The Southern Maryland Intergroup Association
2026
District 1 - Calvert County - District 35 - Charles County - District 36 - St. Mary's County

Serving the Southern Maryland Community since 1977
"Built on Trust. Grounded in service"

NOV 2026
Volume 50 #11

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 | \ ˈlīf-ˌlīn : 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



How appropriate it seems that there are twelve months in a year and we have twelve steps in the program. The joy of good living is the theme of the Twelfth step and it blends right in with the holiday season in November and December, starting with Thanksgiving and ending with the New Years Eve celebration. This time of year does bring a lot of joy to many of us but it also brings distress to some of the less fortunate ones who haven't yet been blessed with the gift of sobriety and peace of mind, in and outside of A.A.

During my drinking days I used to be very uncomfortable about the holidays. I never knew how to act around normal people unless I was half-smashed. When invited to a celebration, I felt like a charity case and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays, and, due to my discomfort, I would always put a damper on it by complaining about the tacky gifts that people would buy for each other, the mad rush to go shopping and the commercializing facade that it had become. Any excuse was better than facing me and the miserable wretch that I had become.

After being sober for several years it occurred to me that I still had some of those same attitudes, and that I was still holding on to them to some degree largely due to the inconvenience of it all. I explained this problem to a dear friend once, and he asked, "*Does the rest of the family enjoy the holidays*?"

I said yes. He then said, "*Why don't you just take a back seat and just watch the joy in their eyes as they experience these things*?"

I did exactly what he suggested and when I started to observe the childlike innocence and happiness *(continued on page 2)*

(con't) that it brought to them, it gave me a whole new appreciation for this time of year. It brought tears of joy to my eyes and I no longer wanted to be the grouch, putting a damper on the joy that they were having. I have been following this line of thinking ever since and it has changed my whole attitude concerning these things.

This change of attitude has inspired me to apply the unselfish lessons that I've come to understand and now I spend the holiday season filled with Joy. If it works like that for the holidays, then why can't I bring it with me for the rest of the year? This has been my mission for several years, and I am always looking for the opportunity to brighten the lives of people less fortunate than myself. I try to do these things anonymously and without fanfare. I also try to consider the discomfort that I used to feel when I was the one on the receiving end of a charitable gesture. I am very careful to do these things in a way that preserves the dignity of that other person. I don't have to wait for the holidays to do these things. Every day is a holiday in and outside of my home, and you can believe me when I say; I reap more than my share of the joy.

https://www.aacle.org/joyful-life-holidays/

PRAYER AND MEDITATION

Someone said: "*The only requirement for serenity is a desire to stop thinking*." In early sobriety my raving alcoholic mind was not the least fond of that cliche. It would run full speed ahead all day long and often deep into the night. It would run so fast, and confusingly, that I feared losing my new job at an antique store.



Sometimes I felt it necessary to forego lunch and talk with my newly found AA friends at a nearby recovery club. Often, as if by magic, I would be overtaken by an inexplicable calmness. Somehow, once inside, I felt safe in the mist of that AA spirit we all know so well. Who needs lunch anyway!

But back to work during the afternoon my mind would resume its attack. What to do? I had learned a spiritual tool that I still use quite often today. I would pray: "*Be still and know that I am God*." Somehow, and I have never understood why, that simple statement had an immediate calming effect; albeit often short lived, it was welcome, indeed!

The Big Book tells us that we have a "*Great Reality deep down within us*" (God). My concept of this is that God is telling my whirling mind to quiet down. Who knows? But it worked then and still does today—great tool!

The French philosopher, René Descartes, is often quoted: "*I think, therefore I am*." However, I am coming to believe that Bill Wilson's "*Great Reality deep within*" (p. 55) is like a great over-self that I can utilize through prayer and meditation to bring peace and serenity into my daily life. Actually, by living the Twelve Steps of AA, I have a certain control over my mind when it goes all catawampus. Step Eleven tells how to find calmness, before going to bed at night, by having a reflective sort of meditate before going to bed at night and asking God for forgiveness (p. 86). How to prepare our day in the morning and how to remain spiritually fit (calm) throughout the day. Read Eleventh step promises on page 88.

https://www.aacle.org/quiet-mind-via-step-11-prayer-and-meditation/



The Transformative Power of Gratitude...

Sobriety, the state of living free from the grip of addiction, is a journey that requires immense strength, hope, trust, and resilience. It also requires some level of blind faith; to believe that recovery is possible and that a life free from substances isn't as scary or uncomfortable as it may seem to a person that has been using drugs and alcohol as their main coping mechanism for a long time. Those who embark on a path of recovery often face countless challenges, both internal and external. One of the most powerful tools at the disposal of the person in recovery is engaging in a practice of gratitude.

It is often said in recovery meetings that "a grateful person" will never use drugs or alcohol. While that may not be scientifically true, gratitude plays a pivotal role in sobriety and the process of recovery. Gratitude can shift a person's perspective, nurture a positive mindset or outlook, and provide the strength and support needed to persevere. Of all the things necessary from a person looking to overcome addiction, find sobriety, and live a life of recovery, gratitude may be the most profound. And gratitude can serve as the cornerstone for individuals to transform and rebuild their lives. Gratitude alone can be transformative, helping someone in active addiction find recovery.

Gratitude as a Catalyst for Transformation: Gratitude can be seen as a catalyst for transformation in the addiction recovery process. It goes beyond simply acknowledging the positive aspects of life; it involves recognizing the progress made in one's sobriety journey. When individuals in recovery express gratitude, they are, in essence, acknowledging the distance they have traveled since the days when they were in active addiction. This reflection is empowering, as it highlights their growth and the positive changes they've made and the positive direction their life has taken. Moreover, recognizing the support they have received from family, friends, and a recovery community can be a powerful motivator to stay on the path of sobriety.

Shifting Perspectives: Addiction often distorts one's perspective, making it difficult to see beyond the immediate cravings for drugs or alcohol, the need to run or numb emotions, stress, or psychic pain, or the overall struggles that occur from a life in active addiction. Gratitude has the remarkable ability to shift this perspective, allowing individuals in recovery to focus on the bigger picture. By consciously practicing gratitude, they learn to appreciate the simple joys and everyday blessings in their lives that may have been overshadowed by their addiction. This shift in perception can help them break free from the self-destructive cycle of addiction and rediscover the beauty of life through a new pair of glasses called sobriety.

Reinforcing Positive Thinking: Recovery is not only about sobriety and the abstaining from drugs and alcohol, but also about reshaping one's mindset. People in active addiction often suffer from self-victimization, feeling that the world is unfair or out to get them; that if not for bad luck they would have no luck at all. Gratitude nurtures a positive and optimistic outlook. When individuals in recovery make it a habit to count their blessings, they are less likely *(continued on page 3)*

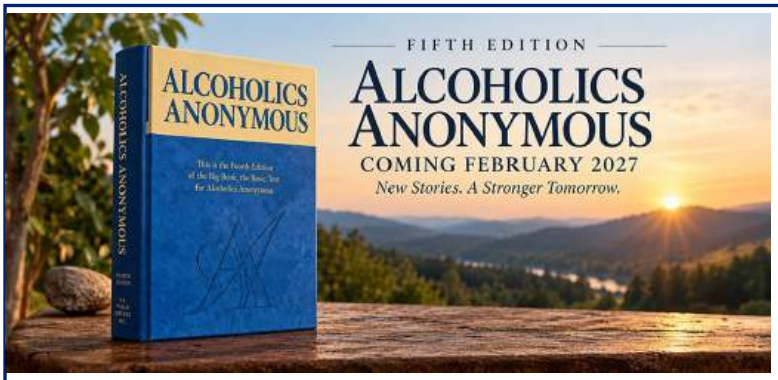
(con't) to dwell on the negative aspects of their lives. Instead, they find themselves, regardless of their present circumstances, hopeful. This positive thinking not only aids in staying sober but also in dealing with the challenges that may arise during the recovery journey or the normal difficulties that can happen during anyone's lifetime. Gratitude helps individuals build resilience and develop a mental toolbox to tackle adversity head-on.

Creating a Supportive Community: The power of gratitude in sobriety extends to the relationships individuals build within the recovery community. It also helps to create, foster, and value important connections within a recovery community. Expressing gratitude toward peers and support networks strengthens the bonds between people who share the common goal of sobriety. It fosters an environment of trust and mutual support, where individuals feel comfortable in being honest, transparent, and comfortable in reaching out when they are struggling or need guidance. Gratitude encourages reciprocity within these important and supportive relationships, as it reinforces the idea that helping others in their sobriety is a noble and fulfilling endeavor.

Preventing Relapse: Relapse can be a common concern for individuals in recovery. The triggers, stressors, and temptations that led to addiction can be ever-present, and moments without defense against a drink or a drug can arise unexpectedly if a person isn't staying vigilant in their recovery. Gratitude can serve as a powerful defense against relapse. When individuals focus on the positive aspects of their lives, the progress they have made, and the valuable and supportive relationships they've built, they are less likely to succumb to the allure of their past habits and the temptation of drugs and alcohol. Gratitude can help people stay present, in the moment, and value what they have, which in turn helps them stay away from discomfort and difficult feelings that can lead to a relapse. A strong sense of gratitude can act as a buffer against relapse, offering a reminder of the rewards of sobriety.

With Thanksgiving fast approaching, gratitude is something that is fast coming into focus for everyone, but especially for those in early sobriety or recovery. Gratitude is a vital component of the journey to sobriety, offering transformative power and a multitude of benefits, as described above. Gratitude helps individuals shift their perspectives, nurture positive thinking, build supportive communities, and prevent relapse. By making gratitude a central practice in their recovery journey, individuals can harness its strength to build a brighter, healthier, and more fulfilling future. Ultimately, gratitude in sobriety is not just a choice, but rather a lifeline, guiding individuals toward lasting freedom from addiction. Gratitude has the power to not only help keep someone sober, but to transform their lives into, as people in recovery often say, "a life beyond their wildest dreams." Happy Thanksgiving!

https://www.marylandaddictionrecovery.com/the-transformative-power-of-gratitude-in-sobriety/



Alcoholics Anonymous World Services has announced that the fifth edition of *Alcoholics Anonymous*, commonly known as the Big Book, is on track for publication in February 2027.

In an August 26, 2026 communication to A.A. trusted servants, groups, Intergroups, Central Offices and other members of the Fellowship, Alcoholics Anonymous World Services (AAWS) provided an update on the forthcoming fifth edition.

At its July 30 meeting, the AAWS Board approved the recommendation of its Publishing Committee that the **hardcover fifth edition will feature a removable dust jacket and have a list price of $20 USD**.

26 New Stories of Recovery

The fifth edition will include **26 new stories of recovery**, adding new voices and experiences to the Big Book. AAWS says the publication is currently on track for **February 2027**.

The fifth edition comes **more than 25 years after the publication of the fourth edition**. AAWS described the upcoming edition as a much-anticipated milestone for the Fellowship.

More Information Coming This Fall

AAWS stated that **additional information about the publication of the fifth edition will be released this fall**. Details regarding availability and ordering will be shared as they become available.

The Cleveland District Office will share additional information with the local A.A. Fellowship as it becomes available.

Publication: February 2027
Format: Hardcover with removable dust jacket
List Price: $20 USD
New Content: 26 new stories of recovery

https://www.aacle.org/fifth-edition-of-the-big-book-coming-in-february-2027/

Once upon a time, many years ago, during the late'60ties, two sober AAs, Toby C. and Jack W., made their living feeding Parliamentarians and the like people in the Hill's restaurants and cafeterias. They banded together with some other sober AA guys to do a very Christian thing for less fortunate people than themselves, the skid row and homeless alcoholics. They invited them to a Christmas dinner Christmas Eve at St. Giles Church, corner of Bank St. and First Ave. It was an unparalleled gesture to serve a first class dinner to the street people of Ottawa, afflicted with alcoholism.

It was a 2 hour affair followed by an A.A. meeting. Some of these hardened street people didn't show. They did not want to pay the price of attending the A.A. meeting. It was nonetheless successful and repeated the following year with an increased attendance. This Christmas dinner on Christmas Eve has grown to what has become known as the Alkathon.

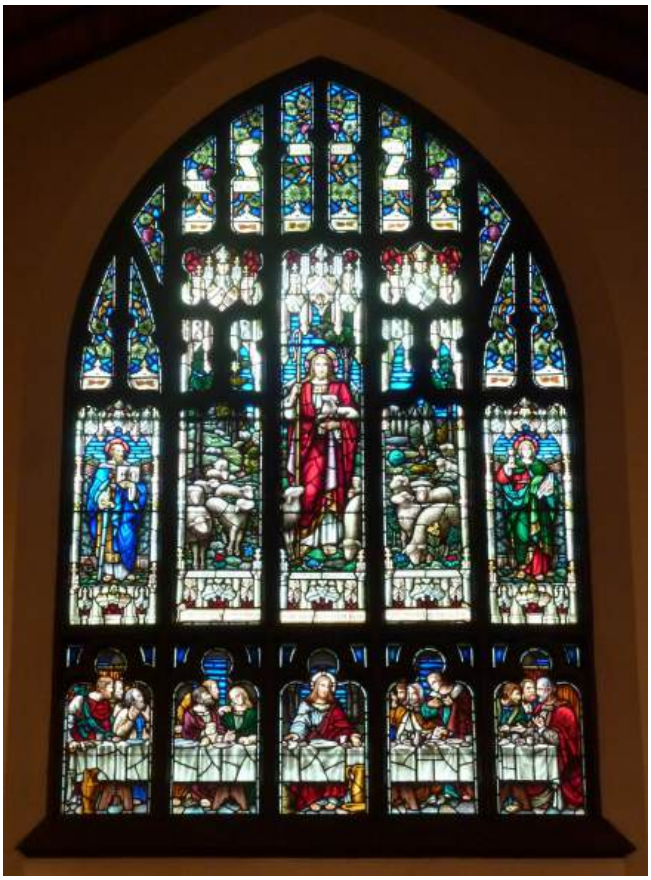
It wants to be remembered why we have an Alkathon. Essentially the Alkathon is intended for the less fortunate in our community, meaning the alcoholic on the skids and the homeless alcoholic. It gives us super fortunate, sober AAs the opportunity to continue what Toby and Jack started, namely an opportunity to honour these two guys who put into action what Tradition 5 teaches "– when anyone anywhere reaches out, let A.A. always be there".

We often hear the saying "You can lead a horse to water but, you can't make him drink". True. But, you can keep him there long enough to get thirsty. In other words, the double A (AA) also stands for "Assertive Attraction" and that is in the spirit of what Toby and Jack had thought of doing and put into action.

It is our responsibility to continue in this spirit. Outside enterprises engage in outreach programs. Let the Alkathon be an "Outreach initiative". Invite the less fortunate from around town, like Toby and Jack did, not caring whether they had had a bath or clean clothes to wear. Let's act for the greater good, and not just think of the Alkathon as a closed party for sober alcoholics. Toby & Jack would remind us very quickly of our Primary Purpose.

THE ALKATHON INITIATORS





https://ottawaaa.org/newsletter/the-alkathon-initiators-2/



The topic of freedom often comes up at A.A. meetings and for this alcoholic; peace of mind has been my goal from the very beginning. Our minds are full of negative thoughts and if we are alcoholics, we are not sure which of these ideas are valid with respect to our goals as we navigate the road to recovery.

We can itemize these things such as: guilt, shame, regrets, self loathing, fear, etc. and it still leaves some of us, passing it off as more of the same minutia we've been hearing for most of our lives. What degree of importance do we, as individuals, place on any one of these items and expect it to make that much different in our overall growth?

As I look back on my thinking patterns of the past, I realize that there weren't too many of those thoughts that weren't influenced by some thought of material gain. That, in itself, isn't necessarily wrong or bad when it comes to the normal thinking person, but when it comes to the alcoholic, without the same disciplines of the normal person, it becomes the yoke around our necks that drags us down into that pit that we are all too familiar with.

I was surprised, one day, when I received a phone call from my first wife's husband, he was reading me the riot act about an incident that my son and they were having, at the time, and he thought I was involved in it. I tried to be patient and not say anything to provoke him, and after he ran out of things to throw into the ring, he finally took one final shot by saying: "*well, I've heard stories about you, and you're no angel*."

My response was, "*I've done a lot of things in my life that I'm not proud of. But, I'm not ashamed of anything that I've done in the last 22 years*" (sober 22 years at the time). The conversation ended peacefully. How many people can say that?

Freedom from shame was what I became aware of from that conversation, and as I start to look at all of the other negative thing on the list, I realize that most of them have been reduced to the point of irrelevance. That does not mean that I don't have lingering regrets for things that happened prior to my getting sober, it only means that by practicing these principles in all my affairs, I don't make as many mistakes, and I never do anything to intentionally hurt anyone.

We can't change one single thing that happened in the past, but we can learn from them and we can certainly do better in the present, with only an occasional stumble.

One of the most important ingredients for me is, being totally honest about my motives for the things I do on any given day. If they are pure and unselfish, I will have a clear conscience.

Living by principles takes most of the decision making out of my hands. That, I think, is what they meant when they wrote Step two. We depend on help from outside of ourselves.

By getting in the habit of doing it that way for such a long period of time, the rat race between my ears slowly diminished and somewhere along the way, my head has cleared up and most of the conflict has subsided. What a blessing it is to fall asleep each night without all of the endless garbled calculations repeating themselves over and over in my mind until I fell asleep from pure mental exhaustion.

You can't put a price on peace of mind, and in my own words I would define it as "*freedom from all unresolved mental issues*."

After years of trial and error, I seem to have settled into a pattern of thinking, based on principles that I've come to embrace, that have taken most of the guess work out of the choices that I make. There are no more sleepless nights due to that rat race in my head.

I know that I'm doing the best I can, based on what I've learned in Alcoholics Anonymous. I'm at peace with myself and with others, for the most part, and what more could a person ask for. The cauldron is no longer bubbling between my ears. Now, to me; that's freedom.

https://www.aacle.org/freedom-in-sobriety/


District 1
Chili Cook-Off and Bonfire
3360 Crane Road, Port Republic, MD 20676
November 21st—5 p.m. to 8 p.m.
Think you have the best chili game?
Put your skills to the test!
(Prize for 1st place)
Families are welcome.
Bring a lawn chair and a side dish or dessert to share.
Chips and drinks are provided.
- No Rain Date -
If you would like to enter the Chili Cook-Off call/text
Jerry C at 240-882-5291
Limited to a max of 6 contestants

District 36 presents

Thanksgiving Speaker Series

WEDNESDAY
NOVEMBER 25
9 PM - 2 AM

THURSDAY
NOVEMBER 26
12 PM - 4 PM

KNIGHTS OF COLUMBUS HALL
41606 FENWICK STREET, LEONARDTOWN, MD 20650

Bring your favorite dish or dessert to share on Thanksgiving Day (Nov 26) for a potluck from 12-1 pm!

Interested in doing service?

Sign up to share your experience, strength, and hope as a meeting leader!

bit.ly./AA-speaker-signup

For more info, contact:

Mary F. (240) 237-2954 | Suzanne G. (301) 752-5019

Characterized by Personal Anonymity—Tradition 11



My first few A.A meetings were a blur. I was a shivering wreck. Like most newcomers, I had very little understanding of what was being said – and most pressingly how that would help me to stop drinking. What I did see was that people in those rooms seemed content, happy and most importantly, sober! That kept me in long enough to start to get sober and follow the simple instructions doled out to me.

One thing I remember clocking straight away with Tradition 11 "Our Public Relations policy is based on attraction rather than promotion" on the scrolls in the rooms. Having worked in the PR industry a good few years, the 11th Tradition was something I could get my head around early on.

Real life stories, testimonials and facts are far more believable than shiny advertising and paid promotions. Why? Because there is honesty, humility and reality we can trust.

I really thought my life was over. Really over. But what I did see in those early meetings was the light in fellows' eyes. There was laughter and friendship in those rooms. The people in the chairs were looking comfortable in their own skin. I didn't have the vocabulary for it at the time, but it was contentment, serenity and a simple peace that I had never known. I wanted that, I wanted what you had. There is the attraction.

That is what kept me in the rooms to begin. If I had felt in any way forced or that I was being flogged a programme (to get me richer, sexier, healthier) I would have lasted a few weeks at best. Instead there was a simple humility in the rooms. I could actually see A.A and the program at work.

One final point around anonymity. I never wanted to be just like everyone else – I wanted to be special and different. I wanted to stand out. Today I see that being "part-of" is what keeps me sober, safe and content. I don't need to stand out, I don't need to attach my name to a celebrity endorsed brand or one aligned to a particular political party. A.A is welcoming to all; protective, safe and most importantly strips away any of the things that blocked me from you, and my higher power.

https://alcoholics-anonymous.eu/characterized-by-personal-anonymity-tradition-11

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

1. Do I sometimes promote AA so fanatically that I might make it seem unattractive?
2. Am I always careful to keep the confidences shared with me as an AA member?
3. Am I careful about throwing AA members' names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Am I careful not to identify myself or others as members of AA when I post certain things on social media, such as Facebook, Twitter or Instagram?
7. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?
8. If my group has its own website, have we considered this Tradition when we designed it, how accessible it is, and the type of content that it offers?

https://www.aagrapevine.org/sites/default/files/2020-01/GV-Traditions-Checklist-2018.pdf?srsltid=AU7gw4W-8xUAJMIran2LtQOuO2LbG-yDQxuqRsVUKi_ROmxOJF6YLDPG



After years of, out of control, drinking in a life of undisciplined behavior, I was circling the drain and I showed up at the doors of Alcoholics Anonymous desperately seeking answers as to how to stop drinking. The drinking was just the tip of the iceberg as I discovered after a few meetings.

I was not proud of most of my past behavioral patterns. On p. 64 in the Big Book it says: "*Resentment is the Number one offender. It destroys more alcoholics than anything else*." With that in mind, you would think that it would be the first thing on the agenda, but it was not. As I look back on it now I had too many other things on my mind to deal with and as a result of the complacency I wasn't motivated to tackle the resentment issue as a serious matter and apparently many of my AA buddies somewhat dismissed it as well. We spent much of our time point out the faults of other members in the form of gossip, especially when they were not present.

When I did start to address the issue, I did not consider the gossip and pointing out their faults to be enough of a problem. Dealing with past relationships was present on my mind and eventually I could not dismiss it and still sleep nights. I came to understand that all of those people of the past meant something to me or I wouldn't be so upset about them and if I wanted to enjoy the Peace of Mind that is promised in the program I would have to make things right with them. It occurred to me that nobody's perfect and I had to find a way to neutralize my resentments. If you have ever thrown a rock out into a pond and seen the water rings expanding outward, you would know how I feel about just about everyone that I have dealt with in the past, including myself. My rings of resentment are colliding with their rings and their rings are colliding with everyone else's rings at the same time.

In the past I was always threatened by their rings and I could simply drink them away but in the program Alcoholics Anonymous I come to understand that I am fortunate to have found the solution to my problem and unfortunately many of them may never find the resolutions. As a result, with this understanding, I am no longer threatened by what they think of me and I no longer judge them on their behavior since I was in the same boat as they were at one time. I am not the person I was before I discovered the AA program and whether they know it or not I can be compassionate and have empathy for those poor souls that continued to struggle the way I struggled prior to entering the program. Bitterness and hatred are no longer part of my vocabulary. Resentment seemed to be the act of reliving all those unfortunate conflicts of yesterday.

A close friend of mine once said that "*all forms of criticism and character assassination stem from low self-esteem*". That one statement changed my whole way of thinking when it comes to judging anyone else on this planet. I am not God. By understanding and accepting everyone just the way they are, my self-esteem is at a level where I need not judge anyone. This does not mean that I must be a doormat for others to step on. People will sometimes cross my boundaries at one time or another, but I do not have to roll in the mud with them. I can gracefully back away and not engage myself. I can still treat them with respect and let them be. I can still wish the best for them with the understanding at they may never find the answer to their problems and I am willing to help if I can. It is as simple as that.

https://www.aacle.org/a realistic look atesentments/

The Lifeline is an unofficial newsletter published by the 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. Groups are encouraged to send group news, anniversaries and events to be included in the monthly publication. Material my be edited for spacial constraints and content. Please send all correspondence to: somdlifeline@gmail.com.

The Sign Language Fund

Supporting A.A. Groups and Members in Carrying the A.A. Message to Deaf and Hard of Hearing Alcoholics

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

http://mdacAA.org

Contribute via Paypal:

@MarylandDeafAccess@gmail.com

or by Venmo @MDAC-2023

MDAC Deaf Access
@MDAC-2023

venmo

Alcoholics Anonymous
Deaf Access Outreach
Maryland Deaf Access Committee (MDAC)

MDAC would like to let the Deaf community in Western Maryland know that we are available to help coordinate ASL interpretation for AA meetings.

If you think you may have a problem with alcohol and are interested in attending an Alcoholics Anonymous (AA) meeting, please reach out to the Maryland Deaf Access Committee (MDAC)

Maryland Deaf Access Committee Website https://www.mdacaa.org/

Or attend our monthly business meeting - 2nd Sunday of the Month at 4:30 p.m. EST
Meeting ID: 86723924758
Passcode: 514472

Contact: MarylandDeafAccess@gmail.com

AGAPE-TOWSON
HYBRID

MEETS WEEKLY WITH ASL INTERPRETATION

TUESDAYS
7:00 PM – 8:00 PM EDT

effective September 2025
ASL Interpretation every Tuesday
with inperson interpreter only
on 1st & 3rd Tuesday

Sheppard Pratt Hospital, Gibson Bldg.
1 Friends Ln, 3rd Floor, Towson, MD 21204

Zoom Meeting ID:
120 784 691

MarylandDeafAccess
@gmail.com

WWW.MDACAA.ORG

NOVEMBER 2026

1	2 **Mary H., 2 yrs, Lusby Big Book**	3	4 **George B., 7 yrs, Patuxent River**	5	6 **John K., 16 yrs, Cove Point**	7
8 Geoff P., 5 yrs, Never Too Late	9	10	11	12 **Bill L., 16 yrs, Freedom from Bondage (Beckley, WV)**	13	14 **Dennis G., 32 yrs, We Wuz Wurz**
15 Patrick F., 2 yrs, Never Too Late Michelle A., 1 yr, ODAAT Brendan M., 6 yrs, KISS	16	17 **"Charlie" A., 40 yrs, Grapevine**	18 Pat S., 42 yrs, Turn It Over	19 **Steven E., 4 yrs, Poplar Hill** Hugh C., 16 yrs Blue Top	20	21
22 Kathy I., 9 yrs, ODAAT	23	24 **Robbin E., 7 yrs, Lexington Park Big Book** Peggy K., 29 yrs, Emotional Sobriety **Casey M., 35 yrs, Private celebration**	25	26	27	28 **JD M., 6 yrs, Saturday AM Breakfast** Robert M., 28 yrs, Kingston Creek
29 Shaara W., 2 yrs, Bedouin Daily Reflection	30					

DECEMBER 2026

	1	2	3 Rene G., 37 yrs, Steve E., 4 yrs and Josh B, 1 yr, Poplar Hill Seth H., 11 yrs, Basic Text	4 Nancy P., 10 yrs, My Place Group (Las Vegas, NV)	5 Peggy R., 40 yrs Ken S., 15 yrs, We Wuz Wurz	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Steve H., 35 yrs, Kingston Creek
27	28	29	30	31		

SOUTHERN MARYLAND INTERGROUP ASSOCIATION (SMIA) Meeting October 10, 2026

OPENING - The Serenity Prayer

Board Members Present: Todd M – Chair/Acting Treasurer; Keith T, Parliamentarian; and Shaara W, Secretary.

New Member(s)/Visitor(s) Introduction: Allison B, Sunday Morning .

Groups & Committees Represented: Buddy F – Archives Chair/Bookstall; Keith H – Lifeline; Brandi T - St. Mary's County Corrections; Cindy C, Awakenings; Jeanine W, Step; Michelle C, Laurel Grove; Chris B, Monday Night Traditions and Paul Shippert, Cove Point.

SMIA Chair Report: Todd deferred to representatives of the Maryland Deaf Access Committee who discussed the need for Southern Maryland Intergroup Association to furnish ASL translators for deaf alcoholics. There are 1.2 M deaf people in Maryland and someone in Lusby has reached out. He reviewed the financial commitment necessary for interpreters for 20 individual groups: $520/month, at the rate of $150 per meeting. It was suggested that individual meetings have a yellow can for Deaf Access to keep the contributions separate and submit the money directly to MDAC. Suggested language for the motion to present at a group conscience follows: "I move that our group contribute $__ per month to the Maryland Deaf Access Committee for six months. After six months, our group will review the contribution through group conscience and decide whether to continue." They have Venmo and PayPal and accept checks. Website: mdacAA.org.

Vice-Chair Report: No report.

Secretary Report (corrections/additions). Motion to accept the September 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 M, Chair, is still working with the former Treasurer. Motion to accept the October 2026 report as posted on the Web and in the Lifeline. Second. All in favor.

COMMITTEE REPORTS Corrections/Treatment/Public information/PCP Calvert: Cindy reported that members of her home group are taking meetings to Avenues and the detention center. Peggy K is taking meetings to Avenues on Mondays and Thursdays and is taking names of volunteers. PI has enough Where and Whens. Charles: Allison reported they have 26 volunteers who go into Pyramid 1 day a week and RCCA 6 days a week. St. Mary's: Roy reported via Todd good participation and need for volunteers. Brandi T. reported that things on the women's side are going well. Telephone: 9/12-10/10/26 Still need a chair for this. Total calls 15, Calvert 2, Charles 3, St. Mary's 2, Not Spec. 8, Time 51 minutes. Where & When: There are still approximately 250 left for distribution. Lifeline: Keith H reported that things are going well. He welcomes any suggestions, feedback, etc., by the 27th of the month. He is especially looking for spotlights on how service has contributed to one's sobriety. Also looking for home group histories. The 50th Anniversary of SMIA is coming up. Looking for articles. Flyer submissions should be in portrait and .pdf. Events: Temporary Events Committee: Virtual meeting on 10/24, at 10-11 a.m. Seeking participants and more past events materials. Serenity Breakfast: Time to start looking at this. Picnic: No report. Gratitude Dinner: Cancelled this year. Workshops: No report. Web Report 9/10/26 – 10/10/26 Site Analytics Main Site Total Visitors (initial visit) Bookstall Site 5 Most Frequently visited pages 2553– down 12% 1611 – up 9% Home Page – 3333 Where and When Calendar- 315 Where and When Search- 230 Al-Anon Information - 145 Announcements and Events - 143 Top 10 Visitor locations – Maryland, Virginia, West Virginia, Iowa, California, North Carolina, Kentucky, New Jersey, Connecticut, DC Site Updates and Changes No significant changes. Meeting Change Information The Bedouin Women's Meeting (Calvert), changed from 7:00 PM to 6:00 PM, effective 10/01/26. The AA 4PM Meeting (Charles) changed to a closed discussion meeting. A new meeting was requested by the PIVOT Family Resource Center in Hughesville. They did not 2 include a meeting name, and they do not have a determined meeting time. Additionally, this may be in conflict with the 6th Tradition. While meetings can be held in treatment or resources centers, those facilities cannot host or endorse an AA meeting. Meeting Status Currently there are 134 meetings in our service area; 126 meetings are in-person, 6 meetings are hybrid, 7 meetings are on-line only, and one meeting is suspended. Document Posts and Updates September Lifeline posted – 10/1/26 Financial page updated – 10/4/26 Where and When PDF updated – 9/28/26 Minutes posted – 9/25/26 Anniversary Submissions since last meeting St. Mary's County - 9 Calvert County - 4 Charles County – 0 Other - 0 Phishing Attempts These continue and are becoming more sophisticated. When you receive an e-mail with an artificial sense of urgency, generic greetings, suspicious links, unsolicited attachments, or poor spelling or grammar, those are red flags. Remember, do not click on any links, download attachments, or reply to these attempts. Report them to the webmaster. Notes It is important to note that the SMIA is not responsible for the accuracy of on-line or physical meeting information. This is the responsibility of the groups or districts that provide the information. As a reminder, if your meetings are located in a separate building or obscure location at the primary address, please send us notes regarding the specific location. Bookstall: 5 orders for $55.00. Unable to order anything right now. There are many books in inventory. District 1 Balances: PI/PCP 275 Corrections/Treatment 187 District 36 Balances: PI/PCP 0 Corrections/Treatment 230 District 35 Balances: PI/PCP 375 Corrections/Treatment 250 OLD BUSINESS: It was agreed that Board members will assign a proxy in their absence. NEW BUSINESS: Todd nominated Chris B as SMIA Treasurer. Second. Without a quorum the Secretary casts the sole vote. Shaara voted yes. Chris B is now Treasurer. FOR THE GOOD OF THE ORDER: Motion to Adjourn. Second. All in favor. CLOSING – Responsibility Pledge.

November 2026

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

$235.10

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

Southern Maryland Intergroup Association Inc
Monthly Statement of Financial Position
September 25, 2026 -October 24, 2026

Assets		
Primary Business Checking	$	773.40
Prudent Reserve	$	3,700.13
PayPal	$	587.04
Bookstall Cash on hand	$	100.00
Total Assets		**5,160.57**

This Month's Expenses		
Bookstall Purchases	$	-
Liability Insurance	$	-
Lifeline Printing	$	(164.22)
Misc	$	-
Phone Answering Service/1-800#	$	(61.54)
Post Office Box	$	-
Rent	$	(150.00)
Webmaster	$	(1,055.00)
Website	$	(195.52)
Where & When	$	-
Picnic	$	-
Office sup (coffee, postage & faxing)	$	-
Bank Charges and Fees	$	(16.00)
Other - Tax Filings	$	-
Total Expenses	**$**	**(1,642.28)**

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

Year to Date Income			**BUDGET Shortfall**
Contributions		$2,387.07	83%
Bookstall Sales	$	1,313.70	62%
Gratitude Dinner	$	-	100%
Serenity Breakfast	$	(194.00)	139%
Total 2026 Income		**3,506.77**	81%

Year to Date Expenses			**BUDGET Left to Use**
Bookstall Purchases	$	(2,387.54)	40%
Liability Insurance	$	(352.00)	-17%
Lifeline Printing	$	(844.35)	44%
Misc	$	-	0%
Phone Answering Service/1-800#	$	(368.26)	51%
Post Office Box	$	(126.00)	-5%
Rent	$	(900.00)	50%
Webmaster	$	(1,055.00)	66%
Website	$	(454.88)	46%
Where & When	$	-	100%
Picnic	$	(799.00)	20%
Office sup (coffee, postage & faxing)	$	(75.00)	58%
Bank Charges and Fees	$	(96.00)	52%
Other - Tax Filings	$	-	0%
Total 2026-2027 Expenses	**$**	**(7,458.03)**	**57%**

Total of Checking and PayPal Allows us a financial Runway of	**0.94**	**Months**
Number of Months of Fiscal Year Remaining	**6**	**Months**
For our 2025-2026 planned expenses, we currently have a	**$ (7,339.56)**	**Shortfall**

		C&T	**PI/CPC**
Remaining Service Committee Budgets	**Calvert**	$ 225.00	$ 187.00
Budget Year 2026 (01May2026 - 30Apr2027)	**Charles**	$ 375.00	$ 230.00
As of 24 October 2026	**St.Mary's**	$ 245.00	$ 250.00

THANK YOU FOR YOUR CONTRIBUTIONS
Awakenings
Waldorf
Beginners at Noon

Please include your current group number when submitting correspondence or contributions to SMIA. You can find your current group number at ***https://somdintergrop.org/wwsearch.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*

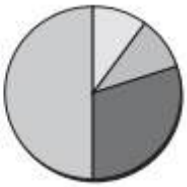
Distribution Plan of _____
(YOUR GROUP NAME)

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



____% 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.

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: Chris B.
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

Alternate DCM

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



DISTRICT NOTES



Please send any updates for the Where & When to: smia.whereandwhen@somdaa.org.

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

The next SMIA Meeting will be held on

Saturday, 12/12/27 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