



"Shine your light and make a positive impact on the world; there is nothing so honorable as helping improve the lives of others."

Serving the Southern Maryland Community since 1977

# LIFELINE



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

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

One of the very early recovering alcoholics who worked with co-founder Bill W. was a man named Al, whose mother was secretary to Emmet Fox, a popular lecturer on New Thought philosophy. When the early groups were meeting in New York, members would frequently adjourn after a meeting and go to Steinway Hall to listen to Fox's lecture. To this day there are AA groups that distribute Fox's pamphlets along with Conference-approved AA literature.

## WHAT WE WERE LIKE

An account sets forth in "Dr. Bob and the Good Oldtimers" tells of the influence of Emmet Fox and his classic work, "Sermon on the Mount." An AA old-timer recollected: "The first thing he (Dr. Bob) did was to get Emmet Fox's 'Sermon on the Mount'....Once when I was working on a woman in Cleveland, I called and asked him what to do for someone who is going into DT's. He told me to give her the medication and he said, 'When she comes out of it and she decides she wants to be a different woman, get her Drummond's 'The Greatest Thing in the World.' Tell her to read it through every day for thirty days and she'll be a different woman.' Those were the three main books at the time; that and 'The Upper Room' and 'The Sermon on the Mount.'"

Perhaps the fundamental contribution of Emmet Fox to Alcoholics Anonymous was the simplicity and power of "The Sermon on the Mount." This book sets forth the basic principles of the New Thought philosophy that "God is the only power, and that evil is insubstantial; that we form our own destiny by our thoughts and our beliefs; that conditions do not matter when we pray; that time and space and matter are

human illusions; that there is a solution to every problem; that man is the child of God, and God is perfectly good."

Central to New Thought philosophy was the perspective that saw that love and personal forgiveness were the keys to fundamental transformation: "Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out fear. It is the fulfilling of the Law. It covers a multitude of sins. Love is absolutely invincible."

Fox went on to say that forgiveness was an integral part of the Pathway of Love, "which is open to

everyone in all circumstances, and upon which you may step at any moment – at this moment if you like – requires no for-

## EMMET FOX AND ALCOHOLICS ANONYMOUS

mal introduction, has no conditions whatever. It calls for no expensive laboratory in which to work, because your own daily life, and your ordinary daily surroundings are your laboratory. It needs no reference library, no professional training, no external apparatus of any kind. All it does need is that you should begin steadfastly to expel from your mentality every thought of personal condemnation (you must condemn a wrong action, but not the actor), of resentment for old injuries, and of everything which is contrary to the law of Love. You must not allow yourself to hate either person, or group, or nation, or anything whatever.

"You must build-up by faithful daily exercise the true Love-consciousness, and then all the rest of spiritual development will follow up on that. Love will heal you. Love will illumine you."

*(continued on page 2)*

(continued) One of the cornerstones of Fox's philosophy was to live but one day at a time, to be responsible for one's own thoughts and to clear up resentments, just as AA was to teach that "resentments are our number one cause of slips." For Fox, one of the most important rules for growth was to live in the present: "Live in today, and do not allow yourself to live in the past under any pretense. Living the past means thinking about the past, rehearsing past events, especially if you do this with feeling...train yourself to be a man or woman who lives one day at a time. You'll be surprised how rapidly conditions will change for the better when you approach this ideal." Emmet Fox emphasized the idea that thoughts are real things, and that one cannot have one kind of mind and another kind of life. According to Fox, if we want to change our lives, then we must change our thoughts first. Many of his simply stated profundities have contributed to an AA philosophy that has transformed the lives of literally two million recovering alcoholics.

<https://silkworth.net/alcoholics-anonymous/what-we-were-like-emmet-fox-and-alcoholics-anonymous/>

## EGO AND SUPER-EGO WALK INTO A BAR



**BARTENDER SAYS, I'M GONNA  
NEED TO SEE SOME ID**

"A New Beginning"



**THE WYNDHAM HOTEL**  
5700 ATLANTIC AVENUE  
VIRGINIA BEACH, VIRGINIA 23451

**FEBRUARY 17, 18, & 19, 2023**

### EARLY BIRD MEETING

For those who wish to arrive early, there will be an Early Bird meeting at the hotel, Thursday at 8:00 p.m. in the Mariner Room.

All scheduled conference speaker meetings will be held in the Atlantic Ballroom.

FRIDAY	8:30 p.m.	.....Paula P. Champaign, IL.....	AA Meeting
SATURDAY	9:30 a.m.	.....Bob M. Greenville, SC .....	AA Meeting
	11:00 a.m.	.....Stephanie B. Granite Shoals, TX .....	Al-Anon Meeting
	1:00 p.m.	.....Billy N. Palm Beach City, FL .....	AA Workshop (Traditions in Today's World)
	3:00 p.m.	.....	Red Ball Meeting
	3:00 p.m.	.....Billy N. Palm Beach City, FL.....	Al-Anon Meeting
	8:00 p.m.	.....	AA Meeting

*Saturday Dance Following Speaker*

SUNDAY	10:00 a.m.	.....Rena K. Punta Gorda, FL.....	AA Meeting
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**REGISTRATION OPENS 2:00 P.M. FRIDAY**

\* Use Registration Form on Back

Please send  
Oceanfront Conference fee of \$30 to:  
REGISTRAR  
P.O. Box 66173  
Virginia Beach, VA 23466  
[www.oceanfrontconference.org](http://www.oceanfrontconference.org)

Please send Hotel deposit of \$83 plus taxes to:  
THE WYNDHAM HOTEL  
5700 Atlantic Ave.  
Virginia Beach, VA 23451  
Call 1-800-365-3032  
Hotel Room Rate Cut-off January 17, 2023



Area 29 Accessibilities  
Invites you to a  
presentation by the:

Portland  
Deaf Access  
Committee  
("PDAC")

OF

**ALCOHOLICS  
ANONYMOUS**

**SUNDAY  
FEBRUARY 19,  
2023  
@ 3 P.M. EST**

**ID 841 2499  
3206**

**PW 326186**

**ASL INTERPRETED  
\*ADVANCE NOTICE REQUIRED  
FOR SPANISH  
INTERPRETATION  
CONTACT:**

**[Accessibilities@MarylandAA.org](mailto:Accessibilities@MarylandAA.org)**

If you are looking for it, the Serenity Prayer is everywhere. The words to the familiar prayer are: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference." The Serenity Prayer is best known as a central prayer of Alcoholics Anonymous and other recovery programs. Yet freedom from substance abuse was not the prayer's original intent. The Serenity Prayer was composed during wartime by a 51-year-old pastor named Reinhold Niebuhr. His daughter, Elisabeth Sifton, author of *The Serenity Prayer, Faith and Politics in Times of Peace and War* wrote: "The Serenity Prayer addresses the inconsolable pain, loss and guilt that war inflicts on the communities that wage it; it goes to the heart of the possibilities and impossibilities of collective action for collective betterment—that

is to say, to the heart of the possibilities for peace." The first time the Serenity Prayer was prayed was at the height of the war against Germany in the summer of 1943. It was a run of the mill Sunday morning service at Union Church in Heath, a farming village in a remote corner of northwestern Massachusetts where Niebuhr was a seasonal pastor. The original prayer was longer and contained a second verse that contained more explicitly Christian references. Sifton told The Huffington Post that her father's political concerns were the same as his spiritual ones: "to pray for the strength to change unjust, illiberal, selfish policies which gave rise to war, social unrest, and economic woe; to pray for the strength to help fashion a

more fair, just, and peaceful world, and to work for that end."

These days, the prayer is more often used to help bring about individual peace and personal well-being. At the Realization Center, an outpatient addictions treatment program in New York, the Serenity Prayer is often used to close the program's twelve step meetings. Paula Schwartz, who leads the food addiction recovery program, told The Huffington Post that the Serenity Prayer "summarizes the way we need to be in the world and in recovery. It had to be divinely inspired." The first report of the Serenity Prayer's use outside church walls was in 1944 when it appeared in the *Book of Prayers and Services for the Armed Forces* which was published by the Federal Council of Churches after a member of Heath Union's church congregation asked Neibuhr's permission to reprint that little prayer about grace, courage and wisdom he heard one Sunday.

Wilson's Book claims that their first secretary, Ruth Hock, saw (continued on page 4)

# The Serenity Prayer's Journey From Wartime To Recovery

(Continued from page 3) Hock wrote an AA member and printer named Henry S., asking if he could make some wallet size cards with the Serenity Prayer on it. He allegedly printed 500 prayer cards and the legacy and tradition evolved from there. In ***Alcoholics Anonymous Comes of Age***, Bill Wilson states says that AA "counts the Serenity Prayer author (Niebuhr) among our great benefactors". Before bumper sticker wisdom, re-

tweetable nuggets of inspiration and even before the Serenity Prayer, Niebuhr, a devout Missouri native once said, "The problem we often face is often the choice between different kinds of inactivity rather than of choice between action and inaction." Shifting the perspective of a person in recovery from powerless to empowered is what Paula Schwartz from the Realization Center notes as the key benefit of the Serenity Prayer.

er. The prayer can help those in recovery assess options for action with those people, places and things that could trigger a relapse. "It allows us to exhale," says Schwartz. In those crucial moments, praying the Serenity Prayer can be life saving. According to AlcoholicsAnonymous.org, more than 2,000,000 people call themselves members of the unique fellowship.

[https://www.huffpost.com/entry/the-serenity-prayer\\_n\\_1473196](https://www.huffpost.com/entry/the-serenity-prayer_n_1473196)

## PAIN IS NOT PUNISHMENT

I'm coming to believe that genuine gratitude goes beyond a sense of thankfulness for my life and all the good stuff that has happened and continues to

happen to me. I'm trying to learn that I can extend gratitude to every area of my life -- all the way to the emotional turmoil and upset I experience from time to time. An old timer said to me once that I will become grateful for the pain. It didn't make sense to me then, but I'm coming to see the truth in what he said.

Life doesn't follow my script. In sobriety I've experienced painful job loss, painful relationship problems, painful financial setbacks and the painful frustration of my wife's serious health issues. I've lived much of the time in uncertainty and insecurity. I wish these painful things didn't happen but they do -- they seem to be part of life's terms.

I begin to be grateful for the pain when I remember that the pain is not punishment from an angry God or some penalty I have to pay for screwing up. The emotional pain I experience is a message. It says to me that one more time I've lost my way. I'm holding on too tightly. I'm resisting. It tells me there is a lesson I have not yet learned.

Once I realize the pain is a message and not a punishment. I can begin the process of letting go and letting God. Then I get to be grateful for the pain because I wouldn't grow without it.

<http://aaspirit.blogspot.com/2010/09/grateful-for-pain.html>



5 minutes in Colin suddenly realised he had mis-read the sign.

you should probably go to [TheMetaPicture.com](http://TheMetaPicture.com)

## Step Two: The Solution

“Came to believe that a Power greater than ourselves could restore us to sanity.”

Step Two is specifically designed for the mental obsession. I, in and of myself, cannot remove an obsession. The word “believe” is a verb. There is an action. Believe means “to allow”. I am restored to sanity as a result of allowing something into my consciousness other than my own insane thinking and feeling. I find it intriguing that right after I identify the problem in Step One—no control, no choice, no power and my need for God—comes this simple solution.

A Power greater than myself that can restore me to my right mind. There are only two questions I have to answer. “Am I willing to believe there is a power greater than me?” and “Is it all or nothing?” I don’t even have to have an idea about what this power is other than it be loving and caring. It started with my willingness to reach out and practice the rigorous honesty in the First Step. I had to get out of my head and into action. I have to be willing to let someone else know exactly what I am thinking and feeling. This meant I had to talk about what was really on my mind and in my heart. I had to be willing to be vulnerable. This simple action saved me from going back to using and drinking time and again when the obsession was so intense, I could not imagine it could ever be silenced. Without exception, every time I reached out for help, I received it. I called women at 1, 2, 3, 4 o’clock in the morning and they all got

up and talked to me. They each said the strangest thing—that I had helped them more than they had helped me. This was a clear demonstration of this Power working through others to help me stay sober although I did not recognize it at the time.

This Power continued to lead me as I went to meetings and heard exactly what I needed to hear at the precise moment I needed to hear it. As I worked through all the Steps, I became more conscious of this Power, myself and you. I came to understand the intrinsic connection between us all. The Second Step tells me I cannot do recovery alone. I don’t have to figure anything out. I can begin to have an experience with this awesome Power that keeps me sober, gives me a new life and reveals more and more truth as I become more teachable and place more reliance on God than self.

<https://www.lahacienda.com/resources/articles/aa-big-book-step-2-greater-power>



Celebrating anniversaries is an old American custom and no one should be surprised that it is being perpetuated in A.A.

Unfortunately, however, anniversaries in A.A., or particularly the emphasis put on them, can boomerang—and often do—into something far more serious than the harmless birthday fetes held elsewhere. There's dynamite in AA anniversaries.

To begin with, the celebration of anniversaries runs contrary to several of the fundamentals of A.A. philosophy. One of these is the idea embodied in "the 24-hour plan" that we should try to look ahead of the present in measuring our sobriety. We do not set out to stay sober one year, three or a lifetime. Our goal is just 24 hours—just the present—and if necessary we break the 24 hours into even smaller units of time. Celebration of the personal anniversary inevitably turns thoughts not only backward but ahead to the next anniversary, again setting up the psychological yardstick which the founders of A.A. found they did best without.

Another bit of A.A. philosophy which the personal anniversary contradicts is expressed in the wise observation that it's not the length but the "quality of your sobriety that counts." How often that has been proved! Over and over, again and again, events have demonstrated, sometimes tragically, or sometimes happily, that the test of security in sobriety is not how long in A.A. but how well founded in A.A. Everyone knows of those unfortunate cases of the "old-timer" who has been in several years and then has a slip. He knows, too, on the other hand, of "newcomers" who in a shorter span of time have progressed much farther along the road of personal recovery.

Celebration of anniversaries also tends to build up an "aristocracy of old-timers," a kind of class system by which one is supposed to move up from the ranks of the herd into a more select group whose prestige depends on the number of years they have been around. That certainly is inconsistent with the democracy of A.A. Likewise, the implication that through this "aging" process one is graduated from pupil to

master does not jibe with the premise that one does not arrest alcoholism by himself. The whole curative fundamental of A.A. is that he must get help. So how can he become master, ever? It doesn't make sense. The celebration of personal anniversaries puts an emphasis on time that is not justified by A.A. experience. Rare is the new one in A.A. who does not start counting years for himself when he attends a meeting at

## ***Do We Make Too Much Of Anniversaries?***

which some member's fourth, fifth, or X anniversary is being celebrated by the group with figurative trumpets, orchids, and fanfare. Rare, too, is the old one in A.A., who, when he finds himself deferred to and looked up to as an "old-timer," does not begin to get at least a suspicion that maybe he does know more, maybe he is a little apart from the herd. From that point, it's not a long step to a recurrence of ego-itis, the same old disease that had a grip on all of us.

What good purpose is served by celebrating personal anniversaries? Does any member who is really participating in the opportunities of A.A. and enjoying the blessings of sobriety need to have others bring him bouquets for a thing from which he himself benefits, first, and which he undertook for himself, first? We think not—not if there is anything to A.A.'s "unselfish selfishness." The observation that it's not the years but the "quality of your sobriety" that counts is solidly founded on the record of experience.

<https://silkworth.net/alcoholics-anonymous/do-we-make-too-much-of-anniversaries/>

# FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Sam T., 32 yrs, TBA	2	3 Kim S., 27 yrs, Be- ginners @ Noon	4 RC, 4 yrs, Helping Others  Jamie Q., 5 yrs, Laurel Grove  Mike G., 9 yrs, Satur- day AM Breakfast  Jamie R., 2 yrs, North Beach  Will T., 2 yrs, Waldorf  Eileen M., 23 yrs, Kingston Creek

5 Gordon M., 41 yrs, KISS	6 Jimmy S., 17 yrs, Beginners at Noon	7	8 Beth M., 20 yrs, Step Sisters  Sue N., 4 yrs @ Beach Beacon On-Line	9 Matt A., 5 yrs, Harmony	10	11 Craig W., 27 yrs and Keith, 1 yr, Waldorf
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12	13 Matt P., 2 yrs, Harmony	14 JR, 4 yrs, Laurel Grove	15 Laura P., 10 yrs and Mary W., 15 yrs, Step Sisters	16	17 Bob M., 4 yrs @ Beach Beacon On-Line	18 Fred P., 37 yrs, King- ston Creek
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19 Tommy S., 37 yrs, KISS  Carol G., 11 yrs, Sun- day AM Eye Openers	20 Michelle T., 9 yrs, More Will Be Revealed  Dave M., 9 yrs, Harmony  Bob M., 4 yrs, 12 Step Home	21 Paul M. 33yrs.	22	23 Dickie R., 38 yrs, Pat S., 11 yrs, and Rob A., 5 yrs, Poplar Hill  Martha V., 1 yr, Almost Normal	24 Tom C., 3 yrs Beginners at Noon	25 Bruce J., 9 yrs, Waldorf
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26 Allan C., 29 yrs @ Prince Frederick Big Book	27	28				
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# MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><i>Congrats</i></p>			1	2	3	4
					Brian B., 16 yrs, Cove Point	
5	6	7	8	9	10	11
Patty M, 41 yrs, End of the World	David H., 9 yrs @ Monday Nite Traditions		John L., 2 yrs, Cobb Island			Bill H., 4 yrs, Early Bird
12	13	14	15	16	17	18
						Mike B., 2 yrs @ Helping Others
19	20	21	22	23	24	25
					Jason R., 1 yr, Clean Air	
26	27	28	29	30	31	
				Pat S., 11 yrs, Rob A., 5 yrs and AJ, 1 year, Poplar Hill		

# February 24, 2023



**Cove Point  
Group**  
at St. Paul UMC  
Lusby MD

## Celebrates 50 Years of Service

***Food & Fellowship* 7:30 PM**

***Speaker/Discussion Meeting* 8:00 PM**

***Pot-luck “suggested” bring-alongs:***

***(last names beginning with)***

***A – L***

***M – Z***

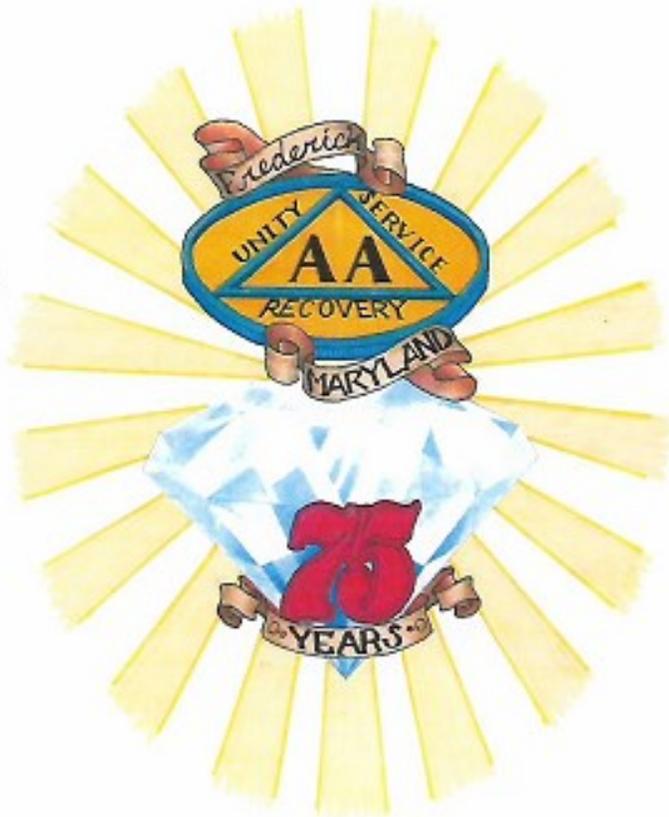
***Hors d’oeuvres ‘n Snax Desserts ‘n Sweetz***

**Come Join us in  
Celebrating 75 Years  
of  
Alcoholics Anonymous  
in the Frederick Area**

Saturday  
March 11<sup>th</sup>  
at ERUCC  
15 W. Church St.  
Frederick

Door Prizes

Dinner  
Dessert  
Beverages



Doors Open  
for Food  
at 5:30 pm

Speakers at  
7:00 pm

50/50  
Drawing

**Speakers**

*Mike M.: Founding Moments*

*Bud R.: Area Archives Chair • AA's Growth in MD*

Seating is Limited to 200 • This event is free  
You will need tickets • No walk-ins

Limit of  
2 Tickets  
per Request  
Circle  
1 or 2 Tickets

***Ticket Request Form***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

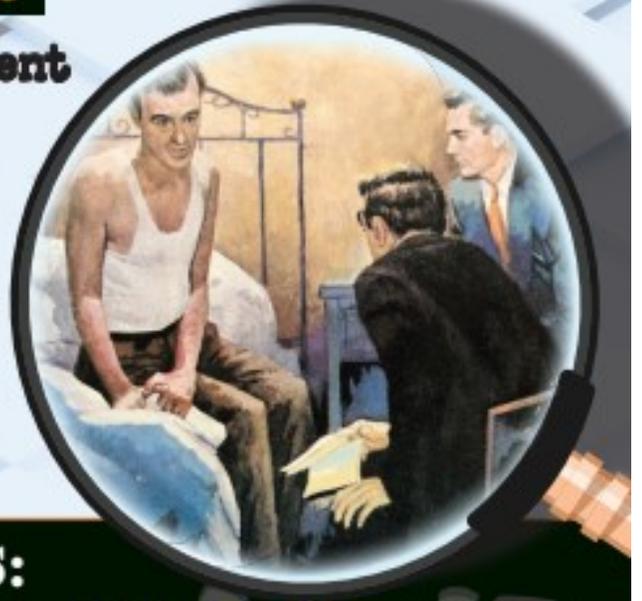
**Mail To: West Central Intergroup • 22 South Market Street Frederick, MD 21701**

# 12<sup>TH</sup> ANNUAL SOUTHERN MARYLAND ROUND-UP

May 5-7, 2023

Hollywood Volunteer Fire Department  
Hollywood, Maryland

## SERVICE IS THE SECRET



### SPEAKERS:

Christina G. Brecksville, OH    Jane L. Tallahassee, FL  
Karl M. Covina, CA    Edith P. Omaha, NE  
Les B. North Port, FL    Marty C. Hamilton, ONT  
Mike F. Aurora, CO    Hosea M. Washington, DC



### -PRICING-

Early registration fee of \$35 per person includes all Workshops, Speakers, and Fellowship for the three day program. Tickets for Banquet Dinner (\$30) sold separately.

Starting April 1st, the registration fee is \$40  
Register online at:

[www.southernmarylandroundup.org](http://www.southernmarylandroundup.org)

Register by mail by May 1st. Make check or money order payable to:  
Southern Maryland Round-Up

Mail to: P.O. Box 427, Dunkirk, Md 20754

After May 1st, check the website for registration availability.

All registrations FINAL. No refunds - pass it on to a friend of Bill's if unable to attend.

Outstanding Speakers!  
Fellowship!  
AA & Al-Anon Workshops & Meetings!  
Sobriety Countdown!  
Hospitality Corner!  
On-site Recovery Store! T-shirts!  
AND MORE!



### 12<sup>TH</sup> ANNUAL SOUTHERN MARYLAND ROUND-UP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Special Needs:    Yes    No

Describe: \_\_\_\_\_

Registration:    \$ \_\_\_\_\_

Banquet:    \$ \_\_\_\_\_

Hospitality Donation:    \$ \_\_\_\_\_

Lend a hand to those unable to pay the Registration Fee:    \$ \_\_\_\_\_

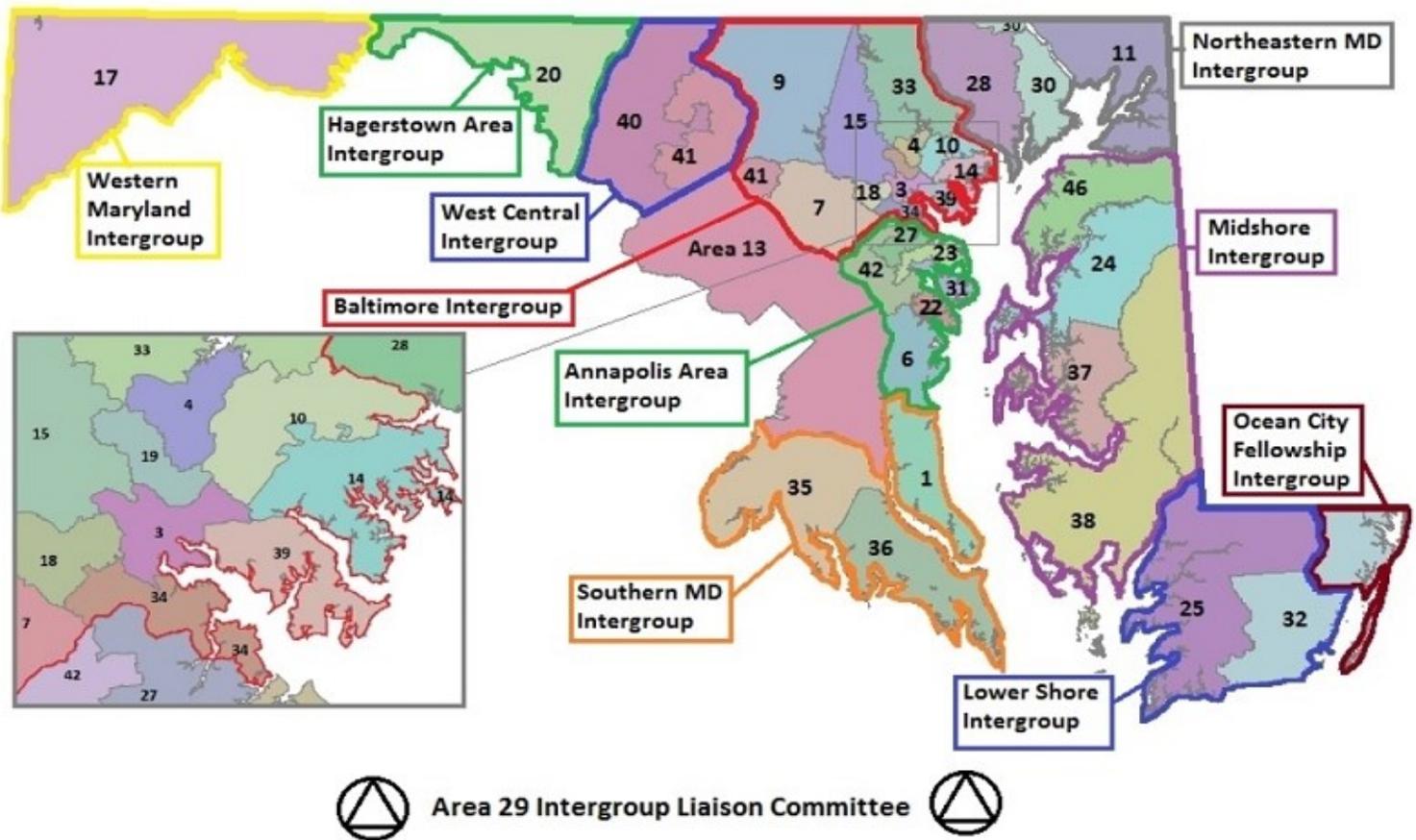
TOTAL:    \$ \_\_\_\_\_

**2023**  
**SERVICE IS**  
**THE SECRET**

For conference and lodging information, please visit

[www.southernmarylandroundup.org](http://www.southernmarylandroundup.org)

or email: [info@somdroundup.com](mailto:info@somdroundup.com)



## ALL AA Members Welcome

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



### The Conference Agenda Review Committee (CARC)

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

2023 General Conference

**HAVE A VOICE  
AND GET INVOLVED**

Topics Covered:  
Social Media  
Service Manuals  
Changes to Literature  
&  
More

Join the Zoom Meeting

<https://us02web.zoom.us/j/86506486809?pwd=QVV4QUxaR1BLRTZQdDVHZFFKNFRiUT09>

Meeting ID: 865 0648 6809

Password 541042

## ... SAVE THE DATE ...

August 4-6, 2023

### 51<sup>st</sup> Annual Area 29 Maryland State Convention

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

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

Area 29  
Maryland  
State  
Convention



Without Unity, the Heart of AA  
would cease to beat...

Sin Unidad, el Corazón de AA  
dejaría de latir...

**SPEAKERS • WORKSHOPS  
HOSPITALITY SUITE • ALCATHONS  
SAT BANQUET • DELEGATE REPORT  
SOBRIETY COUNTDOWN  
OLDTIMERS PANEL**

**AA HISTORY PRESENTATION  
Ice Cream Social & Live Music  
Friday & Saturday Evenings**

**Registration \$36 (cash or check)  
\$38 (credit card or PayPal)**

Convention Pin free for the first 600 Pre Registrations

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)  
or online hotel registration 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>

or scan



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





## 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."

# 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

## Emotional Sobriety Group (Women's)

Changing Meeting to Tuesday Nights 7:00pm.

Starting October 25, 2022

Patuxent Presbyterian Church

23421 Kingston Creek Road

California, Maryland

We are a Women's group

We are looking for Support

We Are looking for some  
new home group Members

So if you like Women's meetings

Come out on Monday night

Try our group out

Join and be a voting Member

## 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.



# SMIA Meeting Minutes

## Jan 14, 2023

**Opening:** Bill L. opened with the Serenity Prayer and Responsibility Statement.

**Board Members present:** Bill L. - Chair, Katherine L. – Vice Chair, Rebecca B. – Treasurer, Rob A. – Parliamentarian and Tressie F. - Secretary

**Groups & Committees Represented:** Scott A. – Basic Text, John Z. – Sunday Morning Sobriety, Paul S. – Cove Point, Todd M. - St. Charles Step, Craig W. – Waldorf, Nathan H. – Waldorf, Jeanine W. – St. Charles Step, Dan W. – St. Charles Step, Scott T. - Sunderland, Buddy F. – Basic Text, Robert W. – Sunday Morning Sobriety, Jeremy B. – Harmony, Norma H. – 12 Steps Home, H. Johnson – 12 Steps Home, Roy B. – Solomons, Roland H. – Eye Opener, Lorraine J. – Bedouin, Amanda W. – ODDAT, Keith H. – Almost Normal, Pat. P – Where and When, Melissa – Phone, Mary F. – St. Mary’s PI/CPC

**SMIA Chair Report:** Bill L. – nothing new to report

**Vice-Chair Report:** Katherine L. – nothing new to report.

**Secretary Report:** Read by Tressie F. – December 2022 minutes were accepted as read with corrections.

**Treasurer Report:** Rebecca B. – 11/25/22 – 12/24/22 report provided. Monthly net assets \$16957.37 with \$918.10 in contributions. Jeanine asked if we list individual group contributions. SMIA voted to stop doing that about 4 years ago. The Treasurer’s Report is available on-line on the SMIA website @ <https://somdintergroup.org/finance.html>

### Committee Reports

**Archives:** John Z. – has acquired a scanner; and working with Wally P. to get materials. Melissa has agreed to be the Charles County committee member and a representative is needed for Calvert County. Bill set-up storage for archives. John, Bill, and Pat P have access as \$30 per user license.

**Bookstall:** Buddy – Collected \$331.65. Rev was reimbursed \$113 from Bookstall cash for Lifeline printing.

**Lifeline:** Keith – Sixty copies of the Lifeline were prepared and distributed. Thinking about interviewing people for future articles; for example, their experience in AA or with specific step or topic.

Keith will email Rebecca copy to handle printing in the future for accounting purposes (track electronic payments).

**Phone Report:** Melissa – received 19 calls (10 St. Mary’s, 4 Calvert, and 5 Charles) for 1 hour 20 minutes total.

**Picnic:** No update.

**Serenity Breakfast:** John is willing to chair but needs to talk to the facility.

**Gratitude Dinner:** Buddy – sold \$5080 in tickets with expenses totaling \$3578.08 with net gain of \$502.92. Donated \$280 to church from 50/50 raffle.

**Corrections and Treatment:** Charles County – Jeanine is new chair. Thank the bookstall supplied copies of Living Sober to Jude house. Meetings are being held at the RCA Monday through Friday at 7:30 pm and Saturday at 2:00. Men and Women’s meetings are now living in separate locations at the Jude House. Need a male volunteer for men’s meeting one Wednesday a month at 7PM. There was a women’s AA meeting organized, but the residents said they would prefer an NA Zoom meeting so AA meetings were canceled. Due to limited volunteers and scheduling, there is no women’s meeting being taken into jail, however, there is a men’s meeting. St. Mary’s – meetings going into Anchor and Compass. Calvert – no update.

**PI/CPC:** St. Mary’s – new district 36 Where and When printed and racks are full. Charles – Jeanine stated Brenda W. is the new chair. Calvert – needs a chair. Per Jeanine PI and CT chairs can register with MD GSA.

**Where and When:** Pat P. – is getting data files ready for printer. The deadline for changes is February 11th. John requested a QR code be printed for the Meeting Guide App to load from either Apple Store or Google Play Store.

Total Visitors (initial visit)	2899– Up 5%
5 Most Frequently visited pages	Home Page – 3146 Where/When Calendar- 476 On-Line Meetings -289 Where/When Search - 246 Announcements -185
Referring Sites	Direct, Others Search Engines – Google, DuckDuckGo, Yahoo

The SMIA On-Line Bookstall had 548 new visitors since the December 2022 meeting. 8 new orders were submitted; 7 were completed, and 1 was cancelled.

### Site Updates and Changes

The site design was changed globally to reflect the new year. The COVID-19 page was deprecated. If information about COVID-19 is needed, e-mail the webmaster and it will be retrieved from the archives.

The Archives Repository is fully operational. Pat P. has accessed and used the Archives. John Z. has not yet signed in.

### Meeting Change Information

The Friday 11th Step Meeting in Lusby, Calvert County was terminated. The Step Free Meeting in Indian Head, Charles County was moved to St. James Episcopal Church. The ODAAT On-Line meeting option was removed.

### Meeting Status

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

### Document Posts and Updates

Mobile App 2023 v3.3.1 released 1/1/23  
Lifeline posted – 1/1/23

Finance Page updated – 12/28/22

SMIA Minutes posted – 12/14/22

Where and When PDF updated – 1/1/23

**Old Business** – None.

**New Business** – No new business.

**For the Good of the Order:** Tom G. – last surviving founding member of SMIA passed away. There is article in the Lifeline. Dwayne D. from district 35 passed away. Paul M. succumbed to cancer. Todd M. – 5 years on 1/26 at St. Charles Step. Paul S. – 4 on 1/20 at Cove Point. Rick H. – 34 years 1/28 at We Wuz Wurz. Meeting adjourned with the Lord’s Prayer.



**Southern Maryland Intergroup Association Inc.  
Treasury Report**

*Thank  
you!*

*For Your Contributions*

**\$1,094.83**

[www.somdintergroup.org/donate.php](http://www.somdintergroup.org/donate.php)

SMIA, PO Box 767, Charlotte Hall, MD 20622

PayPal

Southern Maryland Intergroup Association Inc.

Statement of Financial Position

Dec 25, 2022 - Jan 24, 2023

**Assets**

Primary Business Checking	12,383.23
Prudent Reserve	6,300.29
PayPal	302.43
Petty Cash	137.00
Bookstall Cash on hand	100.00

**Total Assets** 19,222.95

**Expenses**

Bookstall	
Liability Insurance	-
Lifeline Printing	126.00
LogMeIn Communications	22.89
Misc - Gratitude Dinner Exp	
PayPal Fees/Transfers	
PO Box Rental	
Rent	
Webmaster	
Website Maintenance	95.18
Where and When	

**Total Expenses** 244.07

**Monthly Net Assets** 18,978.88

Southern Maryland Intergroup Association Inc.  
Yearly Statement of Activity  
May 1, 2022 - Apr 30, 2023

**Revenue**

Contributions	7,509.32
Bookstall	3,418.15
Where & When Contributions	-
Gratitude Dinner	502.00
Serenity Breakfast	1,290.00
<b>Total Revenue</b>	<b>\$ 12,719.47</b>

**Expenditures**

Bookstall	2,728.59
Liability Insurance	267.00
Lifeline Printing	444.58
LogMeIn Communications	228.64
Md State Tax	
PayPal Fees	
PO Box Rental	100.00
Rent	600.00
Phone Answering Service	
Unitel 1-800 Number	
Webmaster	737.00
Website Maintenance	625.30
Where and When	1,997.04
<b>Total Expenditures</b>	<b>7,728.15</b>
<b>Yearly Net Assets</b>	<b>4,991.32</b>



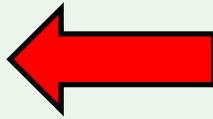
# WHERE DO WE SEND OUR CONTRIBUTIONS?

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

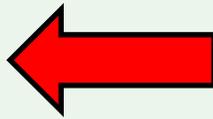
2) Or they can be mailed to the appropriate office location:

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

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



**Maryland General Service 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**

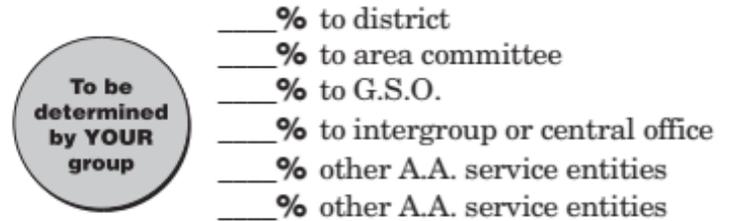
**District 35 (Charles)  
 P.O. Box 1981  
 La Plata, MD 20646**

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

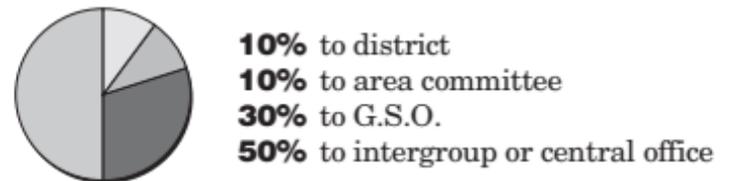
## Samples of Group Contributions to A.A. Service Entities\*

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

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

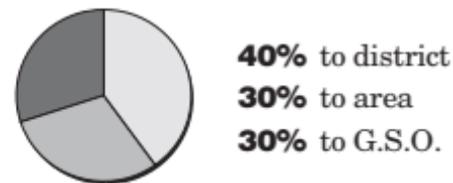


OR



OR

If you have no intergroup/central office.



## ATTENTION GROUP TREASURERS:

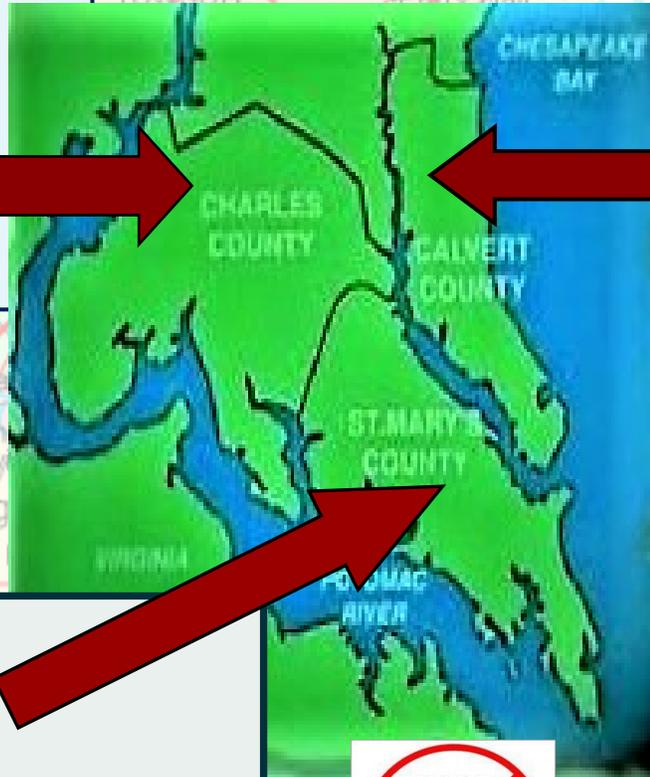
***\*Remember to include the 6-digit GSO Group Number on all correspondence to Maryland General Service.***

**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**



**DISTRICT 1**  
**CALVERT COUNTY**

**SERVICE OPPORTUNITIES**

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

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

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

**PO Box 234**  
**Barstow, MD 20610**  
**[www.calvertaa.org](http://www.calvertaa.org)**

**DISTRICT 36**  
**ST. MARY'S COUNTY**  
**PO Box 1334, California, MD 20619**  
**[www.district36mdaa.com](http://www.district36mdaa.com)**



# **DISTRICT NOTES**

**Please send any updates for the Where & When to:**  
**[smia.whereandwhen@somdaa.org](mailto:smia.whereandwhen@somdaa.org)**

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

**The next SMIA Meeting will be held on**  
**Saturday, February 11, 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?](https://zoom.us/j/99982597908?pwd=QzVLCUZrVHdacFlrYUNZN21tdkluQT09)**  
**[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 LIFE-LINE 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/](https://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](http://www.somdintergroup.org). Click on the Phone List link, complete the online form - this is a secure method to add your name to the 12-Step Call List. This protected information is only shared with the Phone Committee Chair. You will be amazed before you're half way through.**

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: Bill L.
- Vice Chair: Katherine L.
- Secretary: Tressie F.
- Treasurer: Rebecca B.
- Parliamentarian: Rob A.
- Where & When: Pat P.
- Lifeline: Keith H.
- Telephone: Melissa W.
- Website: Bill L.
- Bookstall: Buddy F.
- 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](mailto:somdlife-line@gmail.com)