the AA World Services Bookstall, and the second ordered the wrong material.

Processing orders totaled \$169.00.

Web Report 06/10/23 -07/8/23

Total Visitors (initial visit) 2294-- Down 3.5%

5 Most Frequently visited pages Home Page - 2719

Where and When Calendar- 297

Where and When Search -205

On-Line Meetings - 151

Anniversary Calendar -134

Referring Sites - Direct, Others, Search Engines - Google, DuckDuckGo, Yahoo

Site Updates and Changes: No significant changes this month.

Meeting Change Information:

Keeping it Green appointed a new GSR, Jill T.

Meeting Status: Currently there are 129 meetings in our service area; 119 meetings are in-person, seven meetings are hybrid, six meetings are on-line only, and four meetings are reported as suspended. Of those 4, 1 has an on-line presence.

Document Posts and Updates:

Mobile App 2023 4.6 released - 7/2/23.

Lifeline posted - 7/2/23.

Minutes posted - 6/30/23.

Finance Page updated - 6/23/23.

Budget posted - 6/25/23.

Where and When: Pat P. - any changes/updates should be sent to Pat.

(continued on page 15)

(continued) **Old Business:** Proposed changes to three sections of the by-laws and provided second reading for sections 7.3.5 and 8.7 and first reading of section 7.5.1. Motion to second reading of 7.3.5 and 8.7 accepted as read. Motion to first reading of 7.5.1 accepted as read.

7.3.5 FINANCE – The Treasurer shall serve as the Chair of the Finance Committee which shall consist of three (3) members, two (2) of whom shall not be current officers of the Corporation. This Committee shall have the authority to incur any essential immediate expenditure not to exceed Two Hundred Dollars (\$200.00). All such expenditures shall be reported to the membership at the next meeting.

Proposed edits – Second reading

7.3.5 FINANCE – The Treasurer shall serve as the Chair of the Finance Committee which shall consist of three (3) members, two (2) of whom shall not be current officers of the Corporation, and which shall be convened to perform general SMIA functions in accordance with Article 8, Fiscal Policy, Section 8.8 of these By-laws. The Treasurer shall have the authority to incur any essential immediate expenditure not to exceed Five Hundred Dollars (\$500.00). All such expenditures shall be reported to the membership at the Current Language – May 16, 2022 By-

laws Revision 8.7 In the event that SMIA funds are greater than the Prudent Reserve, and there are no special projects or planned equipment purchases requiring savings, all funds in excess of the Prudent Reserve shall be sent monthly to World Services and Maryland General Services on a 60/40 percent basis after a vote of the membership.

Proposed edits – Second reading

8.7 All funds more than the Prudent Reserve and funds required for special projects, annual events or planned equipment purchases shall be sent bi-annually to World Services and Maryland General Services on a 60/40 percent basis after a vote of the membership at the April and October SMIA meetings, which coincides with the beginning and mid-year mark of the organization's Fiscal Year.

7.5 SPECIAL COMMITTEES

7.5.1 The Serenity Breakfast, Picnic and Gratitude Dinner Committee Chairs are appointed each year.

Proposed edits – Read on July 8, 2023

7.5 SPECIAL COMMITTEES

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

Proposed edits – First reading

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 – Bill L. – motion to open bookstall from 9-10am granted. Motion to fund two workshops for this fiscal year at \$500 per workshop granted (this includes workshop on 7/18). Buddy F., John Z working on second workshop which will be on AA History, Pat S. appointed as workshop chair. Buddy F. - Possibility of a breakfast in October, discussion tabled until we determine feasibility.

For the Good of the Order: Brandy T. will celebrate 9 years at ODATT on 7/9. Travis S. will celebrate 15 years at the Hollywood Group on 7/11. "Sessions by the Trees," August 11-13, 2023, at Greenbrier State Park, in Boonsboro, MD. National A.A. Technology Workshop – Shenandoah University in Winchester, VA, September 8-10, 2023.

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

“When I focus on what’s good today, I have a good day. When I focus on what’s bad, I have a bad day. If I focus on the problem, the problem increases. If I focus on the answer, the answer increases.”

Alcoholics Anonymous

August 2023

Southern Maryland Intergroup Association Inc Treasury Report

Monthly Contributions:

\$1,046.53

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

Southern Maryland Intergroup Association Inc Statement of Financial Position June 25, 2023 - July 24, 2023

Assets

Primary Business Checking	7,958.44
Prudent Reserve	6,300.59
PayPal	309.76
Bookstall Cash on hand	100.00

Total Assets 14,668.79

Expenses

Bookstall	(608.15)
Liability Insurance	
Lifeline Printing	(116.87)
Misc	
Phone Answering Service	(24.97)
PO Box Rental	
Rent	
Webmaster	
Website Maintenance	(97.19)
Where and When	

Total Expenses (\$847.18)

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

Revenue

Contributions	2,026.82
Bookstall	649.25
Gratitude Dinner	
Serenity Breakfast	

Total Revenue 2,676.07

Expenses

Bookstall	(768.05)
Liability Insurance	
Lifeline Printing	(291.46)
Misc	
Phone Answering Service	(74.91)
PO Box Rental	(114.00)
Rent	
Webmaster	
Website Maintenance	(187.69)
Where and When	

Total Expenses (\$1,436.11)

Annual Net Assets 1,239.96

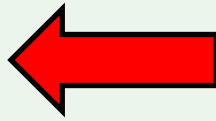
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

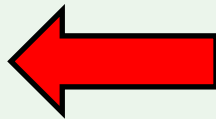
2) Or they can be mailed to the appropriate office location:

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

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



**Maryland General Service Inc.
 P.O. Box 207
 Benson, MD. 21018**



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

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

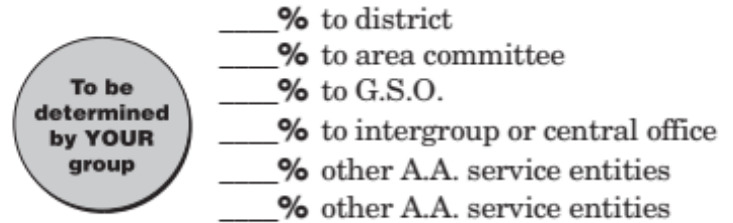
**District 35 (Charles)
 P.O. Box 1981
 La Plata, MD 20646**

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

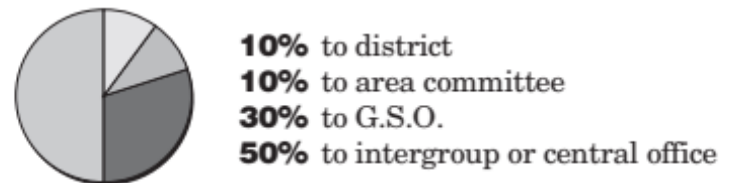
Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
 (YOUR GROUP NAME)

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

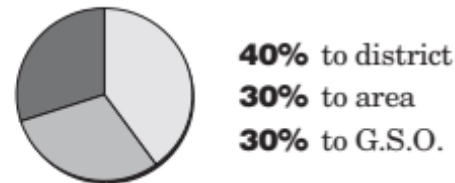


OR



OR

If you have no intergroup/central office.



ATTENTION GROUP TREASURERS:

****Remember to include the 6-digit GSO Group Number on all correspondence to Maryland General Service.***

DISTRICT 35 - CHARLES CO.

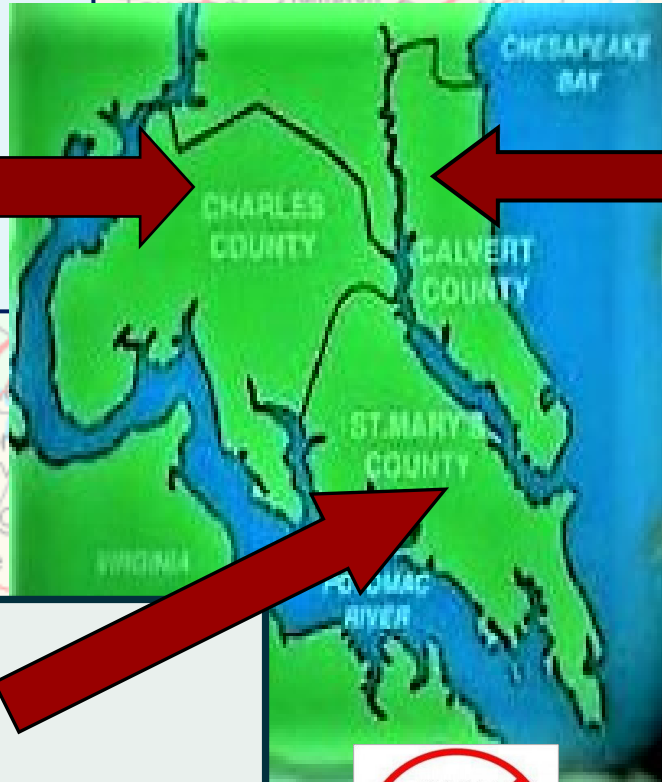
Please come out and join us at our next District Meeting - the first Thursday of the month @ 7pm

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

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

***SERVICE KEEPS US
SOBER***

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



**DISTRICT 1
CALVERT COUNTY**

**SERVICE
OPPORTUNITIES**

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

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

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

**PO Box 234
Barstow, MD 20610
www.calvertaa.org**

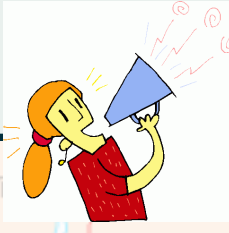


DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.com



DISTRICT NOTES

Please send any updates for the Where & When to:

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, August 12 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