



LIFELINE



*I am responsible
when anyone, any-
where, 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>

Humility in Recovery and How to Develop It

Humility, Defense Mechanisms and the Creation of the False-Self

In relation to Twelve-Step philosophy, humility in recovery is considered a prized virtue and essential to the practice of both the 12 Steps and 12 Traditions.

Humility is difficult for most human beings and I doubt it can be practiced absolutely by many, if any of us. It requires a secure sincerity and integrated sense of oneself, a self-love, compassion and emotional maturity that's often absent, particularly in those of us with a history of alcoholism and/or addiction.

Humility is simply having a realistic sense of oneself. A humble person accurately acknowledges both their strengths and limitations. These people have the capacity to be honest and without pretense in relation to themselves. They are "right-sized" and without false pride, arrogance, or importantly, low self-esteem. They are modest and without "ego", they are authentic and real, and can admit to their vulnerability.

Humility in recovery is an essential foundation for a better life. For instance, it provides us with the willingness to surrender our ego and false pride. It also provides the courage to show our vulnerable side and admit to the problem of addiction. Humility gives us the willingness to ask for help and guidance from others and to practice trust beyond ourselves. It enables us to see the need for and to embrace



change. Humility connects us to others through the expression of our humanity and is a bridge to freedom from our self-imposed isolation.

The Virtues Inherent to Humility and the 12 Steps

The virtues of self awareness, acceptance, and self-honesty, give us the courage and willingness to be vulnerable, to be truly humble. In other words, by working on these virtues we increase our capacity to be humble in our relationship with ourselves and others. However, if we lack self-awareness and self-acceptance we will also lack self honesty and therefore fail to be humble. We'll be unable to show our true self to others, to be vulnerable, and will lack authenticity in our relationships. We will need to defend ourselves instead.

The 12 Steps all involve practices and principles that encourage the aforementioned virtues. They require the practice

of humility, as well as develop it. The Steps involve:

- admitting our limitations to ourselves and others
- asking for help from outside of ourselves and seeking guidance
- a willingness to accept, take responsibility for, and to admit our faults and weaknesses
- the willingness to practice forgiveness
- enthusiasm, courage and honesty to be vulnerable with others, and to make our amends
- the spirit to practice faith and trust
- and the willingness to be of help and of service to others

These are all humble actions, attitudes, and virtues that help us to grow in recovery and develop as human beings.

(continued on page 2)

(continued) Moreover, they reduce egotism and promote a healthy sense of oneself, and are therefore good for our relations with others and the world. Humility allows us to be honest, open-minded, and willing in our efforts to recover. These attitudes are the essential HOW that we need in recovery. Ultimately, when humble we are willing to seek and receive help, support, guidance and direction with our lives. We are not alone anymore.



The “Ego Defenses” That Prevent Humility

Denial, rationalization, minimization, projection, etc., are the unconscious “*defense mechanisms*” (see Psychoanalytical Theory) that diminish our capacity to be humble. These psychic or ego defenses promote and perpetuate the following defensive attitudes and behaviors that can be harmful to our recovery: dishonesty, arrogance, false pride, anger, aggression, criticism and being argumentative. In addition, they can also allow us to continue with our addiction, which in itself is a major defense strategy.

The feelings of shame, rejection, insecurity (emotional, physical and social), low self-worth, trauma, loss, and emotional wounding are why the ego is trying to defend itself. These are very painful states of being which create FEAR and its defenses or relations: anger, anxiety, self-centeredness, controlling behavior, dis-

honesty, depression, avoidance and social isolation. These shame and fear based defenses are attempts by the ego to protect itself. And, to escape the underlying painful states of being and related unbearable feelings.

The Creation of the “False-Self”

According to the theory of Person-Centered psychology feelings of shame, rejection, and “*conditions of worth*” (parents, teachers, peers, and society’s values, beliefs and views), cause us to deny certain aspects of ourselves and our experience due to the innate human need for social approval. We view these parts of ourselves as below par to others. And, so develop false attitudes, beliefs and behaviors that we consider more socially acceptable. And, we create a “*false-self*” or “*distorted self-concept*” through the defense mechanisms of denial and distorting experience.

In doing so, we lose contact with our “*true-self*” through this process and can develop a false persona (people pleasing traits and behavior). In addition to false pride via our poor self-esteem and irrational beliefs. And, consequently lose our ability to be humble or real. We lose our integrity and become disconnected from our organic self, which causes anxiety and other associated mental health problems.

Often, but not always, people with a history of addiction have been abused, neglected and deeply wounded by others close to them. And so, have learnt to protect themselves against being open. They lack trust in others and in life. Therefore, are defensive and tend to push others away, often without even knowing. Their defenses are varied and can include all manner of shame and fear based behaviors. These are strategies for avoiding the underlying pain of their emotional wounds.

Applying Humility for Healing

Sadly, these defensive strategies often prevent connection and true intimacy with others, and result in a painful isolation and

a feeling that life lacks meaning. Our underlying wounds and their defenses prevent humility and the capacity to connect with our more positive feelings as well.

The healing process is not an easy one. It is a long and difficult journey and requires a lot of drive and courage; as well as faith in our ability to be healed. The 12-Step recovery process can help guide us in this journey of healing our emotional wounds, and in letting go of unhelpful ego defenses, thereby regaining our capacity to be humble and real.

<https://www.aacle.org/humility-in-recovery-and-how-to-develop-it/>

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.”

The Importance Of A.A. Service Work

If nobody was doing any service work, the Alcoholics Anonymous program would simply cease to exist. Without the service work of those who came before us, none of us would be here now!

Service Work In Recovery: One of the more common sayings you will hear at an Alcoholics Anonymous meeting is that, "you have to give it away in order to keep it". What this is referring to is the idea that service in recovery can help the giver as much as the receiver. This giving should not be done in the hope of a reward or praise. Instead the individual does it because they know that it is helping to keep them connected. Numerous studies have provided evidence that helping others in recovery provides great benefit to the helper.

Service in Recovery Defined: Service in recovery refers to work carried out for no financial reward or compensation either by directly helping someone, or indirectly helping by providing services.

The Importance of Service in Alcoholics Anonymous: Alcoholics Anonymous could not function without the voluntary services provided by members. All these meetings around the world are organized and maintained by volunteers. There is usually a collection at the end of each meeting, but (in the spirit of the seventh tradition) this money is used to pay for rent, coffee, donuts, literature, and other overheads. Almost every person at these meetings will provide some type of service, even if it is just sharing a bit of their story, or preparing the coffee.

Other Types of Service in Recovery: There is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual to their own recovery.

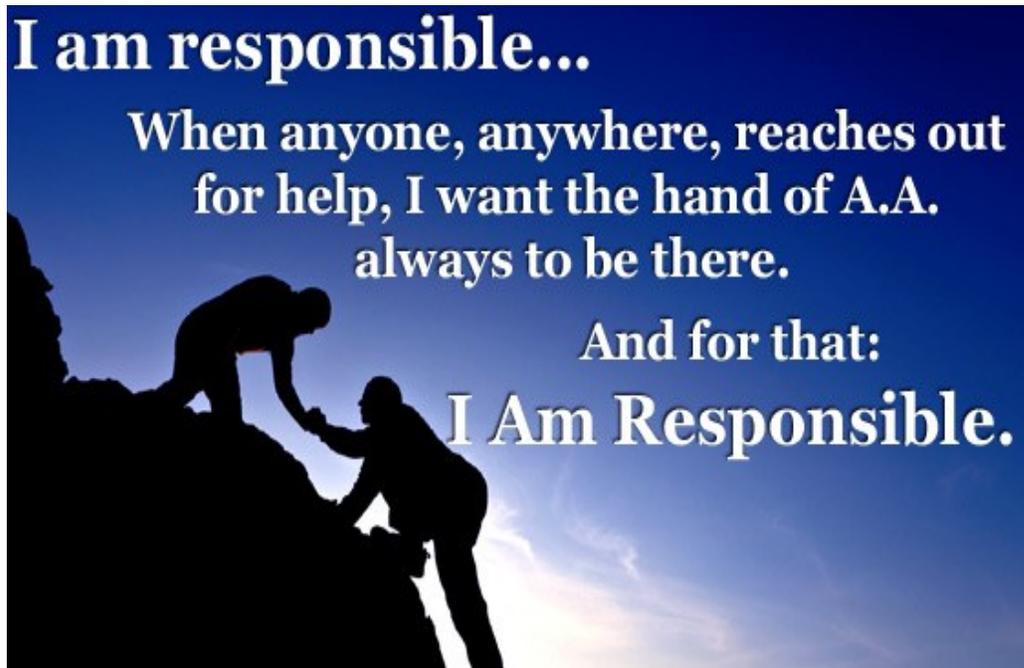
Types of Service in Recovery: Anything that directly or indirectly

helps others in recovery is considered service, including:

- Sponsorship
- Intergroup Representative
- Making coffee or tea at a AA meeting
- Chairing or moderating at a A.A. meeting
- Giving out coins / tokens/ chips.
- Meeting set-up or clean-up
- Welcoming newcomers to recovery meetings
- Taking a service role within a recovery group, i.e., treasurer or secretary
- Making time to speak to people who are obviously struggling with problems

The Benefits of Service in Recovery: Service in recovery benefits both the giver and receiver. Such benefits include:

- Those people who devote some time to helping others are less likely to suffer with depression.
- Helping others with problems reminds the individual of where they have come from.
- The giver will feel that they are giving back and this will increase their confidence and self-esteem.
- Helping others takes the focus off the individual. Many alcoholics struggle with self absorption.



The Twelve Concepts of Alcoholics Anonymous

I. The final responsibility and the ultimate authority for A.A. World services should always reside in the collective conscience of our whole Fellowship.

II. When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference — excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter — the actual voice and the effective conscience for our whole Society.

III. As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees, and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional “Right of Decision.”

IV. Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

V. Throughout our world service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

VI. On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

VII. The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

VIII. The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

IX. Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the trustees of the General Service Board of Alcoholics Anonymous.

X. Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

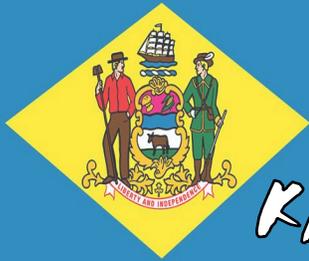
XI. While the Trustees hold final responsibility for A.A.’s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

XII. General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds plus an ample reserve, be its prudent financial principle; that none of the Conference members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

Twelve Concepts for World Service, Reprinted with permission of A.A. World Services, Inc.

ALCOHOLICS ANONYMOUS

WHO



Wilmington, Delaware

KNEW?

The Wilmington Preamble has long been surrounded by controversy and discussion of such has sparked many a debate almost from its inception in the early years of Alcoholics Anonymous. The history of our fellowship has mostly been passed from member to member over the expanse of many years; member whose very disease has a tendency to distort one's memory. Inaccuracies may prevail. The following is in no way an attempt to dispel those controversies, but an effort to establish an accurate history of the birth of the Wilmington Preamble and to keep its true history alive for the enlightenment of future generations. Documentable corrections are welcomed.

The Wilmington Preamble's birth ties in with one of Wilmington's earliest members, Shoes L. Shoes joined the Wilmington Group and got sober in May of 1944. The following month in June, Shoes was Chairman of the group and in charge of getting speakers for their meetings. There was at this time a sportswriter in town covering the horseraces at Delaware Park. His name was Mickey M. and Shoes asked him to speak at the group's meeting. Mickey replied that he wasn't much of a speaker but that he would write some-

thing appropriate. He reportedly went back to his room at the Hotel Dupont and wrote the Wilmington Preamble as we know it and it was read the following Friday night.

Being a sportswriter, Mickey M. covered events in other towns, and while in Baltimore covering the races at Pimlico gave the same preamble to the Baltimore Group which they also adopted as their own. Where it was actually read first is the subject of many debates but one fact remains clear, that this "Preamble" was widely accepted in Maryland and Delaware long before World Services sanctioned the shorter A.A. Preamble that is more universally accepted today.

The Wilmington AA Preamble

We of Alcoholics Anonymous are a group of persons for whom alcohol has become a major problem. We have banded together in a sincere effort to help ourselves and other problem drinkers recover health and maintain sobriety.

Definitions of alcoholics are many and varied. For brevity we think of an alcoholic as one whose life has become unmanageable to any degree due to the use of alcohol.

We believe that the alcoholic is suffering from a disease for which no cure has yet been found. We profess no curative pow-

ers but have formulated a plan to arrest alcoholism. From the vast experience of our many members we have learned that successful membership demands total abstinence. Attempts at controlled drinking by the alcoholic inevitably fail.

Membership requirements demand only a sincere desire on the part of the applicant to maintain total abstinence.

There are no dues or fees in A.A.; no salaried officers. Money necessary for operating expenses is secured by voluntary contributions.

Alcoholics Anonymous does not perform miracles, believing that such powers rests only in God.

We adhere to no particular creed or religion. We do believe, however, that an appeal for help to one's own interpretation of a higher power, or God, is indispensable to a satisfactory adjustment to life's problems.

Alcoholics Anonymous is not a prohibition or temperance movement in any sense of the word. We have no criticism of the controlled drinker. We are concerned only with the alcoholic.

We attempt to follow a program of recovery which has for its chief objectives: Sobriety for ourselves; help for other alcoholics who desire it; amends for past wrongs; humility; honesty; tolerance; and spiritual growth.

We welcome and appreciate the cooperation of the medical profession and the help of the clergy. <https://www.aacle.org/wilmington-preamble/>

Step Seven – Humility *"Humbly asked Him to remove our shortcomings."* We often confuse humility with humiliation, but this definition doesn't work. If humiliation were all it took to get sober, most of us would have succeeded after our first blackout. Humility does not require us to lack self-esteem. In fact, the most humble among us generally recognize our strengths in addition to our weaknesses. The difference is that the meek will see their strengths without over-inflating their self-importance. Returning

to *Drop the Rock*, we take a look at those who properly exhibit this principle:

"They have gotten down to their own right size. Humility is understanding that they're worthwhile. It's the middle ground between the extremes of grandiosity and intense shame. They have a sincere desire to be and become the best they can be. Today we remember that humility is not being meek. It is being our true selves. Humility for us means staying our right size—and remembering we are as humble as we are grateful."

In other words, we recognize our strengths with gratitude rather than ego. To an extent, we may even practice gratitude in the face of our shortcomings. The principles teach us to use our weaknesses as learning opportunities. Our lives in addiction took us down a terrible road. But that same road led to a greater life that lies ahead of us. Realizing this, we continue our journey through the principles, that we may bring our dark past into harmony with our bright future.

<https://www.amethystrecovery.org/principles-12-steps/>

What Happened in July?

June 29-July 2

1995 – 56,000 attend
60th Anniversary of AA in San
Diego. What a party!

July 1-3

1960 – 8700 attend
25th Anniversary of AA in Long
Beach, CA

July 2

1960 – Father Ed Dowling dies.
1965 – *Best of Bill* and pocket-
sized *12 & 12*; first sold.
1965 – First *La Vigne*, the Ca-
nadian version of
the *Grapevine*, is published.
1993 – 50 years of AA cele-
brated in Canada.

July 2-3

1955 – 5000 attend
20th Anniversary at our St Louis
Convention; Bill W. turns “the
fellowship over to the fellow-
ship” at 4:00 PM

July 2-4

1965 – 10,000 attend
30th Anniversary of AA in To-
ronto, our Responsibility Decla-
ration is adopted.

July 4

1939 – First AA meeting in
Flatbush, NY starts.

July 3-5

1970 – 10,900 attend
35th Anniversary of AA in Mi-
ami; Bill W. gives his last talk to
AA.

July 3-6

1980 – 22,500 attend
45th Anniversary of AA in New

Orleans; first
true marathon
meeting is held
here.

July 5

1985 – AA gives
Ruth Hock 5,000,000th Big
Book during 50th AA Anniver-
sary in Montreal, Canada.

1990 – AA gives Nell Wing
10,000,000th Big Book during
55th AA Anniversary in Seattle,
WA

July 3-6

1980 – Gay AA’s have own
program at 40th AA Anniversary
in New Orleans.

July 5-7

1985 – 45,000 attend
50th Anniversary of AA in Mon-
treal; House of Seagrams flies
their flags at half mast for 3
days.

July 7

1940 – Bill attends first sum-
mer session at School of Alco-
hol Studies at Yale University

July 5-8

1990 – 48,000 attend
55th Anniversary of AA in Se-
attle. 75 countries are repre-
sented as the former Soviet
Union’s members attend for the
first time.

July 8

1940 – First AA group formed
in Dayton, Ohio.

July 14

1939 – Blythewood Sanitarium;
Dr Harry Tiebout gives Big

Book to Marty M. who prompt-
ly throws it back at him.

1979 – Dr. Ernest Kurtz pub-
lishes *Not God*, a history of AA

July 20

1941 – First AA group forms in
Seattle, Washington.

July 22

1877 – Willian Duncan Silk-
worth born in Brooklyn, NY.

July 23

1940 – Philly AA’s send 10% of
kitty to Alcoholic Foundation,
setting precedent.

July 23

1943 – New Haven Register
CT reports arrival of AA’s to
study with E.M. Jellinek.

July 24

1943 – L.A. press reports for-
mation of all-Mexican AA
Group.

July 28-30

1950 – First AA Convention
celebrates 15th anniversary of
AA in Cleveland.

July 31

1972 – Rollie H., former base-
ball player, dies sober in Wash-
ington DC.



SMIA Serenity
Breakfast needs
your help!

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

JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						<p>1 Elaine, 23 yrs , As Bill Sees It</p> <p>Ryan, 7 yrs, Laurel Grove</p>
<p>2 Jamie, 8 yrs, End Of The Word</p>	<p>3 Bill, 33 yrs, 12 Step Home</p>				<p>7 Jerry, 23 yrs , Wayside</p>	<p>8 Steve G., 5 yrs, Helping Others</p> <p>Vesha, 8 yrs, As Bill Sees It</p>
<p>9 Brandi T., 9 yrs, ODAAT</p>	<p>10 Susan B., 6 yrs, More Will Be Revealed</p> <p>Mark R., 1 yr, 12 Step Home</p>	<p>11 Travis S. 15yrs. Hollywood</p>	<p>12 Billy B., 9 yrs, There Is a Solution</p>	<p>13 Misty C. 2yrs. Almost Normal</p>		<p>15</p>
<p>16 Cathy T., 2 yrs, 12 and 12 For Serenity</p>	<p>17 Marie, 34 yrs, 12 Step Home</p>		<p>19 Uris, 29 yrs and Juris 7 yrs , Cobb Island</p>	<p>20 Keith H., 34 yrs, Almost Normal</p>	<p>21 Joe H. 22yrs. Mary F. 24yrs, Leonardtown</p> <p>Tim T., 10 yrs, Not Quite Right</p>	<p>22 Linda B., 7 yrs, Waldorf</p>
<p>23 Melinda, 30 yrs and Monica, 29 yrs, End Of The World</p>	<p>24 Andy, 7 yrs, New Life</p>			<p>27 Brian B., 7 yrs, and Jim W., 1 yr, Poplar Hill</p> <p>Fred W., 19 yrs, Daily Reprieve</p>	<p>28</p>	<p>29</p>

30 Sherrie T., 9 yrs, Never Too Late

Sherry B., 43 yrs, Southern Sobriety


congratulations!


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 Beth H., 20 yrs, Living Sober	7	8	9	10 Betty C. 2yrs. Blue Top	11	12
Ray C., 2 yrs, Never Too Late				Chuck M., 1 yr, Harmony		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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

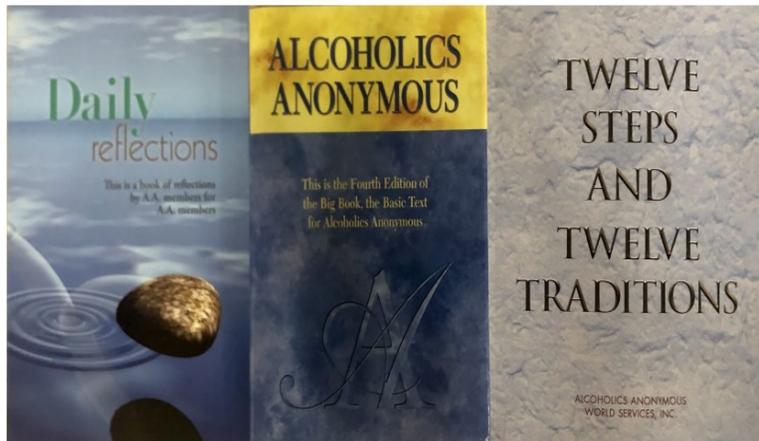
20850 LANGLEY RD. LEXINGTON PARK

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.

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

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

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

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

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

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

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

IMPORTANT: NOTE DATE CHANGE FOR DECEMBER MEETING!!

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

Service Opportunities!

NOW IS THE TIME!!! WE NEED A SERENITY BREAKFAST COMMITTEE! You don't have to do everything, we just need a few folks who are willing to help out.



If you or others are interested, please contact SMIA and join us at the July 8 meeting in person or via Zoom. Help us preserve our local traditions!



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 A.A.

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

MarylandDeafAccess@gmail.com
or Accessibilities@Marylandaa.org

7th Step Prayer

My Creator, I am now willing that You should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding.
AMEN

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



AN A.A.
GRAPEVINE
BOOK

NO MATTER WHAT

Dealing with Adversity in
Sobriety

6 2 7 5 3 0 3 5 8 9

P W 5 1 4 4 7 2

TUESDAYS @ 7:30 P.M.

EASTERN TIME ZONE

STARTING 5/23/23

Sunday Night Three Legacies Workshop

8:30pm EST
7:30pm CST/ 5:30pm PST

**ID 320 861 4908
PW: 925644**

6/18 - Review 73rd GSC Actions (second half)

6/25 - Begin 12 weeks on the Traditions

Area 29
Maryland State Convention

Without Unity, the Heart of AA would cease to beat...
Sin Unidad, el Corazón de AA dejaría de latir...

51a Reunión Anual Área 29

Convención Estatal de Maryland

Del 4-6 de agosto del 2023

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

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

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

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

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

Registro y selección de comidas

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

MGS Convention
Apartado Postal 9879
Towson, MD 21284

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

Comuníquese con nosotros respecto a oportunidades de servicio en la Convención: Sí Teléfono #: _____

Requiero adaptaciones de accesibilidad en la convención. Enumérelas: _____

Area 29
Maryland State Convention

Without Unity, the Heart of AA would cease to beat...
Sin Unidad, el Corazón de AA dejaría de latir...

Opciones de registro

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

Participantes

Subtotal

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

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

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

SUNLIGHT of the SPIRIT

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!



FREE EVENT!!!



The District 36 Annual BBQ
 Sunday, September 17

Noon-6pm

LOCATION:

Fifth District Park (at Lettie Dent School)
 37880 New Market Turner Rd Mechanicsville, MD
 Burgers, Dogs and Drinks provided!!

Bring a side dish or dessert.

There will be 50/50 RAFFLE drawing prior to the
 speaker's meeting.

plus lawn games, including cornhole and horseshoes

Stop by and join in the Fellowship, food, and FUN!

For more info 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!



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

PRIVATE COSTUME CONTEST:
 2023 Rule 62 Them: DRESS AS A SONG!
 (must play the song for judges on your phone)
 Rock & Roll, Country, Jazz, Hip Hop, Blues, etc.
SOBER SCAVENGER HUNT Nov. 3!

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 #livelikeyoumeanit

www.sobercelebrations.com, fellowship vacations since 2001

Sneak Preview! NAATW 2023 Presentation Topics

The Workshop is an annual event where those interested in using technology in service to Alcoholics Anonymous gather to share experience.

Below are some of the topics confirmed for presentation at this year's hybrid event that will be hosted from Shenandoah University, Winchester, VA from **5:00 PM Friday, September 8th to 1:00 PM Sunday, September 10th, 2023.**

- Helping Online Intergroup Manage a Meeting Directory at Scale. (Josh R. Mountain View, CA)
-
- Solving Our Common Problems: A Technology Update from TIAA. (Mike F. NY and Lew G. MN)
-
- Virtual Meetings: Best Practices (Royce E., Freehold Township, NJ)
-
- AI in AA - Bringing New Depth to the Meeting List (Matthew L., Long Beach)
-
- AI in AA - The Potential for Generative AI to Enhance and Support AA Activities and Content (Lois L., St. Louis, MO)
-
- The Pressing Need for Pre-Production Planning in Hybrid and Virtual Events (Laura S, St. Louis, MO)
-
- DIY Usability Testing for Better AA Websites (Melissa E., Durham NC)
-
- How Australia is Dancing the Digital 12 Step (Lachlan B., Sydney, Australia)
-
- How to Most Effectively Use AA Approved Literature in a Virtual Setting. (Lisa R., Albany, CA)
-
- "Off the Shelf Solutions" for Technology in AA including C4R, TSML and the Meeting Guide. (Doug G. and Larry W., VA)
-
- What's New - 2023 Technology Update from AAWS and Grapevine
-
- AA's 12th Concept: Bringing Spiritual Guidance to Our Technology Community (Buck R., Lewes, DE)
-
- And back by popular demand: Blasts from the Past, Birds of a Feather, and more!
-

Event features:

- Preferred rate of \$139/night at 2 nearby hotels
-
- Stay with a local program (subject to local participant availability)
-
- Free transportation to and from Dulles airport
-
- One dinner and two lunches included with in-person ticket price
-
- Dual track serving different experience levels and interests
-

Visit <https://naatw.org/2023-naatw-workshop/> for more information and check back often o the next several weeks to view the full program.

Looking forward to being with you all in September,

NAATW 2023 Steering Committee

SMIA MEETING MINUTES 6/10/23

Opening: Buddy F. opened with the Serenity Prayer.

Board Members present: Buddy F. - Chair, Rebecca B. – Treasurer, Rob A. – Parliamentarian and Lorraine J. – Acting Secretary

Groups & Committees Represented: Paul S. – Cove Point, Bill L – Sunderland/Bookstall, Todd M. - St. Charles Step, Bruce O. – Waldorf, Nathan H. – Waldorf, Roy B. – Solomons, Lorraine J. – Bedouin/District 1 PI, Amanda W. – ODDAT, Tressie F. – Harmony; Mary F. Leonardtown, Buddy F. Basic Text, Rob A. Poplar Hill, Jeremy B. Harmony, Zee S. Sunday Morning Sobriety, Keith H. Almost Normal, Rebecca B. Huntingtown, Jamie R. North Beach, Melissa M. Basic Text, and Pat P. North Beach

SMIA Chair Report: Buddy F. – Attended Area 29 meeting on 5/20 and reported that Grapevine lost \$400,000 last year. Launched an app and expect to be in a better financial position this year. When groups donate to the area, the cost to process a check is \$5.60 while the cost of online donations is \$2.53. The Service Manual reprint is scheduled for 2024. AA and Young People brochure will be replaced with a video series. Review of stories for 5th Edition of the Big Book is underway. Three Pillars workshop is all set for July 15th. Please take flyers to help get the word out.

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

Secretary Report: Read by Lorraine J. – May 2023 minutes were accepted with corrections.

Treasurer Report: Rebecca B. – 4/25/23 – 5/24/23 report provided was accepted as presented. Total assets \$13,425.49. The Treasurer’s Report is available on-line at <https://somidintergroup.org/finance.html>

Committee Reports

Archives: John Z. – not available.

By-Laws Committee: Discussed under “Old Business.”

Lifeline: Keith – Going well. Suggestions or submissions are always welcome.

Phone Report: Melissa – 4/8/23 to 5/13/23 12 calls: 7 St. Mary’s; 5 Charles; 0 Calvert. 5/13/22 4 calls: All St. Mary’s. Melissa saw an ad for National Mental Health Crisis Hotline and plans to call for more information.

Serenity Breakfast: No one came forward to chair the 2023 event which is typically held in the May/June timeframe. Need to secure a venue to accommodate approximately 150 attendees. Mary F. said there is a church in Leonardtown that has a commercial kitchen. She offered to check into that as a possible location.

Gratitude Dinner: Schedules for November 11th at Immaculate Conception. We are 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 2 meetings per month through July and no women’s meetings.

PI/CPC: St. Mary’s – doing well--just printed a new Where & When. Calvert – met with predecessor and will work over the next month to explore additional locations for literature—On Our Own, Substance Abuse Services, etc. Charles – no report.

Bookstall: Bill L. - There were 1302 visits to the On-Line Bookstall since the April meeting. There were 10 orders since the last meeting; all 10 have been processed.

Completed orders totaled \$257.60. Of the completed orders, \$50.00 was deducted from the District 1 Public Information budget and \$114.75 was deducted from the District 1 Corrections and Institutions budget. Processing

orders totaled \$94.13. Total expenses for literature and medallions was \$159.90

A new Grapevine publication was added to our inventory; The Home Group, Heartbeat of AA 30th Anniversary Edition

Web Report 05/13/23 -06/10/23

Total Visitors (initial visit)	2379– Down 22%
5 Most Frequently visited pages	Home Page – 2938
	Where and When Calendar- 355
	Where and When Search -247
	On-Line Meetings - 160
	Anniversary Calendar -144
Referring Sites	Direct
	Others
	Search Engines – Google, DuckDuck-Go, Yahoo

Site Updates and Changes - No significant changes this month.

Meeting Change Information - No meeting changes, additions, or terminations this month.

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.

Mobile App 2023 4.6 released – 6/3/23
Lifeline posted – 5/2/23
Minutes posted – 5/30/23
Finance Page updated – 5/30/23
Budget posted – 5/16/23

Where and When: Pat P. – There are three boxes left. Only one change has been submitted. Lorraine advised that Brian from District 1 is compiling a list or changes and corrections.

Old Business –Buddy reviewed proposed changes to three sections of the by-laws and provided first reading. *(continued on page 16)*

(continued) The members present had no concerns about the proposed language for the following sections (7.3.5 and 8.7) and will take these back to their groups. Hard copies were made available.

Current Language – May 16, 2022 By-laws Revision

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 – First 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 – First reading

8.7 All funds in excess of 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.

After discussion about the intent and purpose of Section 7.5.1, members were unable to agree on the wording and action on that section was deferred.

Current Language May 16, 2022 SMIA By-laws Revision

7.5 SPECIAL COMMITTEES

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

Proposed edits – Read on June 10, 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 – Possible wording discussed at June 10, 2023 meeting

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 – no new business discussed.

For the Good of the Order – Kristi P (Secretary) will celebrate 1 year at Laurel Grove on June 20th. District 1 (Calvert) picnic is scheduled for June 24th at the Long Beach Community Center in St. Leonard. District 36 (St. Mary's) picnic is scheduled for Sunday, September 17th at Lettie Dent Fifth District Park in Mechanicsville. Lorraine reported So MD Roundup Committee will have its first planning meeting at the Doubletree by Hilton in Annapolis (the location for the 2024 event) on June 25th at 2:00 p.m. Need volunteers for various tasks—banquet planning, hospitality, coffee, etc. Lorraine provided a fact sheet about the planning meeting. Area 29 Conference is August 4-6, 2023 at the Delta Hotel by Marriott in Hunt Valley. Buddy reported that there is a new conference, "Sessions by the Trees," August 11-13, 2023, at Greenbrier State Park, in Boonsboro, MD.

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



“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

July 2023

Southern Maryland Intergroup Association Inc Treasury Report

**Monthly Contributions:
\$712.00**

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

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

Assets	
Primary Business Checking	7,530.90
Prudent Reserve	6,300.54
PayPal	200.08
Bookstall Cash on hand	100.00
Total Assets	14,131.52
Expenses	
Bookstall	
Liability Insurance	
Lifeline Printing	(95.88)
Misc	
Phone Answering Service	(24.97)
PO Box Rental	
Rent	
Webmaster	
Website Maintenance	(45.05)
Where and When	
Total Expenses	(\$165.90)

**Southern Maryland Intergroup Association Inc
Yearly Statement of Activity
May 2, 2023 - Apr 30, 2024**

Revenue	
Contributions	980.29
Bookstall	425.65
Gratitude Dinner	
Serenity Breakfast	
Total Revenue	1,405.94
Expenses	
Bookstall	(159.90)
Liability Insurance	
Lifeline Printing	(174.59)
Misc	
Phone Answering Service	(49.94)
PO Box Rental	(114.00)
Rent	
Webmaster	
Website Maintenance	(90.50)
Where and When	
Total Expenses	(\$588.93)
Annual Net Assets	817.01

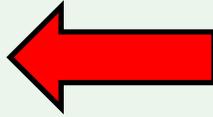
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

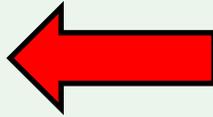
2) Or they can be mailed to the appropriate office location:

*****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**

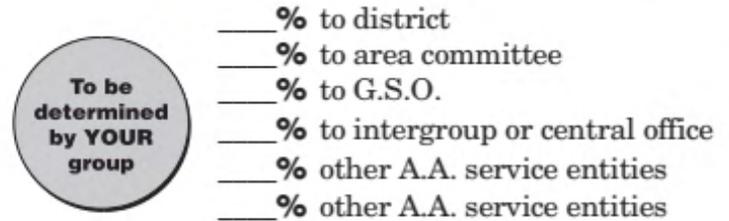
**District 35 (Charles)
 P.O. Box 1981
 La Plata, MD 20646**

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

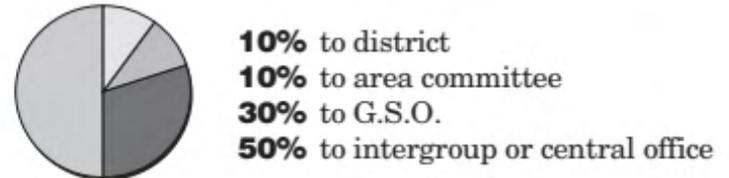
Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
 (YOUR GROUP NAME)

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

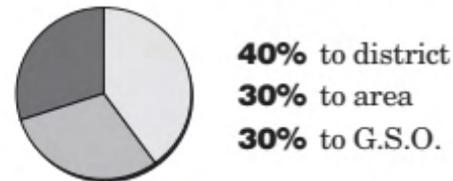


OR



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.

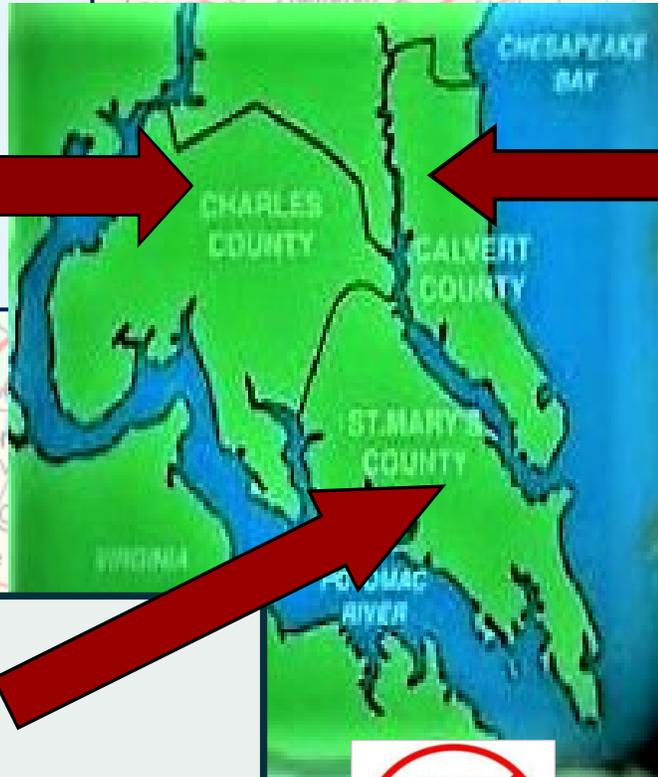
Please come out and join us at our next District Meeting - the first Thursday of the month @ 7pm

**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, July 8 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.

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