



# LIFELINE



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

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

**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”** Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything. *A.A. Big Book, p. 79*

Making amends may seem like a bitter pill to swallow, but for those serious about recovery, it can be good medicine for the spirit and the soul. Step 9 is another one of the 12 steps, that initially appears most difficult, but the rewards of putting this principle into practice can be immense. The spiritual principle involved is that of forgiveness, not only from others but forgiveness of self, which can bring healing to both parties.

**What Is Step 9?** Step 9 begins: "Make direct amends to such people wherever possible, except when to do so would injure them or others."

After completing Step 8—made a list of all persons we had harmed, and became willing to make amends to them all—the next logical step is to make those amends if possible, and the suggestion is to do so *directly* to those who have been harmed. By making direct amends to the person harmed the temptation to skirt the issue because of embarrassment or pain is avoided.

**It's Simple But Not Easy!** But those making the amends find many times that the person to whom they have harmed is more than willing to accept those amends happily—and a healing process begins not only in the relationship but in each

individual. Sometimes the injured party is not willing to forgive and forget. Regardless, spiritual progress for those in recovery depends on doing their part right and making direct amends.

This step does carry a condition—except when to do so would injure them or others. The benefit of making amends to the recovering person does not outweigh the need to do any more harm.

**What Does Making Amends Have to Do With Sobriety?** If your goal is to remain sober, then it's important to take this step to make amends when possible, because if you fail to do so, it could come back to cause you problems later.

If you know that you caused harm to others during your drinking days or you borrowed money and never paid it back, and you don't try to set the situation right, then there is a very good chance the issue will arise again and when it does it could be a trigger for a relapse.

On the other hand, if you deal with the situation from the past, then there is no way for it to come back and bite you later. You have dealt with it properly, you've kept your side of the street clean, and you've put the mistake from the past behind you.

Alcoholism can be a fatal disease. Don't let putting off making an apology or paying a debt you owe become a bigger problem in the future that could cause you to pick up a drink.

Visitors to this website have shared their experience with working Step 9. Here are some of their stories:

## An Amend, Not an Apology

"What is an amend? The technical answer is an amend is a change. If I harmed someone, and then in the course of working the steps reach a point to make an amend, it is my duty to sit down with the person and explain fully about substance abuse, my own personal program, what my fears were, and how I have changed as a human being. If I owe something material, I pay it back, with interest if necessary. If what I owe cannot be measured in gold or other material substance, then I must humbly ask for forgiveness for my indiscretions and go my way. What price is there for hurt feelings?" **Carol**

**A Healing Opportunity** "When I first experienced Step 9, I made amends because I finally saw things differently, and saw my part in the hurts I had caused and wanted to confess to them so I could feel better and let go of the guilt I had with this new awareness. This was a good start

(continued on page 2)

(con't) for me but there were still a lot of "I's" as I experienced this step. As with all the steps I have found for me, that as time moves on they reveal more and more to me. I have found that there is so much spiritual depth to them. The more I practiced this step the more I found out how much healing comes from it and not just for me...So when I become aware of an

injury I have caused another person, I gladly bear my soul of my wrong-doing so that the other person doesn't have to carry around any excess garbage, twist their mind over and over again trying to make sense from the Mack truck that just ran them over. How blessed we are to become free from our past, and given the gift to help free another." **Sox**

***Making amends for the past not only offers people a chance to heal, it gives people the opportunity to offer help to people who may have been harmed by their actions.***

<https://www.verywellmind.com/a-study-of-step-9-69407>

## Responsibility and the 9th Step

**Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.**

*"Let everyone sweep in front of his own door and the whole world will be clean." ~Goethe*

In the 6th Step we committed ourselves to taking responsibility for our behavior. Now it's time for us to act on that commitment by admitting our wrongs, repaying our debts, repairing damage we've caused, and doing our best to heal our injured relationships with others.

The 9th Step is not about saying we're sorry, although sometimes an apology plays an important part in the process. It's about making *amends*, which means that we do our best to mend whatever our past behavior has damaged. We fix what we've broken or make restitution or do whatever else might be necessary. Mere apologies seldom suffice to set things right or to clear a guilty conscience — and especially not if they're insincere. In fact, words alone may make things worse, not better.

How do we know when our apologies are sincere? When they're backed up by action, either concrete action to make restitution where possible — such as repayment of debts — or by honest admission of our own wrongdoing, together with the changed behavior that shows we really understand our fault, regret its harmful consequences to others, and are determined not to repeat it.

The easiest amends to make usually turn out to be the ones many of us dread the most at first: financial amends. These amends often require little more than acknowledging our debt and repaying it — although in some cases the financial wreck-

age of our lives means that we must pay in small installments over a considerable length of time. So instead of despairing over the magnitude of our debts, we just do what we can right now and start cutting them down to size. Most of us find that our creditors are happy to work with us when they see that we're sincere about making good on our obligations.



On the other hand, mending relationships damaged by wounded feelings and betrayed trust can be much more difficult, sometimes even impossible. We must bear in mind that our real purpose is to promote healing as much as possible, and not simply to soothe our own guilt with half-hearted efforts. It's especially important that we complete Step 8 before setting out to mend any painful personal wounds — otherwise, our own unresolved resentment is likely to poison whatever chance there might be for reconciliation and real healing. Fortunately, the cases that look impossible at first usually seem easier as we gain more experience by making less difficult amends first.

Sometimes direct amends are unwise or impossible, either because others might be affected unfairly or because the injured party is no longer alive or cannot be found. In such cases the advice of others with plenty of Step 9 experience can prove especially helpful, for there is no need to reinvent the wheel when others have already found ways to deal responsibly with nearly any situation imaginable. Some form of indirect amends, such as a charitable donation or some kind of service, coupled with the "living amends" of our changed behavior, will usually do the trick in such cases.

And bear in mind — especially during the first few years of recovery — that virtually all amends should be undertaken only with the advice and guidance of a sponsor experienced in living all twelve steps. This can spare us and others the unnecessary anguish of well-intentioned but ill-considered attempts at reconciliation that only open old wounds instead of healing them.

[https://serenityweb.com/?page\\_id=86](https://serenityweb.com/?page_id=86)

# SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	
3	4 Lisa., 1 yr, 12-Step Home	5	6	7 Tony S., 40 yrs, Almost Normal	8 Cory, 5 yrs, Wayside	9 Clair T., 50 yrs, Kingston Creek  Alicia, 4 yrs, North Beach
10 Suzie, 2 yrs., Bed- ouin	11	12	13 JJ, 33 years, Awakenings	14 Babe H., 39 yrs and Lanny H., 32 yrs, Harmony  Buddy F., 11 yrs, Basic Text  Chad, 7 yrs, Charlotte Hall	15	16
17 Kristen, 5 yrs, End of the World  Marilyn D, 21 yrs., Bedouin	18	19	20	21	22	23
24 Shannon L, 2 yrs., Bedouin	25	26	27	28 Pete D., 5 yrs , Poplar Hill  Melissa W., 4 yrs, Basic Text  Mike O, 1 yr., Daily Reprieve  Jen H., 7 yrs, Back to Basics	29	30 REV, 15 yrs, Early Bird

# OCTOBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Roy B., 3 yrs, Solomon's						
15	16	17	18	19	20	21
Brian., 1 yr, 12-Step Home						
22	23	24	25	26	27	28
Dan S., 15 yrs and Joannie B., 1 yr, Poplar Hill						
29	30	31				

# The Big Book's Answer to Relapse Prevention

Our Big Book of Alcoholics Anonymous promises us that *"When the spiritual malady is overcome, we straighten out mentally and physically."*

Imagine three layers. The first layer is our bodily reaction to alcohol when we ingest it — the physical craving. Under that is the second layer: the insanity of the mind just before the first drink — the mental obsession. Under that is the third layer: the inward condition that triggers the second layer, which in turn triggers the first — the *"spiritual malady."* Symptoms of this "third layer" as described in the Big Book include:

- a. Being restless, irritable, and discontented (page xxvi),
- b. Having trouble with personal relationships,
- c. Not being able to control our emotional natures,
- d. Being a prey to (or suffering from) misery and depression,
- e. Not being able to make a living (or a happy and successful life),
- f. Having feelings of uselessness,
- g. Being full of fear,
- h. Unhappiness,
- i. Inability to be of real help to other people (page 52),
- j. Being like "the actor who wants to run the whole show" (pages 60-61),
- k. Being "driven by a hundred forms of fear, self-delusion, self-seeking, and

self-pity" (page 62),

- l. Self-will run riot (page 62),
- m. Leading a double life (page 73),
- n. Living like a tornado running through the lives of others (page 82), and
- o. Exhibiting selfish and inconsiderate habits.

These name just a few of the symptoms of the *"spiritual malady"* that's described throughout our text. But still in all, these are just symptoms of the *"spiritual malady."*

What is the driving force of these symptoms? On page 62 the text explains that *"Selfishness-self-centeredness! That, we think, is the root of our troubles."* This *"SELFISHNESS-self-centeredness"* (or the "ego", as some people refer to it) drives us to respond to life situations with the above "symptoms" as well as disorders and addictions other than alcoholism.

If this selfishness-self-centeredness continues to manifest in an alcoholic's life — **EVEN IN SOMEONE WHO IS NOT DRINKING AND CONTINUES TO ATTEND MEETINGS** – and the ego is not smashed and re-smashed by continuous application of all twelve steps, the sober (or "just not drinking") alcoholic is sure to drink again eventually... or even worse, continue to live miserably being "undrunk" (better known as a "dry drunk"). This is why we see people with 10 years in AA wind up in mental institutions — **AND THEY HAVEN'T HAD A DROP TO DRINK!** If you are suffering from symptoms of the spiritual malady, use these clarifying questions to ascertain where the

problem lies:

- Has it been a while since you've taken another alcoholic through the Steps?
- Has it been a while since you have gone through the steps?
- Have you ever taken all of AA's Twelve Steps?
- Have you done more than one 4th Step inventory? Have you omitted anything?
- Have you completed all your 9th Step amends wherever possible? What remains to be done?
- Is there something wrong in your life that you will not face and make right?
- Is there a habit or indulgence you will not give up?
- Is there a person you will not forgive?
- Is there a wrong relationship in your life you will not give up?
- Is there a restitution you will not make?
- Is there something God has already told you to do that you will not obey? What is it?
- Are you working with the disciplines and practices of Steps Ten and Eleven (self-examination, meditation and prayer) consistently?

On pages 14 and 15 of the Big Book of A.A., Bill W. writes, "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that."

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/big-book-sponsorship/big-books-answer-relapse-prevention/>

SIXTY SIX ANNUAL  
**Sessions**  
 by the Sea



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

REGISTRATION



Save The Date

September 8th - 10th, 2023

Shenandoah University  
 Winchester, VA

**National AA Technology Workshop**  
 "Solving, Sharing, and Scaling Solutions"

<https://naatw.org>



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

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

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

**Event & Hotel Registration coming soon!**

DISTRICT 36  
 FREE EVENT!!!

END OF SUMMER  
 BBQ!!



Sunday, September 17th  
 Noon-6pm

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

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



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

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

JOIN IN  
 THE FELLOWSHIP  
 AND FUN!  
 RAIN  
 OR  
 SHINE



FREE  
 EVENT

For more information:  
[maryfearns82@gmail.com](mailto:maryfearns82@gmail.com)



**22nd Annual Halloween**  
**GRATITUDE CRUISE**

October 29-November 5, 2023

**WONDER OF THE SEAS**

BY ROYAL CARIBBEAN

EXCLUSIVELY FOR GRATITUDE CRUISE GUESTS, MALE & FEMALE

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



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

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

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

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



Date	Port	Arrive	Depart
Sun. Oct. 29	Orlando, (Port Canaveral) FL		4:30 pm
Mon. Oct. 30	Perfect Day at CocoCay, Bahamas	7:00 am	4:00 pm
Tues. Oct. 31	Cruising		
Wed. Nov. 1	Charlotte Amalie, St. Thomas	1:00 pm	8:00 pm
Thurs. Nov. 2	Phillipsburg, St. Maarten	8:00 am	6:00 pm
Fri. Nov. 3	Cruising		
Sat. Nov. 4	Cruising		
Sun. Nov. 5	Orlando, (Port Canaveral), FL		6:00 am

While they last...Rates  
 are per person, double  
 occupancy for week.  
 Add \$193.45 to your  
 choice of:  
 Balcony: \$1,197.  
 OB. Oceanview: \$1,116.  
 Interior: \$900.



Features: The largest ship in the world has 7 neighborhoods, 4 pools plus Adult only Retreat; 10 whirlpools, Flow Rider Surfing Machines, Rock Climbing Walls, Casino Royale, 20 Dining options, Abyss Slide, Water Slides, Ice Shows, Vegas & Broadway Nightly Full Production, Vitality Spa, Fitness Center, Mini golf course, full sized basketball court and more on this 236,857 ton ship, the largest #1likeyoumeanit



[www.sobercelebrations.com](http://www.sobercelebrations.com), fellowship vacations since 2001

2023 Calendar for Area 29 Maryland General Service, Inc.

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

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

November 18 Area Committee, **hosted by District 20**

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

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

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

**IMPORTANT: NOTE DATE CHANGE FOR DECEMBER MEETING!!**

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

**2023 FREDERICK ROUNDUP**



Speakers:

Earl H. - Vista, CA

&

Sheldon F. - Las Vegas, NV

Location:

Frederick Elks Lodge  
289 Willowdale Dr, Frederick, MD 21702

When:

October 6 - October 7

Tickets are \$20 and available on

<https://www.eventbrite.com/e/2023-frederick-roundup-tickets-63657-9244657>

Or your local activities committee representative has paper tickets!

Can't wait to see you!

Times:

October 6<sup>th</sup> – 6 pm until 9 pm

October 7<sup>th</sup> – 8:30 am until Noon

<https://us02web.zoom.us/j/84124993206?pwd=OVBNWjJjeHg4eFFibkhNcDRyOXhUZz09>

# Fall 2023 CONTRA Study

September 14, 2023 through December 28, 2023  
Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

Moderated by Trusted Servants from Area 29 (Maryland) & Area 13 (DC)

Zoom Meeting ID: 814 7038 7175

Passcode: 195173

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

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

Sep 14, 2023 – Registration & Orientation

Sep 21, 2023 – Traditions 1, 2 & 3

Sep 28, 2023 – Traditions 4, 5 & 6

Oct 5, 2023 – Traditions 7, 8 & 9

Oct 12, 2023 – Traditions 10, 11 & 12

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

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

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

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

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

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

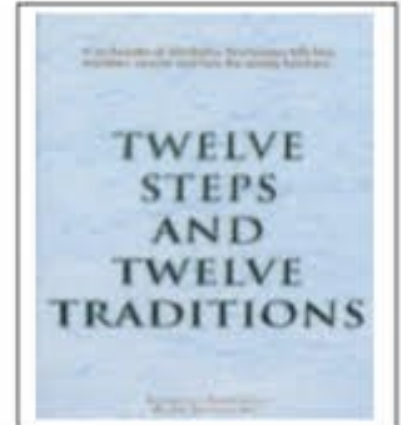
Nov 30, 2023 – Concepts pp I-VIII, C1-C2, Con 1 2 3

Dec 7, 2023 – Concepts 4, 5 & 6

Dec 14, 2023 – Concepts 7, 8 & 9

Dec 21, 2023 – Concepts 10 & 11

Dec 28, 2023 – Concept 12



## CONTRA Study Materials (provided via email following registration):

*Twelve Steps and Twelve Traditions*, B-2 (free participant download at [www.aa.org](http://www.aa.org))

*The A.A. Service Manual* combined with *The Twelve Concepts for World Service*, BM-31, 2021-2023 edition

*AA Grapevine Traditions Checklist*, July 2018 revision

*Fall 2023 CONTRA Study Service Manual Questions*

*A.A.W.S. Concepts Checklist*, SMF-91, 08/18 edition

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

Presented by Districts 10 & 17, Area 29 (MD)

and District 2, Area 13 (DC)

For more information, contact:

[2023contrastudy@gmail.com](mailto:2023contrastudy@gmail.com)



Southern Maryland Intergroup Association



# 2023 Gratitude Dinner

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

Immaculate Conception Church  
28297 Old Village Road  
Mechanicsville, MD 20659

Featured Speakers  
Jeanine W. and Tom M.

## Menu

### Appetizers

Smoked Brisket  
Garden Salad

### Main Course

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

### Dessert

Cupcakes and Cookies  
and Bring a Dessert to  
share

## Entertainment

Hometown  
Karaoke and DJ

50/50 Raffle  
Door Prizes

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

Tickets  
\$25 per person

For Ticket Information, E-Mail the event chair  
at the following address  
[gratitude.dinner@somdaa.org](mailto:gratitude.dinner@somdaa.org)

# Grapevine Daily Quote September 2

***“Work on Step Nine has freed me from fears about the past and given me more energy to devote to present-day living – this twenty-four hours.”***

“Willingness to Grow,” Joliet, Illinois, July 1985, AA Grapevine

## New Grapevine Mobile Apps are available!

For more info, follow [https://  
www.aagrapevine.org/apps](https://www.aagrapevine.org/apps)

### Bridging the Gap Information

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

#### What is a Temporary Contact?

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

#### What is a Temporary Contact expected to do?

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

#### How to become a TEMPORARY CONTACT:

Speak to your Intergroup rep or DCM, or if you want more information feel free to email [btg@calvertaa.org](mailto:btg@calvertaa.org).

# Treatment Center Committee

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

**Wednesday Evenings 7:00pm.**

**Please contact this committee at our email:  
[treatmentcommittee36@gmail.com](mailto:treatmentcommittee36@gmail.com)**

**This is a very rewarding experience!**

**Come join up and try it out!**

**The Committee Contact:**

**[treatmentcommittee36@gmail.com](mailto:treatmentcommittee36@gmail.com)**



# SMIA MEETING MINUTES 8/12/23

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

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

**Groups & Committees Represented:** Paul S. - Cove Point, Bill L - Sunderland/Bookstall, Bruce O. - Waldorf, Nathan H. - Waldorf, Amanda W. - ODDAT, Mary F. Leonardtown, John Z. - Sunday Morning Sobriety, Melissa M. Basic Text, Keith H. - Almost Normal, Jamie R. - North Beach, Jeanine W. - St. Charles Step, Hazel J. - 12 Step Home, George W. - Inspiration, Dan W. - St. Charles Step, Lorraine J. - Bedouin

**SMIA Chair Report:** Buddy F. - Attended SMIA Workshop, went well. Was unable to attend GSR meeting, Jeanine mentioned possible evaluation forms for future workshops. Attended Maryland State Convention August 4<sup>th</sup> - 6<sup>th</sup> in Hunt Valley. Unable to attend the 7<sup>th</sup> Area Liaison Intergroup meeting due to a scheduling conflict.

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

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

**Treasurer Report:** Rebecca B. - 6/25/23 - 7/24/23 report provided was accepted as presented. Total assets \$14,668.79. The Treasurer's Report is available on-line at <https://somidintergroup.org/finance.html>

## Committee Reports

**Archives:** John Z. - Wally S. found another box of archives. George P. has all lifelines that have ever been printed.

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

**Lifeline:** Keith - Going well—suggestions or submissions are always welcome for spotlight on service, anyone's experience with steps, sponsorship, etc. Buddy asked about Al-Anon information being included on the Lifeline. Keith can include in Lifeline. Note - the 27<sup>th</sup> of each month is the deadline to have information submitted to Keith.

**Phone Report:** Melissa - 7/8/23 to 8/12/23 - total of 31 calls: 16 St. Mary's; 2 Charles; 13 Calvert.

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

**Gratitude Dinner:** Scheduled for November 11<sup>th</sup> at Immaculate Conception. Meeting on August 30<sup>th</sup> @ 7 pm at Immaculate Conception for Gratitude Dinner discussions.

**Corrections and Treatment:** Charles County - Anchor - Tuesdays (6 volunteers), RCA every day except Sunday, Jude House - every Wednesday. Calvert County-Avenues Mondays and Thursday meetings continue as reported previously. Corrections—detention center orientations are held twice a year (every Tuesday in August, 8/22 and 8/29 dates remaining, 6 pm at work release center. Next round of orientations will be next February. Men's meetings on first and third Wednesdays; Women's meetings on second and fourth Wednesdays. St. Mary's - Still only 2 meetings per month through July and no women's meetings. Gisela stepped down as chair.

**PI/CPC:** St. Mary's - doing well.

## Bookstall Report: Bill L

There were 1483 visits to the On-Line Bookstall since the July meeting. There were 11 orders since the last meeting; 9 are processing and 4 were completed.

Processing orders totaled \$439.35  
Completed orders totaled \$97.60

Bookstall orders from World Services totaled \$608.15

## Web Report: 07/08/23 - 08/12/23

Total Visitors (initial visit)	3442- Up 50%
5 Most Frequently visited pages	Home Page - 3930
	Where and When Calendar-
	Where and When Search - 334
	Anniversary Calendar - 207
	On-Line Meetings - 182
Referring Sites	Direct
	Others
	Search Engines - Google, DuckDuckGo, Yahoo

## Site Updates and Changes

No significant changes this month.

## Meeting Change Information

New Meeting - Southern Maryland Big Book, Wednesday, 6:30 PM, Charlotte Hall, St. Anne's Parish Hall  
Grapevine Meeting changed their On-Line Meeting point of contact e-mail address to [tuesdaygrapevine@gmail.com](mailto:tuesdaygrapevine@gmail.com).

(continued on page 13)

**(continued) Meeting Status**

Currently there are 130 meetings in our service area; 120 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**

- Where and When PDF updated – 8/11/23
- Mobile App 2023 4.8 released – 8/1/23
- Lifeline posted – 8/1/23
- Finance Page updated – 7/31/23
- Minutes posted – 7/17/23

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

**Old Business** – third/final reading of sections 7.3.5 and 8.7. Buddy proposed a final vote. Group voted/approved. Bill (as a trusted servant) will prepare PDF document with final revision for electronic signature by board members. Buddy thanked everyone for their hard work on getting these by-laws revised (final revisions below).

**Final revision – voted to approve on August 12, 2023**

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 next meeting.

**Final Revision – voted to approve on August 12, 2023**

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.

**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** – second reading on August 12, 2023. Motion to accept second reading of 7.5.1 as read was granted.

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** – second reading on August 12, 2023. Motion to accept second reading of 7.5.1 as read was granted.

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** – checking on date for AA History SMIA workshop.

**For the Good of the Order** – Buddy F. will celebrate 11 years on 9/14 at Basic Text. Registration is now open for the Southern Maryland Roundup in Annapolis, MD at DoubleTree by Hilton, March 15-17, 2024. Lorraine has flyers, pre-orders for mugs and t-shirts only available right now. District 36 picnic will be held on September 17<sup>th</sup> at Lettie Dent at 12 pm, meeting at 4 pm.

Meeting adjourned with the Responsibility Pledge and the Lord’s Prayer

The Spiritual Principle of Step 9 is Brotherly Love: Though traditionally used as brotherly love, perhaps compassion would be a better and less gender-specific term. When we make amends to those we have harmed, we sympathize with others for the pain we have caused. We also apply compassion by seeking a remedy that will improve their lives.

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

# September 2023

## Southern Maryland Intergroup Association Inc Treasury Report

**Monthly Contributions:**  
**\$485.29**

[www.somdintergroup.org/contribute](http://www.somdintergroup.org/contribute)  
SMIA, PO Box 767, Charlotte Hall, MD 20622

Southern Maryland Intergroup Association Inc Statement of Financial Position July 25, 2023 - August 24, 2023	
<b>Assets</b>	
Primary Business Checking	6,587.90
Prudent Reserve	6,300.64
PayPal	125.00
Bookstall Cash on hand	100.00
<b>Total Assets</b>	<b>13,113.54</b>
<b>Expenses</b>	
Bookstall	(960.78)
Liability Insurance	(273.00)
Lifeline Printing	(107.87)
Misc	(380.00)
Phone Answering Service	(24.97)
PO Box Rental	
Rent	(600.00)
Webmaster	
Website Maintenance	(45.05)
Where and When	
<b>Total Expenses</b>	<b>(\$2,391.67)</b>

Southern Maryland Intergroup Association Inc Yearly Statement of Activity May 1, 2023 - Apr 30, 2024	
<b>Revenue</b>	
Contributions	2,512.11
Bookstall	1,128.05
Gratitude Dinner	
Serenity Breakfast	
<b>Total Revenue</b>	<b>3,640.16</b>
<b>Expenses</b>	
Bookstall	(1,728.83)
Liability Insurance	(273.00)
Lifeline Printing	(399.33)
Misc	(380.00)
Phone Answering Service	(99.88)
PO Box Rental	(114.00)
Rent	(600.00)
Webmaster	
Website Maintenance	(142.24)
Where and When	
<b>Total Expenses</b>	<b>(\$3,737.28)</b>
<b>Annual Net Assets</b>	<b>(97.12)</b>

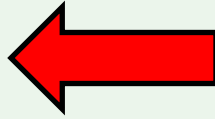
# WHERE DO WE SEND OUR CONTRIBUTIONS?

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

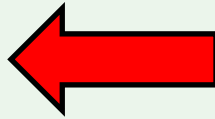
2) Or they can be mailed to the appropriate office location:

**\*\*\*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.)



- \_\_\_\_ % to district
- \_\_\_\_ % to area committee
- \_\_\_\_ % to G.S.O.
- \_\_\_\_ % to intergroup or central office
- \_\_\_\_ % other A.A. service entities
- \_\_\_\_ % other A.A. service entities

OR



- 10%** to district
- 10%** to area committee
- 30%** to G.S.O.
- 50%** to intergroup or central office

OR

If you have no intergroup/central office.



- 40%** to district
- 30%** to area
- 30%** to G.S.O.

## ATTENTION GROUP TREASURERS:

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

**DISTRICT 35 - CHARLES CO.**

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

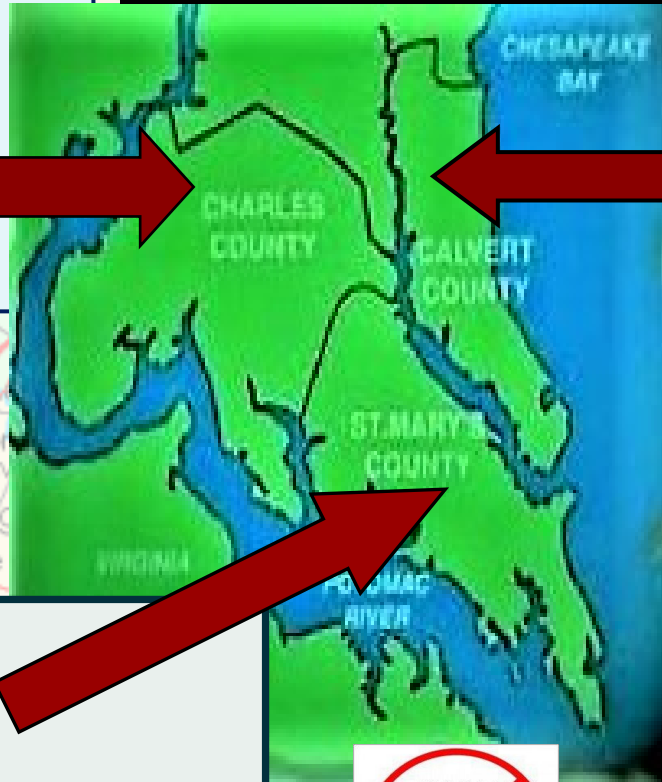
**Peace Lutheran Church  
11610 Rubina Place  
Waldorf MD 20602**

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

**SERVICE KEEPS US  
SOBER**

**NEW BOOKSTALL HOURS:**

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



**DISTRICT 1  
CALVERT COUNTY**

**SERVICE  
OPPORTUNITIES**

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

**District Meeting:**

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

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

**PO Box 234  
Barstow, MD 20610  
[www.calvertaa.org](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 up-  
dates for the Where &  
When to:**

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

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

**The next SMIA Meeting will be held on**

**Saturday, September 9, 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/](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.

— BUDDY F. —

QUOTES



# RECOVERY.

**You must be present to win.**

## SMIA SERVICE TEAM:

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

**The Lifeline** is an unofficial newsletter published by Southern Maryland Intergroup Association, Inc. Any opinions expressed are those of the writers. They are not endorsed by SMIA, any group or AA as a whole. Group secretaries and individuals are encouraged to send group news, anniversaries and events. Material may be edited for space and content. Please send all *Lifeline* correspondence to: [somdlife-line@gmail.com](mailto:somdlife-line@gmail.com)