



LIFELINE



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

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

<https://en.oxforddictionaries.com>

Humility and Step 7

I was born and raised in a financially struggling family, which meant we barely had enough money to meet our basic needs. Most of the clothes I wore as a child were hand-me-downs. One day, my mom made a dress for me using some old clothes. I loved it! In Kenya, where I come from, most people really dress up when going to church, so I wore the dress my mom made to church the following Sunday. When I wore that dress, I felt beautiful and walked with my head held high, something I rarely did in my early teens.

After the church service, my mom called me and told me she had noticed how I had been walking all day, full of pride. She

then told me I needed to be humble, especially in church. In an instant, I felt deflated and humiliated. I was ashamed of myself for how I had been walking and carrying myself around. That was the image of humility I carried with me to Alcoholics Anonymous (AA). For me, humility meant not being seen, not being heard, and not attracting any attention to myself – essentially, being a good girl.

When I came to AA after years of drinking, I was convinced that I was humble. Life and alcoholism had beaten me down, and I believed I had no ounce of pride left in me. I knew this because I didn't want to be seen, heard, or attract any attention. I associated humility with humiliation. However, it was in AA, es-

pecially in Step Seven, that I realized how self-centered my entire demeanor was. Constantly admonishing myself not to be seen, heard, or attract attention meant that I automatically assumed that people around me were just watching for my reaction as if they did not have lives of their own to think about. I assumed I was the center of their universe even if it was in a nega-

tive way. It also involved me constantly thinking about myself.

With the help of the program, I have learned to recognize these thoughts and, instead of immediately reproaching myself, I can focus my attention on another person, and ask them how they are doing. It always works. Today, I



also know that it's ok to be seen and heard just as long as I allow my fellow human beings to also be seen and heard. The 12 and 12 teaches me that "the basic ingredient for all humility is the desire to see and do God's will" (Pg. 73). This doesn't mean that I know or always do God's will. All that is asked of me is to have the desire to do so. Furthermore, I do not have to rely on my own strength and intelligence to remove my own shortcomings or even make myself humble. The book reminds me again and again, that as long as I place my self-reliance first, a genuine reliance on my Higher Power is impossible. Just for today, I am grateful that I can come to my Higher Power as I am and humbly ask Him to remove my shortcomings.

<https://alcoholics-anonymous.eu/general-post/humility-and-step-7/>

Why AA Works: The Neuroscience Behind the Twelve Steps

What Makes the Most Effective Recovery Program Ever Created Actually Succeed



In 1935, two desperate men sat in a living room in Akron, Ohio, and built something they had no idea would alter the lives of countless others. Bill Wilson and Dr. Bob Smith had no MRI machines, no knowledge of neurotransmitters, no concept of neuroplasticity. **They had only the wreckage of their own lives and an intuitive grasp of what might put them back together.** Ninety plus years later, neuroscience has caught up, and what we've found is remarkable—nearly every step of their program maps onto mechanisms the brain actually uses to heal.

Between six and ten percent of American adults have walked into an Alcoholics Anonymous meeting (Room & Greenfield, 1993). That's the same percentage as people who are left-handed. It's about the same as every vegetarian and vegan in the country combined—one in ten. Attendance is neither rare nor ubiquitous, but steady.

And it works. A 2020 Cochrane review—27 studies, 10,565 participants—found that 42% of people in AA-based programs remained continuously abstinent at one year, compared to 35% for CBT (Kelly et al., 2020a). The researchers called it a *60% improvement in remission rates* compared to the current “state-of-the-art” (Kelly et al., 2020b). Add to that, four of five economic studies showed substantial healthcare cost savings.

But *why* does it work? You don't need to be an alcoholic, or even know one, for what follows to matter to you. The mecha-

nisms AA targets are the same ones that work in meditation, psychedelic therapy, trauma recovery, and any serious attempt to change the self.

Before the Steps: The Men Behind the Program. To understand why the steps work, you first need to understand who built them because it changes what you think you're looking at. **The mythology:** two hopeless drunks stumbled onto a miracle. **The reality...is more interesting.**

•**Wilson wasn't just a failed stock-broker.** He was a well-regarded and voracious reader who moved among New York's intellectual and financial elite. Dr. Bob Smith was a physician with a scientific mind and access to Akron's medical networks. **These were not uneducated men grasping in the dark.**

•**The medical model came from Dr. William Silkworth,** a leading addiction specialist who treated Wilson at Towns Hospital. Silkworth described alcoholism as a physiological “allergy” coupled with a mental obsession (Silkworth, 1939)—radical in the 1930s, when addiction was still seen as moral failure.

•**The psychological model came from William James.** Wilson devoured James's *The Varieties of Religious Experience* (1902), a Harvard psychologist's rigorous study of how and why people undergo lasting transformation. Wilson didn't just have a spiritual awakening. He had a *framework for understanding* spiritual awakenings.

•**The money came from Rockefeller.** John D. Rockefeller Jr. didn't just write a check. He commissioned Frank Amos to conduct a formal investigation of the program's methods and outcomes in Akron. Success rates, protocols, structure - he was doing his due diligence. He then deliberately limited funding, believing self-sufficiency was essential to the program's integrity (Galanter, 2010).

•**The Big Book was written in “every person's” language on purpose.** Their diction wasn't rooted in a lack of scientific understanding—their audience was the person shaking in a hospital bed at 3 AM, not the researcher in the lab. The simplicity was strategic.

Neuroscience hasn't so much discovered that AA works as much as it has explained the mechanisms behind its success. It's also revealed just how precisely this program targets the brain systems that addiction disrupts.

Steps 1–3: The Surrender Arc

“We admitted we were powerless... Came to believe... Made a decision to turn our will and our lives over.” The first three steps are one movement: *stop pretending you can do this alone.*

AA says: “My best thinking got me here.” **Epictetus wrote:** “Make the best use of what is in your power, and take the rest as it happens.” —Discourses, c. 108 CE (Epictetus, trans. 1928)

•**Addiction hijacks the reward system.** Alcohol floods the nucleus accumbens (the brain's pleasure center) with dopamine at levels that dwarf natural pleasures. The midbrain registers it as a survival need. Meanwhile, the prefrontal cortex—the brain's executive decision-maker—becomes “hypoactive and unable to counteract the urges and demands of

(continued on page 3)

(con't) the reward system" (Giuffra, 2015, p. 31). Although admitting powerlessness might feel like defeatism, it's actually simple neurological accuracy.

The "higher power" is surrogate decision-making. Impaired prefrontal cortex = impaired judgment. The brain needs external scaffolding: the group, the sponsor, the program itself. Giuffra (2015) describes this as the use of "a Surrogate Decision-Maker (often, it is the AA group itself that acts as such)" (p. 31).

- **Surrender activates the parasympathetic nervous system.** Stop bracing against reality → cortisol drops → prefrontal cortex comes back online. Trusting a group mimics secure attachment. For many addicts, this is the first stable relational anchor they've known.

- **Hope rewires reward circuitry.** Believing recovery is possible shifts the brain from reactive survival mode to goal-directed planning. Twelve-step research consistently identifies increased abstinence self-efficacy as a key mechanism of change (Kelly et al., 2018).

Steps 4–5: The Excavation

"Made a searching and fearless moral inventory... Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

These steps dig up your dirt and ask you to speak it aloud to another human being of your choice. Some people choose their program sponsor to confide in; others feel more comfortable sharing with a member of clergy - a priest, a rabbi, or another member of clergy—one who either does or does not know you; one may essentially elect any person they trust. Self-examination without disclosure is rumination. Disclosure without self-examination is confession without com-

prehension.

AA says: "You're only as sick as your secrets." **Brené Brown found:** "Shame derives its power from being unspeakable" (Brown, 2015, p. 58).

- **Writing externalizes the mind.**

Thoughts and resentments on autopilot get pinned to paper. The prefrontal cortex re-engages. The inventory process mirrors CBT's technique of identifying distorted cognitions—the stories you tell yourself, the beliefs driving destructive behavior. The default mode network's rumination loops get interrupted. The DMN (the brain's autopilot narrator—the voice replaying the past and catastrophizing the future) spirals through past injuries and future anxieties. Step 4 transforms abstract emotional noise into something concrete and examinable.

- **Shame dies in the presence of empathic witness.** Neuroimaging research shows that social rejection and shame activate the same brain regions as physical pain (Eisenberger et al., 2003). Step 5 updates the brain's threat model in real time: the prediction that "if they knew, they'd leave" is proven false.

- **Narrative reconstruction reconsolidates memory.** Telling your story aloud integrates fragmented, shame-laden memories. The listener's calm response co-regulates your nervous system through mirror neurons (Galanter, 2014). You borrow their emotional regulation until yours comes back online.

Steps 6–7: Readiness and Humility
"Were entirely ready to have God remove all these defects of character... Humbly asked Him to remove our shortcomings." Often dismissed as filler, this is actually the neurological pivot between understanding your patterns and

changing them.

AA says: "Nothing changes if nothing changes." **Frankl wrote:** "When we are no longer able to change a situation, we are challenged to change ourselves. (Frankl, 1946/2006, p. 112).

- **Willingness is a distinct brain state.** You can't skip from contemplation to action. "Character defects" are deeply grooved neural pathways — resentment, dishonesty, manipulation. Not moral failings. Compensatory behaviors a hijacked reward system demanded. As Giuffra (2015) notes, "Lying, stealing, dishonesty and manipulation are not intrinsic personality defects of the alcoholic: they are the symptoms of a usurped reward system and hijacked prefrontal lobes" (p. 32). Step 6 reframes character work as brain rewiring, not self-punishment.

- **Humility quiets the amygdala** (the brain's threat-detection center). Ego not defending territory → threat system calms → prefrontal cortex gets more bandwidth. Asking for help releases oxytocin. Vulnerability strengthens the neural architecture of trust.

- **Neuroplasticity works both ways.** It builds new pathways *and* weakens old ones. When you stop reinforcing maladaptive patterns, the unused circuits lose dominance. Humility accelerates this by removing the ego's investment in the old self. Steps 6 and 7 consent to becoming someone new.

Steps 8–9: Integrity Restoration

"Made a list of all persons we had harmed... Made direct amends wherever possible."

Internal change becomes external reality. The brain gets its most powerful evidence that you are different now.

(continued on page 4)

(con't) **AA says:** "Fake it till you make it."

Aristotle (via Durant): "We are what we repeatedly do. Excellence, then, is not an act, but a habit" (Durant, 1926, p. 87).

•**The anterior cingulate cortex tracks the values-behavior gap.** This brain region monitors whether your actions match your standards. Chronic addiction = chronic violation = persistent dissonance = low-grade agony that fuels more drinking. Step 8's list-making moves from avoidance to structured accountability. Step 9 closes the gap.

•**Amends trigger oxytocin and social reconnection.** Face-to-face repair activates the same neurochemistry as secure attachment. Each genuine amends is a micro-dose of the connection the brain has been starving for.

The brain believes what it does, not what it says. "I'm a good person" repeated a thousand times changes nothing. Each amends is a *data point* that contradicts the addict identity.

"Except when to do so would injure them or others" teaches discernment. Weighing consequences, considering perspectives, making nuanced moral judgments. The prefrontal cortex rebuilding itself through practice.

Steps 10–11: The Daily Practice

"Continued to take personal inventory... Sought through prayer and meditation to improve our conscious contact." The maintenance program. Self-monitoring + contemplative practice. Mindfulness in 1930s clothing.

AA says: "H.A.L.T.—don't get too Hungry, Angry, Lonely, or Tired."

Van der Kolk wrote: "The body keeps the score" (van der Kolk, 2014, p. 1).

•**Daily inventory strengthens the prefrontal cortex through repetition.** Metacognition—thinking about your thinking—rebuilds self-awareness circuitry. Prompt admission of wrongs prevents shame accumulation, which is neurologically toxic.

•**Interoceptive awareness comes back online.** Noticing anger, fear, hunger, fatigue before they become crises. Addiction disconnects you from your body. Step 10 reconnects you.

•**Meditation physically changes the brain.** More gray matter in the prefrontal cortex and hippocampus. Less amygdala volume. Quieter default mode network. Less rumination. Less relapse.



•**"One day at a time" is a mindfulness instruction.** "Can I stay sober forever?" → overwhelming anxiety. "Can I stay sober right now?" → manageable, present-moment awareness. As James (1890) put it, "the faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will" (p. 424).

Step 12: Service and Meaning

"Having had a spiritual awakening... we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

The most neurobiologically elegant step: service transforms suffering into meaning. **AA says:** "You can't keep it

unless you give it away." **The Dalai Lama said:** "If you want others to be happy, practice compassion. If you want to be happy, practice compassion. (Dalai Lama, 2001, p. 62).

•**Altruism activates reward circuits sustainably.** fMRI research shows that helping others engages the mesolimbic pathway (the brain's reward highway)—same system hijacked by addiction—but without the spike-crash cycle. A healthier high.

•**Teaching deepens learning.** Sponsoring someone engages deeper cognitive processing than experiencing recovery alone. The brain consolidates

knowledge more effectively when organizing it for someone else.

•**Identity transformation completes through purpose.** "I am an alcoholic" → "I am an alcoholic helping other alcoholics." Shameful and isolated becomes generative. You join a lineage. The brain registers this as belonging—the deepest human need

and the one addiction most profoundly disrupts.

•**Permanent neuroplasticity.** Recovery isn't a destination; it's daily practice reinforcing new pathways while old ones weaken. The brain never stops being plastic. The question is only what you're shaping it into. [...]

If you've never set foot in an AA meeting, the mechanisms described in this piece are *still* operating in your life. Every time you sit with discomfort instead of numbing it, every time you tell someone the truth about yourself, every time you help someone without expecting anything back—you are working the steps. You just don't call them that. [...]

https://theconsciousnesslab.substack.com/p/why-aa-works-the-neuroscience-of?utm_campaign=post&utm_medium=email&utm_redirection=trial

Tradition Seven

Our growth continuing, the combined income of Alcoholics Anonymous members will soon reach the astounding total of a quarter of a billion dollars yearly. This is the direct result of AA membership. Sober we now have it; drunk we would not.

By contrast, our overall AA expenses are trifling. For instance, the AA General Service Office now costs us \$1.50 per member a year. As a fact, the New York office asks the groups for this sum twice a year because not all of them contribute. Even so, the sum per member is exceedingly small. If an AA happens to live in a large metropolitan center where an intergroup office is absolutely essential to handle heavy inquiries and hospital arrangements, he contributes (or probably should contribute) about \$5.00 annually. To pay the rent of his own group meeting place, and maybe coffee and doughnuts, he might drop \$25.00 a year in the hat. Or if he belongs to a club, it could be \$50.00. In case he takes the AA Grapevine, he squanders an extra \$2.50!

So the AA member who really meets his group responsibilities finds himself liable for about \$5.00 a month on the average. Yet his own personal income may be anywhere between \$200 and \$2,000 a month — the direct result of not drinking.

“But,” some will contend, “our friends want to give us mon-

ey to furnish that new clubhouse. We are a new small group. Most of us are still pretty broke. What then?”

I am sure that myriads of AA voices would now answer the new group saying: “Yes, we know just how you feel. We once solicited money ourselves. We even solicited publicly. We

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

thought we could do a lot of good with other peoples’ money. But we found that kind of money too hot to handle. It aroused unbelievable controversy. It simply wasn’t worth it. Besides, It set a precedent which has tempted many people to use the valuable name of Alcoholics Anonymous for other than AA purposes. While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves.”

When reflecting on these things, why should not each of us tell himself: “Yes, we AAs were once a burden on everybody. We were ‘takers.’ Now we are sober, and by the grace of God have become responsible citizens of the world, why shouldn’t we now about-face and become ‘thankful givers’! Yes, it is high time we did!”

<https://silkworth.net/alcoholics-anonymous/tradition-seven/>



It Happened IN July

July 1-3: 1960 – 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2-3: 1955 – Bill W turns “the fellowship over to the fellowship” at 4:00 PM, 5000 attend 20th Anniversary at our St Louis Convention

July 2-4: 1965 – 10,000 attend 30th Anniversary of AA in Toronto. There we came to own our Responsibility Declaration

July 4: 1939 – 1st AA meeting started in Flatbush, NY

July 5: 1985 – AA gives Ruth Hock 5,000,000th Big Book during 50th AA An-

niversary 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 7: 1940 – Bill attends 1st Summer Session at School of Alcohol Studies at Yale University

July 5-8: 1990 – 48,000 attend 55th Anniversary of AA in Seattle. 75 countries were represented as the former Soviet Unions members attended for the first time

July 8: 1940 – 1st AA Group formed in Dayton, Ohio

July 14: 1939 – Blythewood Sanitarium Dr Harry Tiebout gives Big Book to Marty

M. who promptly throws it back at him

July 14: 1979 – Dr. Ernest Kurtz publishes NOT-GOD, History of AA

July 20: 1941 – First AA group formed in Seattle, Washington

July 22: 1877 – William Duncan Silkworth born in Brooklyn, NY

1980 – Marty M. early AA woman and founder of NCADD dies

July 23: 1940 – Philly AA’s send 10% of kitty to Alcoholic Foundation, sets precedent

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

July 24: 1943 – L.A. press reports formation of all-Mexican AA Group

July 31: 1972 – Rollie H. dies sober in Washington DC – July 31, 1972

<https://toledoameetings.com/important-dates-in-alcoholics-anonymous/>

Step 7 of Alcoholics Anonymous (AA) encourages people to practice humility by asking a higher power to remove their shortcomings and replace their imperfections with spiritual practices. This step emphasizes acceptance of flaws and the need for personal change.

AA Step 7: What Is Humility? Humility means having modesty, a lack of pride, and a humble view of your importance. In AA, it's suggested that people with addiction may lack humility, which makes it harder for them to admit to their mistakes and shortcomings or see the need for change.

Step 7 can help people develop a richer and deeper understanding of themselves and their connections to others.

How the 7th Step in AA

Works: Step 7 is the last step in a phase of recovery that began with Step 4.

The goal of Step 7 is to acknowledge and address personal shortcomings and flaws that contribute to

problematic alcohol consumption. In Step 7, you will work on humbling yourself and seeing that you are not perfect. Then, you ask a higher power to remove these shortcomings.

Can I Do Step 7 If I'm Not Religious?

In AA, the use of the phrase "God as we understand Him" means that a person's understanding of the source of their inner strength is personal. Depending on a person's beliefs, they may change the word "God" to the name of the religious entity that is part of their life.

Others may use a list of 12 Steps that are phrased to be secular. Using "higher power" is a popular alternative to "God," but others choose "nature," "the universe" or even "love" to refer to the source from which they draw strength.

Instead of a prayer, people can ask for guidance or strength through meditation or a simple mantra. Step 7 of AA has a prayer that people can recite as they strive to connect with their higher power and spiritual practice. Here is how to say the Step 7 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.

The point of Step 7 is to help people realize their character flaws and achieve a new perspective by humbling themselves and asking for help in addressing these issues.

Why Step 7 in AA Recovery Matters

Working through Step 7 can be challenging, but comes with lasting rewards. By practicing humility, you will be better able to recognize that you are not perfect and that you need help to overcome addiction. Asking for help from a higher power can be a humbling but empowering experience. For example, you

may find that it helps you:

- Change the attitudes that might contribute to addiction
- Practice humility in order to let go of the flaws that have led to harm
- Prepare for the next step of the process, which is about acknowledging how their actions have hurt oth-



ers

Let go of defensiveness, blame, and excuses that stand in the way of moving forward without alcohol. Step 7 can also help you see your goals in life more clearly. In previous steps, you admitted that you are powerless and that your alcohol addiction is not something you can manage on your own. Step 7 is about recognizing that embracing humility can give you a sense of peace.

Humility also gives you a realistic perspective on yourself. AA calls this viewing yourself as "right-sized" instead of seeing yourself with a sense of grandiosity or entitlement. In Step 7, you learn to accept who you are as you are. When you no longer see yourself as greater than you are, you may find yourself making less unreasonable demands on yourself and others. According to AA, if you do not practice humility and admit your shortcomings, you will keep making excuses for your actions, which undermines your ability to change your behavior.

How to Complete AA Step 7: There is no one right way to complete Step 7. It may involve simply reflecting on their shortcomings and asking for help overcoming

(continued on page 7)

(cont) these challenges for some people. Other things you can do as you work through Step 7 include:

- Reflecting on what you have learned in previous steps
- Considering how you have humbled yourself
- Appreciating how your own understanding of your higher power has been strengthened
- Engaging in prayer, meditation, and other spiritual practices
- Considering your perspective and whether it is realistic and achievable

Regardless of how you approach it, Step 7 is an important step in recovery. If you are struggling with addiction and want to change your life for the better, working through this step can be a great way to begin your journey toward healing.

Talk to a Mentor: You might find it useful to talk to someone who has already completed Step 7. Your sponsor, therapist, or another support person who has been through the 12 Steps can give you some insight and guidance.

Use Self-Compassion: Try to be understanding with yourself as you work through Step 7. It involves a lot of self-reflection and can stir up feelings of shame or guilt. Be kind to yourself and focus on the positive changes that you hope to achieve in Step 7.

Change Your Mindset: Step 7 asks you to work on giving up an attitude of total self-reliance. Instead of “carrying the world” on your shoulders and trying to do everything in life alone, Step 7 helps you shift your perspective and learn to ask your higher power for help. With support, you can move forward and work toward change.

Be Patient: Step 7 emphasizes that recovery takes time.

Mistakes and shortcomings will not disappear overnight, but if you stay humble and ask for help and guidance, you can do the work to improve your life and overcome addiction. You may need to return to Step 7 in the future. Though you may change, new problems will come up or old ones may come back.

Practicing humility and asking for help to address the problems that come up in life lets you continue to grow and live life as your best possible self. When you can humble yourself and ask for help, you may be ready to move on to Step 8 of the 12-step program.

Real-World Examples of AA Step 7:

Going through the 12 Steps is a personal journey, and yours won't be the same as anyone else's.

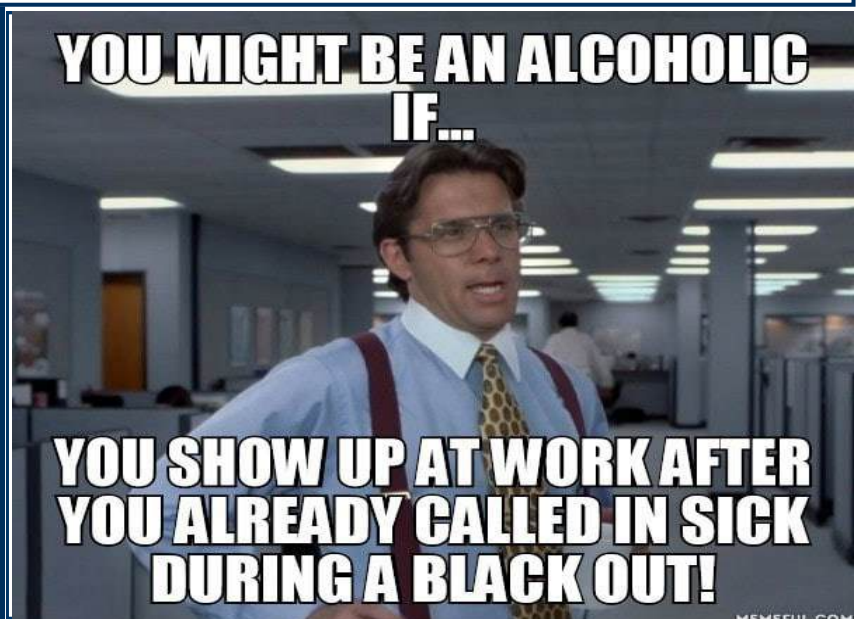
Perhaps you identify and accept that one of your flaws is that you are childish or even mean when you don't get your way. You start to see how this behavior has negatively affected your relationships. Then, you make a connection between stress and drinking.

Then, you can turn to your higher power and humbly ask for help removing the flaw so that you can move forward and make positive progress.

Maybe when you list your flaws, you notice that you cannot admit when you're wrong. You'll make excuses, blame someone else, and even lie rather than own up to a mistake. You may see that you get stuck in a “vicious cycle.” You make a mistake and lie about it, and the guilt makes you want to drink. But the more you drink, the more mistakes you make.

You can ask your higher power to remove this shortcoming and give you the strength to admit when you're wrong and grow from these experiences.

<https://www.verywellmind.com/step-7-of-the-aa-12-step-program-5271444>



Service Opportunities!

SMIA needs a Treasurer

REQUIREMENTS:

- **Residence in Calvert, Charles or St Mary's county - Calvert county preferred.**
- **Minimum of 2 years of continuous sobriety. This is a 2-year term.**

Duties & Responsibilities:

The Treasurer maintains Southern Maryland Intergroup Association's (SMIA) corporate financial records, tax returns, detailed accounting of receipts and disbursements; and provides summaries and reports to the Intergroup at least quarterly. The Treasurer works with the Finance Committee to prepare the annual budget and present it to the Member Assembly for a vote. The Treasurer receives contributions and maintains SMIA's funds in an account in the name of SMIA. With approval of the Board, the Treasurer oversees and maintains any financial professional services.

Eligibility & Preferred Qualifications:

- A sober member of Alcoholics Anonymous
- Organizational skills for good record-keeping; accounting or bookkeeping experience
- Computer skills appropriate for the duties of the position, especially working with spreadsheets
- Must be at least eighteen (18) years of age.
- A sound understanding and appreciation of applying the Steps, the Traditions and the Concepts of Alcoholics Anonymous, along with a willingness to consult with others who have experience gained through applying these guiding principles successfully to problems.

This is an excellent opportunity to be of service at the District level.

Please join us at the next SMIA meeting, *Saturday July 11 at 10am*

Immaculate Conception Church,

28297 Old Village Road, Mechanicsville, MD 20659

Or via Zoom @

<https://zoom.us/j/99982597908?>

[pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09](#)

YOUR SEVENTH TRADITION CONTRIBUTIONS HELP CARRY THE MESSAGE

Contributions from you and your home group to the General Service Board support the work of the General Service Office (GSO) to help the alcoholic around the corner — and around the world. Your contributions make possible:



Scan to learn more about Self-Support at www.aa.org/aa-contributions-self-support.

COORDINATION AND CORRESPONDENCE

The **Corrections Assignment** coordinates the Corrections Correspondence Service, currently linking 3,400 inside participants with 2,500 outside participants while actively communicating with 1,350 listed contacts. The Corrections assignment developed the ["Tablet Literature List" \(Item F-239\)](#) to provide awareness of A.A. resources available on correctional facility tablets.

The **Group Services Assignment** is a liaison to over 400 intergroups and central offices, as well as other Twelve Step fellowships. Group Services maintains more than 250 service materials reflecting current shared experience.

The **Treatment Assignment** communicates with approximately 585 Treatment or [Bridging the Gap \(BTG\)](#) committee chairs and coordinates the [Loners-Internationalists Meeting \(LIM\)](#).

The **Literature Assignment and Publishing Department** coordinate Conference-approved literature projects, guiding the development of new literature items and reviewing, updating and revising current A.A. literature.

The **Cooperation with the Professional Community (CPC) Assignment** creates resources, supports communication for local committee engagement and coordinates local participation in national professional conferences in the U.S. and Canada.

The **International Assignment** supports A.A. members and service structures in over 180 countries, including 66 General Service Offices around the world. It also coordinates the World Service Meeting, the international forum for shared experience and ideas on carrying the A.A. message. In 2025, the assignment participated as a guest at the biennial Asia-Oceania Service Zonal Meeting in Singapore to learn about how A.A. is developing within the participating countries.

The **Archives Department** responds to more than 10,000 emails and phone calls every year, supports local archives efforts, acquires and manages new and existing digital and physical materials, and provides research access.



GSO 2025 STATS

Staff Services

- ▶ Emails: 233,211
- ▶ Calls: 2,777

Member Services

- ▶ Emails: 23,120
- ▶ Dept. calls: 12,812
- ▶ Literature orders: 22,139
- ▶ Front-desk calls: 25,473

Language Services

- ▶ Translation requests: 2,405

Communication Services

- Our Primary Purpose* podcast:
- ▶ Downloads: 44,000
- Meeting Guide app:
- ▶ Users: 2 million
 - ▶ Meetings listed: 150,000
- Website (aa.org):
- ▶ Views: 15 million

Archives

- Manages:
- ▶ Books: 5,083
 - ▶ Audio recordings: 5,953
 - ▶ Films/videos: 1,000+
 - ▶ Digital files: 10,000+

HOW THE MESSAGE IS BEING CARRIED

Military Members/Veterans audio interviews feature stories of A.A. members in the military from the United States and Canada.

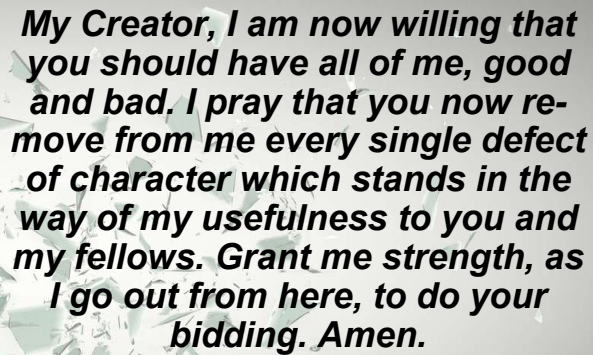
Regional Forums take place in the eight regions of the U.S./Canada service structure. At these events, A.A. members exchange information with representatives of the General Service Board, AAWS, AA Grapevine and GSO Staff members. In January 2026, a Special Online Forum for Deaf Members had 386 attendees highlighting insightful experiences on staying sober and carrying the message of A.A.

The **International Assignment** has assisted translation projects in languages such as Haitian Creole, Somali and Karen to carry the A.A. message to alcoholics who speak those languages in the U.S. and Canada — and around the world.



Notes on Step Seven

There was true humility and deep surrender by asking God to “take all of me,” both the “good” and the “bad.” This was an admission that I could not trust myself to differentiate between the two. I almost drank after five months sobriety before going into the 12-step process with my AA sponsor. He wisely pointed out the obvious fact that my mind lied to me—It was not to be trusted! I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: “Self cannot rid self of self with self.”



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.

I often hear long dissertations of what Bill W meant by “shortcomings” and “defects of character” in Step Seven. Though it may be impossible to overstate the importance of dictionaries, Bill W uses these words to mean the same thing. Let

us look how he came about phrasing Steps Six and Seven: Page 59, Step Seven: “Humbly asked Him to remove our “shortcomings.”

Page 76, Step Seven: “I pray that you now remove from me every “defect of character” that stands in the way of my usefulness to you and my fellows.” Consequently, it is easy to see that Bill meant for us to absorb these two words as “twins.”

I wondered why the closing word “Amen” was not used in the many prayers of the steps leading up to Step Seven. It was explained to me that this word can be used as a summary of previous connected facts, e.g.,.

In Step Three we asked to be relieved of the bondage of self, but we didn’t know what that was. Not complete. No Amen! In Step Four we only partially realize the nature of said bondage. Not complete. No amen! In Step Five our sponsor may provide deeper insights of the bondage. Not complete. No Amen! In Step Six we become willing to ask God to remove this bondage. Not complete. No Amen! In Step Seven, now that we have a much better insight of our bondage and are willing to be rid of our defects and shortcomings, we are now ready to ask God for help. We have completed the necessary prerequisites. The summary has been completed—consequently Bill adds the word, Amen. So be it.

<https://www.aacle.org/notes-on-step-seven/>

"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!

CLEAN AIR GROUP

The Clean Air Group

Is in need of support

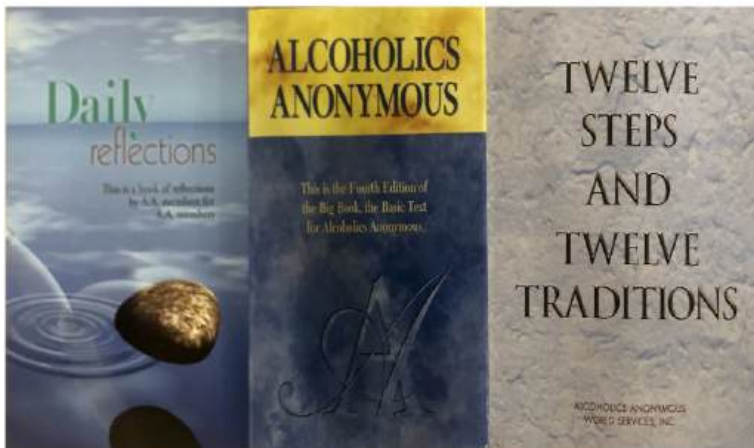
And home group members

Come on out and check us out



Friday nights 6:30pm.

St. Andrews Episcopal Church

44078 St. Andrews Church Rd.



JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
						
5 Brandi T., 12 yrs, ODAAT	6	7 Travis S., 18 yrs, Hol- lywood	8	9 John D., 12 yrs, Almost Normal	10	11 Jesse B., 2 yrs, Sat- urday AM Breakfast
12	13	14	15 Billy B., 12 yrs, There Is A Solu- tion	16 Lawrence W., 3 yrs, Blue Top at Noon Keith H., 37 yrs, Almost Normal	17 Mary F., 19 yrs, and Joe H., 25 yrs, Leonardtwn	18
19	20 Susan B., 9 yrs, More Will Be Revealed	21 Misty C., 5 yrs, Emo- tional So- briety	22	23	24	25 Riley F., 3 yrs, Saturday AM Break- fast
26 Sherrie T., 12 yrs, Never Too Late	27	28	29	30 Sherry B., 45 yrs, Harmony	31	

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Brad H., 20 yrs, We Wuz Wurz
2 Jeanette W., 6 yrs, ODAAT	3 Tim P., 1 yr, Monday Nite Traditions	4	5 Cindy C., 17 yrs, Awak- enings	6	7	8
9 Beth H., 23 yrs, Living Sober Willie S., 41 yrs, Bobby U., 35 yrs, and Bill B., 16 yrs, Solo- mon's Group	10	11 Betty C., 5 yrs, Blue Top Billy G., 4 yrs, Holly- wood	12	13	14	15 Michael O., 35 yrs, Saturday AM Break- fast
16 Ray C., 5 yrs, Never Too Late	17	18	19	20 Suzie L., 21 yrs, What's The Point	21	22
23	24	25	26	27	28	29
30 Mike M., 11 yrs and Cur- tis B., 5 yrs, KISS	31					



Sunlight of the Spirit

EVENT SCHEDULE:

- FRIDAY:**
8pm: Victor V • Springdale, AR
- SATURDAY:**
8:30am: Open Meeting
10am: Terra W. • Camp Hill, PA
11:30am: Roundtable Forum
12:30-2pm: Lunch Break on your own
2pm: Lori G • Oklahoma City, OK (Al-Anon)
4pm: Jan M • Columbus, OH
5-7:30pm: Dinner Break on your own
7:45pm: Sobriety Countdown
8pm: Cliff G • Oklahoma City, OK
9:30 pm: Ice Cream Social
- SUNDAY:**
9:30am: Gary M • Columbus, OH



For More Info and Registration



Scan With Your Camera

See what else is planned at SunlightYork.org

REGISTER

FOR THE 2026 VAC CONVENTION

DoubleTree by Hilton Hotel
Richmond - Midlothian
1021 Koger Center Blvd,
Richmond, VA 23235
Friday, August 14 through
Sunday, August 16, 2026

Hosted by VAC District 29 and surrounding Richmond Districts



Registration & Scholarships

\$20 until 12/31, \$25 1/1-8/13

\$35 registration at the door

Rooms \$135 a night until 7/15/26



Hotel Booking

2026VACconvention@gmail.com



AA BIG BOOK COMES ALIVE!

THE SIMPLE PROGRAM THAT WORKS

REAL PEOPLE
REAL EXPERIENCE
REAL HOPE

ALCOHOLICS ANONYMOUS

UNDERSTAND IT.
APPLY IT.
LIVE IT.

- CLARITY
- DIRECTION
- FREEDOM



THE ORIGINAL MESSAGE.
BRINGING THE BIG BOOK TO LIFE.

hosted by:
District 36

presented by:

Scott F. & Chris B.
(Philly, PA) (New Jersey)

Aug 15th | 9am - 4pm
Mt. Zion Church
Mechanicsville, MD

POC: Michele H. 240-298-8072

Continental
Breakfast &
Lunch Provided

69th ANNUAL A.A. SESSIONS By - The - Sea
Tuesday thru Sunday
August 18-23, 2026
CONVENTION HALL - OCEAN CITY, MARYLAND

We are pleased to announce an outstanding program.

TUESDAY EVENING Irene M North Myrtle Beach SC 8:30 P.M.	FRIDAY EVENING Gerald B Frankford DE 8:30 P.M.
WEDNESDAY EVENING Dennis McL Little River SC 8:30 P.M.	SATURDAY MORNING (AFG) Jill P Seven Valleys PA 10:00 A.M.
THURSDAY EVENING Christina G. Beechville OH 8:30 P.M.	SATURDAY EVENING Ethel N Philadelphia PA 8:00 P.M.
FRIDAY MORNING (AFG) Susan H Eldersburg MD 10:00 A.M.	SUNDAY MORNING John E Belleve NE 10:00 A.M.

THERE WILL BE NO SMOKING IN THE CONVENTION HALL

~ Interpreter for the hearing impaired ~

- Good Fellowship
- Golf Tournament
- A.A. Literature
- Good Speakers
- Good Beach
- Fishing Trip

Registration is online only. Registration Badges must be picked up at the Convention Center and the name badge must be worn visibly to attend any event at the Convention Center. There will be no other Registrations or Name badges available at Sessions.

GO TO <https://www.sessionsbythesea.com/> FOR REGISTRATION AND INFORMATION

DISTRICT 1

SUMMER PICNIC

**Saturday 8/22/26
12-4pm**

1140 HILEDALE WAY
PRINCE FREDERICK MD 20678

PLEASE BRING SWIMSUIT, TOWEL,
SIDE DISH OR DESSERT TO SHARE.
MEATS AND DRINKS WILL BE
PROVIDED.

QUESTIONS- CALL OR TEXT JERRY C
240-882-5291

Join Us for the Prom You'll Remember The WCI Activities Committee's ADULT PROM

DJ & Dancing | Coffee & Desserts
50/50 Raffle | Photo Booth

Submit your promproposal to
activities@westcentralaa.org to be
entered to win Prom King or Queen!

Saturday, August 29, 2026 | 6-9 p.m.
Elks Lodge - 289 Willowdale Drive
Cost: \$15 - WCI Website or Intergroup Reps



DISTRICT 36



Bring your Best Ribs / BBQ

Sign-Up begins Aug 01

Side Dishes
& Desserts
Welcome



Sunday
SEP 13
12:00 - 4:00

Lettie Dent (5th District) Park
37840 New Market-Turner Rd
Mechanicsville, MD 20659

POC: Mary F. piscesbaby82mf@gmail.com

NOT QUITE RIGHT

The Not Quite Right Group

8:00pm. Friday Nights

Beacon of Hope - Suite 12

46940 South Shangri-La Dr.

Lexington Park, Md.

Is in need of support

and Home Group Members

SOUTHERN MARYLAND INTERGROUP ASSOCIATION MEETING MINUTES 6/13/26

OPENING: The Serenity Prayer

Board Members Present: Todd M – Chair/Acting Treasurer; Emme J, Vice Chair; Shaara W, Secretary.

New Member(s)/Visitor(s) Introduction: Jerry, Area 29 Corrections Chair.

Groups & Committees Represented:

Buddy F – Bookstall; Bill L – Web (remotely); Keith H – Lifeline/Archives, Roy B - St. Mary's County Corrections; Faye S, We Are Not Saints; Patrick B - Where and When (remotely); Keith C, Waldorf; John W, Waldorf; and Cindy C, Awakenings.

SMIA Chair Report: Todd had no report but rather gave Jerry, Area 29 Corrections Chair, the floor. He reported Roy has volunteered to bid for the National Corrections Chair in 2027 for 2029. He is attending the upcoming National Corrections Convention in Salt Lake City. Bridging the Gap is why he's here. SMIA needs one. He's interested in cultivating relationships with the wardens to help inmates transition in the program upon release. It's easier with treatment facilities. They have a liaison/social worker who can help with the transition referral.

Vice-Chair Report: Emme J reported she went to the District 36 meeting and plans to go to the other district meetings and some of the groups as well. World Services has bought the Everything AA App.

Secretary Report (corrections/additions): Motion to accept the May 2026 Minutes as posted on the Web and in the Lifeline. Second. All in favor.

Treasurer Report (corrections/additions): This position is still vacant. Todd, Chair, is still working with the former Treasurer and plans to have the Serenity Breakfast review as a Board soon. Todd also reported that the 2026-2027 SMIA Budget has been worked out and plans to review it at next meeting. He still needs

access to the Post Office Box and has some forms for SMIA Board Members to sign to allow this. Motion to accept the June 2026 Treasurer's Report as posted on the Web and in the Lifeline. Second. All in favor.

COMMITTEE REPORTS

Corrections/Treatment/Public information/PCP: Calvert: No report. Charles: No report. 2 St. Mary's: Roy B. reported participation has been good. Volunteers are signing up. The DC has a waiting list and has requested a second meeting for men. They are hoping for donations of softcover Big Books and Plain Language Big Books.

Telephone: Still need a chair for this. Faye S. has been taking the calls since June 1 and will do it until the position is filled. Total Calls: Since June 1, 0. Another article was and will be published in the Lifeline about the vacancy of this position. Minimum of 2 years sobriety.

Where & When: Printed. Patrick is available for continuing updates in the event of a reprint.

Lifeline: Keith H reported that things are going good. He welcomes any suggestions, feedback, etc., by the 27th of the month. Flyer submissions should be in portrait and .pdf.

Events: Serenity Breakfast: Emme presented her report. She reported a \$147 loss that will be confirmed when the audit takes place. Picnic: Buddy reported it will be at Snow Hill Park 12-8 on the 28th of June. It is advertised and food will be cooked from 12-4. Gratitude Dinner: Scheduled for November. No discussion. Workshops: Nothing to report.

Bookstall: No. Orders 8; Total Collected \$134.00 with additional PCP/IP purchases of \$170.85.

Web Report 5/9/26 – 6/13/26 Site Analytics Main Site Total Visitors (initial visit) Bookstall Site 2753– down less than 1% 2880– up 4% 5 Most Frequently visited pages Home Page – 2248 Where and When Calendar- 433 Announcements - 311 AI-Anon Info - 304 On-Line Meetings -

302 3 Top 10 Visitor locations – Maryland, Virginia, California, Illinois, New York, West Virginia, DC, Pennsylvania, Delaware, South Carolina Site Updates and Changes No significant changes this month Meeting Change Information The Zoom meeting link was changed for the Poplar Hill Group. Meeting Status Currently there are 135 meetings in our service area; 127 meetings are in-person, 6 meetings are hybrid, 7 meetings are on-line only, and one meeting is suspended. Document Posts and Updates Lifeline posted – 6/2/26 Financial page updated – 6/2/26 May Minutes posted – 5/12/26 Anniversary Submissions since last meeting St. Mary's County - 15 Calvert County – 8 Charles County – 0 Phishing Attempts We've had some new variant phishing attempts that present as "warnings" that a bill is overdue or that service will be suspended. With all phishing attempts, ignore and delete these e-mails

OLD BUSINESS: None.

NEW BUSINESS: John W proposed the following motion, "That SMIA establish a temporary committee to develop recommended guidelines to help future event committees plan and conduct SMIA events and fundraising activities." Second. 5 Ayes, No Nays. Passed.

FOR THE GOOD OF THE ORDER: District 36 is organizing a "No Talent Talent Show" at Patuxent Presbyterian on 7/18/26 from 6:30-10 p.m.

Motion to Adjourn. Second. All in favor.

CLOSING: Responsibility Pledge

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: somdlifeline@gmail.com

July 2026

Southern Maryland Intergroup Association Inc Treasury Report

Monthly Contributions:

\$80.00

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

Southern Maryland Intergroup Association Inc Monthly Statement of Financial Position May 25, 2026 - June 24, 2026

Assets	
Primary Business Checking	\$ 1,351.32
Prudent Reserve	\$ 3,700.00
PayPal	\$ 137.00
Bookstall Cash on hand	\$ 100.00
Total Assets	5,288.32

This Month's Expenses	
Bookstall Purchases	\$ (788.82)
Liability Insurance	\$ -
Lifeline Printing	\$ (148.33)
Misc	\$ -
Phone Answering Service/1-800#	\$ (61.29)
Post Office Box	\$ (126.00)
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (56.03)
Where & When	\$ -
Picnic	\$ -
Office sup (coffee, postage & faxing)	\$ -
Bank Charges and Fees	\$ (16.00)
Other - Tax Filings	\$ -
Total Expenses	\$ (1,346.47)

Southern Maryland Intergroup Association Inc Yearly Statement of Activity April 25, 2026 - April 24, 2027

Year to Date Income		BUDGET Shortfall
Contributions	\$ 231.99	98%
Bookstall Sales	\$ 346.70	90%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ (194.00)	139%
Total 2026 Income	384.69	98%

Year to Date Expenses		BUDGET Left to Use
Bookstall Purchases	\$ (788.82)	100%
Liability Insurance	\$ -	100%
Lifeline Printing	\$ (271.85)	92%
Misc	\$ -	0%
Phone Answering Service/1-800#	\$ (122.58)	92%
Post Office Box	\$ (126.00)	100%
Rent	\$ (300.00)	92%
Webmaster	\$ -	100%
Website	\$ (58.68)	100%
Where & When	\$ -	100%
Picnic	\$ -	100%
Office sup (coffee, postage & faxing)	\$ -	100%
Bank Charges and Fees	\$ (32.00)	92%
Other - Tax Filings	\$ -	0%
Total 2025 Expenses	\$ (1,699.93)	90%

Total of Checking and PayPal Allows us a financial Runway of **1.03** Months
 Number of Months of Fiscal Year Remaining **10** Months
 For our 2025-2026 planned expenses, we currently have a **\$(13,011.68)** Shortfall

Remaining Service Committee Budgets		C&T	PI/CPC
Budget Year 2025 (01May2025 - 30Apr2026)	Calvert	\$ 215.00	\$ 81.00
As of 08MAY2026	Charles	\$ 80.00	\$ 176.00
	St.Mary's	\$ 99.00	\$ 18.60

**THANK YOU FOR YOUR
CONTRIBUTIONS:
AWAKENINGS**

Please include your current group number when submitting correspondence or contributions to the SMIA. You can find your current group number at <https://somdintergroup.org/wwwsearch.html#gnlf>. If your group does not have a current group number, contact the Area 29 Registrar at registrar@marylandaa.org.

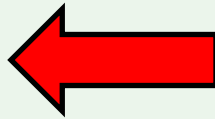
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

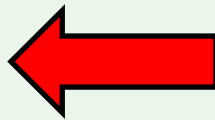
2) Or they can be mailed to the appropriate office location:

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
PO BOX 234
Crownsville, MD 21032



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

ATTENTION GROUP TREASURERS:

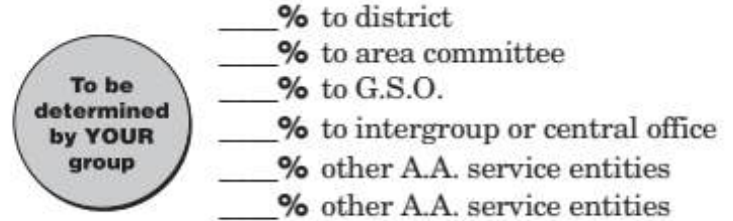
****Remember to include the 6-digit GSO Group Number on all correspondence to Maryland General Service.***

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

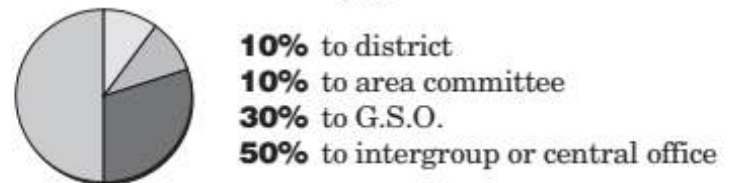
Distribution Plan of _____
(YOUR GROUP NAME)

Your Group Service # _____

(Be sure to write group name and service # on all contributions.)

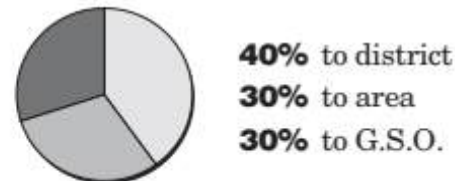


OR



OR

If you have no intergroup/central office.



THE DEADLINE FOR ALL LIFELINE MATERIALS IS THE 27th OF EACH MONTH.

SMIA SERVICE TEAM:

Chair: Todd M.
Vice Chair: Emme J.
Secretary: Shaara W.
Treasurer: VACANT
Parliamentarian: Keith T.
Web: Bill L.
Bookstall: Buddy F.
Lifeline/Archives: Keith H.
Telephone: Faye S.
Where & When: Pat P.

DISTRICT 35 CHARLES COUNTY

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

Peace Lutheran Church
401 Smallwood Drive
Waldorf, MD

Or via ZOOM

Meeting ID: 85795899259

Password: D35!2025

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

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

Accessibilities Chair

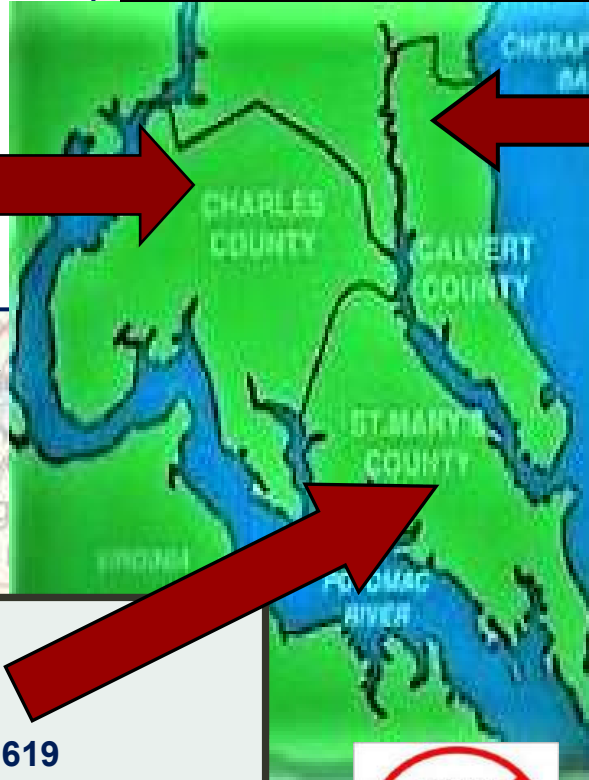
Men's Institutions Chair

Bridging the Gap Chair

District Meeting:
7 PM, 3rd Monday
St. Paul's Episc. Church
25 Church St.
Prince Frederick, MD
20678

District 1 Trust Fund
PO Box 234

Barstow, MD 20610
www.calvertaa.org



**SERVICE KEEPS
US SOBER**

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

[www.marylandaa.org/
organizer/district-36-6](http://www.marylandaa.org/organizer/district-36-6)



DISTRICT NOTES

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

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

The next SMIA Meeting will be held on

Saturday, August 8 at 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)