



LIFELINE



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

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

<https://en.oxforddictionaries.com>

Embracing Sobriety and Gratitude:



Navigating Thanksgiving for Newcomers

Gratitude in Sobriety: Thanksgiving marks the beginning of the festive season—a time of gratitude, family gatherings, and reflections on the year gone by. For those embarking on a journey of recovery with Alcoholics Anonymous, it holds an added significance. Newcomers and beginners find themselves at a crossroads, navigating the familiar yet potentially triggering surroundings with fresh eyes.

Navigating Thanksgiving as a Newcomer in AA: Embarking on sobriety, newcomers in AA might feel an array of emotions — anticipation, anxiety, and hope — about celebrating Thanksgiving sober. The holiday, often centered around family gatherings, hearty meals, and sometimes, alcohol, can bring up memories and emotions that are both comforting and challenging.

Thanksgiving: A Test of Resilience: Thanksgiving can be a crucible of resilience for beginners in AA. The ubiquity of alcohol in celebrations can be daunting. Preparing for these situations means understanding triggers, planning responses, and practicing strategies learned in AA meetings.

Building a Sobriety Toolkit: Newcomers can proactively create a 'sobriety toolkit'. This includes familiar AA literature, schedules of nearby AA meetings, contacts of sponsors or fellow AA members, and personalized coping strategies like deep breathing or meditation. Having these resources on hand ensures that support is readily accessible.

Boundaries: Beginners in AA should approach Thanksgiving with a clear understanding of their own boundaries. This

involves thoughtful decisions about which gatherings to attend, determining the duration of stay, and rehearsing polite ways to decline alcoholic beverages. Crafting a safety net of boundaries can make the experience less stressful.

Gratitude in Action: Thanksgiving naturally aligns with AA's emphasis on gratitude. For newcomers, it's an opportunity to reflect upon the transformative journey begun. From acknowledging the courage it took to seek help to appreciating the newfound support system in AA, this reflection can be a powerful reaffirmation of one's commitment to sobriety.

Creating New Traditions: Thanksgiving as a newcomer in AA is an opportunity to establish new traditions that celebrate sobriety.

(continued on page 2)

(con't) Hosting an AA gratitude meeting, participating in community service, or enjoying a quiet, meaningful meal with loved ones can all become cherished practices.

Hope, Sobriety, and New Beginnings:

As Thanksgiving approaches, newcomers to Alcoholics Anonymous stand on the threshold of an experience that is as challenging as it is rewarding. It's a time that brings with it the opportunity to redefine and reclaim the joy of the holiday through the lens of sobriety. Navigating this festive season is about more than merely abstaining from alcohol; it's an immersion into a transformative journey that intertwines resilience, gratitude, hope, and community. Thanksgiving becomes a canvas upon which beginners in AA can paint their aspirations and victories in vivid strokes.

In facing the challenges head-on, new-

comers don't just passively experience the holiday; they actively shape it to suit their journey toward sobriety. From the boundaries they set to protect their peace to the new traditions they forge that honor their commitment, every action becomes a testament to their strength and determination. Moreover, Thanksgiving provides an occasion to celebrate the collective spirit of recovery within the AA community. The camaraderie and mutual support become beacons of hope, signaling that even in the midst of potential triggers and past memories, one is never alone.

In the heart of the celebration, gratitude takes on a new depth. It's not just about giving thanks for sobriety, but also for the second chance at life that sobriety brings. It's an acknowledgment of the courage it took to take the first step into an AA meeting, the strength to continue on this path,

and the warmth of a community that shares in both the struggles and triumphs. This Thanksgiving, beginners in AA are encouraged to see the holiday as a significant milestone in their recovery journey. It's a time to reflect on how far they've come and to look forward with optimism to the path that lies ahead. The challenges faced during this period are not just obstacles but stepping stones leading towards a fulfilling and sober life.

In conclusion, Thanksgiving takes on a new dimension for newcomers in AA — it becomes a symbol of hope, a celebration of progress, and a reaffirmation of one's commitment to the path of recovery. It's a poignant reminder that the journey to sobriety, though marked with its own set of trials, is also laden with opportunities for immense growth and profound joy.

<https://newcomerskeepcoming.org/blog-%26-socials/f/embracing-sobriety-gratitude-navigating-thanksgiving-in-aa>



It Happened in November

November 1: 1947 – 1st AA Group in Anchorage, Alaska **1963** – Reverend Sam Shoemaker dies

November 9: 1966 – President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism

November 10: 1940 – 1st AA group formed in Minneapolis. **2001** – 1st of 400,000 4th Edition Big Books arrives in the mail

November 11: 1934 – Bill W's final drunk begins on Veterans Day and lasts about a month

November 12: 1940 – 1st AA meeting is held in Boston

November 14: 1940 – Alcoholic Foundation publishes 1st AA Bulletin

November 15: 1949 – Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions

November 16: 1950 – Dr Bob S dies in Akron, Ohio

November 21: 1939 – AA's in San Francisco hold 1st California AA meeting in the Clift Hotel.

November 26: 1895 – William Griffith W. born, East Dorset, VT. **1939** – Hank P writes Bill advocating autonomy for all AA groups.

November 28: 1934 – Ebby T. carries message to Bill. **1936** – Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.

1937 – Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2. **1939** – Akron group withdrawals from association with Oxford Group. Meetings moved from T Henry & Clarence Williams to Dr Bob and other members homes. **1939** – Hank P writes Bill advocating autonomy for all AA groups. **1943** – Bill is the guest speaker San Quentin Penitentiary.

paperback.

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

Eleventh Step Prayer

Lord, make me a channel of Thy peace;
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit of forgiveness;
That where there is discord, I may bring harmony;
that where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair, I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy.

Lord, grant that I may seek rather to Comfort, than to be comforted;
To understand, than to be understood;
To love, than to be loved.

For it is by self forgetting, that one finds.
It is by forgiving, that one is forgiven.
It is by dying, that one awakens to Eternal Life.

Amen.

AA History: The 11th Step Prayer

If your only knowledge of the St. Francis Prayer is in the eleventh step of the *Twelve Steps and Twelve Traditions*, you may be surprised that one thing we know of its origin is that it was not written by St. Francis. It first appeared, in French, in the December 1912 issue of the small devotional French Catholic publication *La Clochette* (The Little Bell). This was the bulletin of The Holy Mass League, founded in 1901 by a Parisian priest, Father Esther Bouquerel (1855-1923). Although it was printed anonymously, many scholars have speculated that he was the author since he wrote many sacred poems and lyrics.

In 1915 the prayer was sent, still in French, to Pope Benedict XV. It soon appeared in Italian after this. In 1920, a French Franciscan priest printed the prayer on the back of a card with an image of St. Francis, calling it *Prière Pour la Paix* (Prayer for Peace). Nowhere did it claim that Francis was its author. The first English translation appears in 1936 in a book called *Living Courageously* by Kirby Page. Here it is attributed to the saint. Presumably, Kirby had seen it associated with images of Francis and made the assumption that it was centuries old.

Whether Bill W. saw this book or saw one of the cards and made the same assumption isn't known, but as anyone who has read the *Twelve and Twelve* knows, he was greatly moved by it and saw in it the humility for which St Francis was known. Francis died in 1226 and remains one of the most popular saints eight centuries later. He had been raised in wealth and privilege, but after a spiritual crisis, gave away all his worldly goods. As Bill W. put it, "He went through the emotional wringer." He inspired others to follow him in his vows of poverty, establishing the Franciscan order. His disciple, Clare, founded the women's order of Poor Clares.

The twentieth century prayer associated with his order has inspired millions and enjoys a special life within Alcoholics Anonymous. The humble appeal to be a channel of the Higher Power, the aspiration to be of service to others, seeking to love rather than to be loved, all of it is a wonderful example of AA principles, reminding us once again that these deep spiritual sentiments are universal, whether from the thirteenth century or the twentieth.

<https://eastbayaa.org/aa-history-the-11th-step-prayer>

The History Behind Reading The Lord's Prayer at 12-Step Meetings

It is mentioned in Dr. Bob and the Good Oldtimers that the prayer was used from the very beginning in the Fellowship, at least as early as 1938 and 1939. In those days there was no AA literature, so the early groups relied heavily on existing prayers, and on the Bible and Oxford Group literature, for inspiration and guidance. Bill W. commented several times in his correspondence about the early use of the Lord's Prayer. He wrote a letter to a member in 1959 in which he stated: "This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in A.A. Comes of Age what the connection of these people with A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us." Bill also wrote the following in a 1955 letter: "Of course there are always those who seem to be offended by the introduction of any prayer whatever into an ordinary A.A. gathering. Also it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless, this Prayer is of such widespread use and recognition that the argument of its Christian origin seems to be a little far-fetched. It is also true that most AA's believe in some kind of god and that communication and strength is obtainable through his grace. Since this is the general consensus, it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding 'our light under a bushel.' However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer who feel that they would care to do so. The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress." As Bill's 1955 letter indicates, recitation of the Lord's Prayer at meetings has clearly been controversial in some circles almost since the beginning. The GSO has responded to letters on this issue since the 1940s and 1950s. It is continually addressed in articles in Box 459 and the AA Grapevine, and has often been asked about at the General Service Conference. For example, at the 1962 Conference, in one of the Ask-It Basket questions, this subject was broached: "Question: What is the procedure for dealing with individuals who refuse to stand during recitation of the Lord's Prayer? Answer: Participation—or non-participation—in recitals of the Lord's Prayer should be considered a matter of personal conscience and decision."

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/history-reading-lords-prayer-12-step-meetings>

What Is Step Eleven?

As stated in the 12&12, Step Eleven is as follows:

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

As you can plainly see, there is a bit more here than simple prayer and meditation. This step also references the notion of conscious contact with our Higher Power, whatever that may be. And while Step Three required us to turn over our willpower, we must now dig a little deeper and begin to discover just what that means for us. Naturally, the answers may vary for every recovering alcoholic who asks this question of themselves.

Despite forming our concept of a Higher Power in early recovery, many alcoholics may still wince at Step Eleven. After all, some of us identify our Higher Power as something quite earthly. It isn't uncommon for atheists and agnostics to use their support group as a substitute for God. Such people may wonder why they would bother praying. After all, their Higher Power is right there in the room with them. In this light, prayer seems unnecessary.

For this reason, some may find that they have prayed very little—if at all—by the time they reach Step Eleven. Upon reaching this step, they might take umbrage with the notion that they have somehow ignored their spirituality. To be certain, they did foster their spirituality in

their own way. But now it's time for something different. This will be trying for some people. Some may even feel that they can skip it altogether, having gotten this far without any semblance of the practice now suggested to them. These individuals might last for a time, but many relapse and soon wonder where they went wrong.

Perhaps it will take us some time to grow accustomed to the notion of prayer and meditation. Even so, we should try to make the very best start that we can. The rewards will not always be immediate, although they are for some. But even if they take time to arrive, the rewards will often be vast. Alcoholism wrought havoc on our bodies and minds. We find these on the mend in recovery. It's time for us to begin mending our spirit as well. To do this, we'll need to understand a bit more about the meaning of Step Eleven.

What It Means

We're often told that those in recovery should never give in to contempt prior to investigation. The truly spiritual person cannot judge without evidence. This applies to Step Eleven. We must pray if we wish to establish conscious contact and divine the right course of action for our lives to take. One prayer that embodies these ideals quite well is the Prayer of Saint Francis. There are many versions but the one in the 12&12 reads as follows:

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where

there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

Saint Francis didn't ask his God for favors. He simply asked for the strength and ability to do the right thing wherever he could. No matter how we define our Higher Power, this is the will for us if we are to become sober. We must cast selfishness aside and work toward something greater. This is what we learn upon making conscious contact. Prayer and meditation help us to maintain this contact, so that we may never forget this vital lesson.

Many say that prayer is talking while meditation is listening. But both operate on one very similar idea—visualization. Saint Francis didn't utter his prayer once and then hope that everything worked out. He visualized how he could help others, and then he worked to achieve his goal. The willingness to do this is inherent in Step Eleven. During our prayers and meditations, we focus on the type of person we wish to become. We endeavor to establish a mood that fits the temperament with which we would like to approach the world. And with this mood established, we set out to be the very best that we can be.

How to Practice

Now that we understand the goal of Step Eleven, we must discuss its actual practice. We can easily use the prayer above, even if we do not believe in the same God as Saint Francis. But the 12&12 provides some even simpler advice:

(continued on page 5)

(con't) "In the morning we think of the hours to come. Perhaps we think of our day's work and the chances it may afford us to be useful and helpful, or of some special problem that it may bring. Possibly today will see a continuation of a serious and as yet unresolved problem left over from yesterday. Our immediate temptation will be to ask for specific solutions to specific problems, and for the ability to help other people as we have already thought they should be helped. In that case, we are asking God to do it **our** way. Therefore, we ought to consider each request carefully to see what its real merit is."

This caution is quite important. Many addicts and alcoholics spend great quantities of time attempting to rationalize poor or harmful decisions. When we try to pray only for what we want, we risk doing the

same thing while using God as our justification. In such cases, we convince ourselves that we're receiving guidance from some divine source. But in reality, we're simply closing our eyes and hearing what we want to hear.

For this reason, we must do as Step Eleven suggests and pray only for what is right. And this extends to the prayers we say for others as well. Do not pray that someone does what you want them to do. Only pray that things work out well for them. When you meditate on an issue, do not meditate on how to do things your way. Instead, let your mind's eye guide you to the best moral and ethical choice possible. Whether you practice Zen sitting meditation or walking meditation doesn't matter. If you wish, you can simply sit or lie down in silence for a while. But always

ensure that your mind and your heart are calm. If we let your own egotistical thinking break in, our prayers and meditations will often prove fruitless.

Step Eleven bears many similarities to Step Ten, especially wherein scheduling is concerned. To be certain, we must practice Step Eleven on a daily basis. But we may also pray or meditate when we find ourselves troubled by a major decision or a rogue thought. In the end, there's no perfect way to practice. Simply ensure that you keep your heart in the right place and try to be a positive force in the world. You may stumble from time to time, but this is part of life. As long as your prayers are honest and your soul is kind, you're on the right track.

<https://www.amethystrecovery.org/understanding-practicing-step-eleven/>
#:~:text=Perhaps%20it%20will%20take%20us,rewards%20will%20often%20be%20vast.

We've had many calls at the Cleveland District Office as to whether certain events are AA or not. We've heard that certain meetings are promoting God as they understood Him rather than as we understood Him, endorsing outside issues when they announce non-AA events, no matter how spiritual or entertaining they may be like retreats, treatment center fund raisers, 12-step comedians, etc.... We must all keep in mind our Declaration of Unity: *This we owe to AA's future: To place our common welfare first; To keep our fellowship united. For on AA unity depend our lives and the lives of those to come.*

An AA event is one that is run by A.As, is about AA, and for A.As. This means that it must have an AA meeting attached to it. If your picnic, dance, etc., does this, it can legitimately be called an AA event. If not, it's a sober picnic or sober dance, etc.... We need to carefully

Clearing Up the Confusion...

protect our Sixth, Seventh and Tenth Traditions and be mindful of what our Third and Eleventh Steps say:

Tradition Six: *An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*

Tradition Seven: *Every AA group ought to be fully self-supporting, declining outside contributions.*

Tradition Ten: *Alcoholics Anonymous has no opinion on outside issues; hence, the AA name ought never be drawn into public controversy.*

Once an AA meeting starts, you are in the rooms of Alcoholics Anonymous

where our primary purpose is to stay sober and help another alcoholic achieve sobriety. We do not use AA meetings as a platform for fund raising or selling T-shirts to raise money. We do not sell tickets for fund raising events for outside enterprises, such as treatment centers and clubs.

Spiritual retreats can be a great tool of renewal for people. We're free to pursue our spirituality as we understand it - but Alcoholics Anonymous does not sponsor any spiritual retreats.

Step 3 and Step 11 talk about a God of our understanding. Tradition 6 tells us we don't endorse outside enterprises and Tradition 10 reminds us we have no opinions on outside issues or get drawn into public controversy. We don't promote our religious or political beliefs at AA meetings - it is a program of attraction, not promotion. We stick to our common welfare, recovering from alcoholism.

<https://www.aacle.org/aa-relates-events-fund-raising-god/>

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Dave W., 23 yrs and Gary E., 2 yrs, Cove Point	2 Frank R., 2 yrs, Helping Others
3 Kat S., 1 yr, ODAAT	4	5	6 George B., 5 yrs, Patuxent River	7 Pat S., 40 yrs, Charlotte Hall	8 John K., 14 yrs, Cove Point	9 Dennis G., 30 yrs, We Was Wurz Robert M., 26 yrs, Kingston Creek
10	11 Bill L., 14 yrs, Harmony	12 Charlie A., 38 yrs, Grapevine Peggy K., 27 yrs, Emotional Sobriety	13	14 JT, 3 yrs, Charlotte Hall	15	16 John B., 14 yrs, North Beach
17	18	19 Hugh C., 14 yrs, Blue Top @ Noon	20	21 Wade K., 1 yr, Charlotte Hall	22	23
24	25	26	27	28 Steve E., 2 yrs, Poplar Hill	29	30

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 Crystal S. 8 yrs, Never Too Late	2	3	4	5	6	7 Casey M., 33 yrs, Kingston Creek
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Steve H., 34 yrs, Kingston Creek Elaine A., 1 yr, Kingston Creek
29	30	31				

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District 1

Chili Cook-Off and Bonfire

3360 Crane Road, Port Republic, MD 20676

November 9, 2024—4 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 to share.

Chips and drinks are provided.

- No Rain Date -

If you would like to enter the Chili Cook-Off call/text

Jerry at 240-882-5291

Limited to a max of 6 contestants

SMIA Gratitude Dinner 2024

Saturday November 16

Immaculate Conception
Church
28297 Old Village Road
Mechanicsville, MD

Door Prizes

50/50 Raffle

Sobriety Count down

Speaker Stu B

DJ and Sound
Provided by
Hometown Karaoke
and DJ

Dancing

Doors open 5:00-5:30
Dinner at 6:00

Exquisite Buffet Menu
including SOMD
Stuffed Ham Sliders
Fresh St Marys County
Fried Oysters.
Main Courses of Beef
Tenderloin Au-Jus,
Pecan Encrusted
Salmon with Honey
Mustard Glaze,
Chicken with Creamy
Mushroom Sauce,
Sides of Garlic
Potatoes, Sweet
Potatoes, Squash
Medley with Peppers
and Onions, Roasted
Brussel Sprouts and
assorted rolls
Assorted beverages
will be provided

TICKETS ARE GOING FAST !!!

\$25 per person

Contact Pete D 240 309 5182 or
by email at

Gratitude.dinner@somdaa.org

For more information

AA DISTRICT 9

Thanksgiving Day

ALCOTHON

NOVEMBER 28, 2024

12:00PM TO 6:00PM

CROSSROADS COMMUNITY CHURCH
895 LEIDY RD.
WESTMINSTER

Food - Fellowship - Hope

SPEAKER MEETINGS EVERY HOUR

BRING YOUR FAVORITE APPETIZER,
SIDE, OR DESSERT

FOR MORE INFORMATION OR TO
VOLUNTEER EMAIL: EVENTS@D9MDAA.ORG

DISTRICT 9

CHRISTMAS Party

Dinner - Speaker - Dancing
Bus Driver Mike

SATURDAY DECEMBER 7
6PM TO 10:30PM

WESTMINSTER VFW #467
519 POOLE RD. WESTMINSTER

Bring your favorite dessert and
enter to win the
BEST DESSERT CONTEST

TICKETS: \$15

To purchase tickets

Email: events@d9mdaa.org

Fall 2024 CONTRA Study

September 10, 2024 through December 17, 2024

Tuesdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

Moderated by Trusted Servants from Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)



Zoom Meeting ID: 847 4641 4040

Passcode: 330331

Dial-in number for phone callers: +1 (301) 715-8502

We invite all A.A. members to this virtual study of the *CONcepts*, *TRAditions* & *The A.A. Service Manual*

Sep 10, 2024 – Registration & Orientation

Sep 17, 2024 – Traditions 1, 2 & 3

Sep 24, 2024 – Traditions 4, 5 & 6

Oct 1, 2024 – Traditions 7, 8 & 9

Oct 8, 2024 – Traditions 10, 11 & 12

Oct 15, 2024 – Service Manual, pp. I-VIII, 1-6, 85-104

Oct 22, 2024 – Svc Man Ch 1 2 3 & pp 105-14, 160-2

Oct 29, 2024 – Svc Man, Chapters 4 5 6 & pp 164-8

Nov 5, 2024 – Svc Man, Chapters 7 8 9 & pp 169-73

Nov 12, 2024 – Svc Man Ch 10 11 12 & pp 155-9, 163

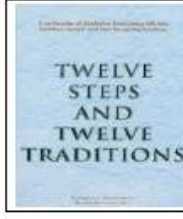
Nov 19, 2024 – Service Manual, pp. 115-154

Nov 26, 2024 – Concepts pp I-VIII, C1-C2, Con 1 2 3

Dec 3, 2024 – Concepts 4, 5 & 6

Dec 10, 2024 – Concepts 7, 8 & 9

Dec 17, 2024 – Concepts 10, 11 & 12



CONTRA Study Materials

(provided via email following registration):

Twelve Steps and Twelve Traditions, B-2 (free participant download at www.aa.org)

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

AA Grapevine Traditions Checklist, July 2018 revision

Fall 2024 Contra Study Service Manual Questions

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

We will cover approximately three chapters of reading material per week, with associated questions.

Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Trusted Servants from

Areas 13 (DC), 29 (Maryland) & 45 (Southern New Jersey)

For more information, contact:

2024contrastudy@gmail.com

Two AA's are talking about what is going to happen to them after they die. One believes in heaven, the other isn't so sure so they agree a pact. The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether or not there is an afterlife.

A few years pass and the first AA dies sober. A year later the surviving AA is sitting in a meeting and he feels a coldness in the air, looks around and sat next to him is the ghost of his old pal. He's holding a harp, wearing a gold halo and has a couple of white feathered wings on his back.

The ghost turns to his pal and says "I've got some good news and some bad news. The good news is there is a heaven. Bill and Bob are up there and they have AA meetings every week, you'll love it. The bad news is you're sharing next Tuesday"



<https://www.vancouver2025.com/convention>

Language of the Heart
Lenguaje del corazón
Le langage du cœur

Area 29

You Are Invited

GSR ORIENTATION

First Monday of Every Month
7:00 pm – 8:00 pm

Zoom ID: 845 5904 4220
Password: GSR

New to General Service? Want to learn more about it or get a refresher?

All new General Service Representatives (GSRs) in Area 29—and any member of Alcoholics Anonymous—is welcome to attend our monthly orientation session!

Sunday November 17th, 2024

Join PI/CPC for a talk-

about how to talk with clergy about AA and be a resource.

Presenter Henry S. from Eastern shore, MD.

Faith Leaders

Ask About
Alcoholics
Anonymous

This informative talk will guide AA members on how to effectively communicate with clergy about the AA program. Learn how to present our program, address questions, and serve as a resource for those seeking help.

All are welcome!

This is A.A. General Service
Conference-approved literature.

ID : 854 5914 3395

PW: 199887

This talk is open to everyone.

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?" The man

on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT" !



AGAPE-TOWSON



HYBRID

MEETS WEEKLY

TUESDAYS

7:00 PM – 8:00 PM EDT

NOW offering ASL Interpretation
on the **1st & 3rd Tuesday**
of the month beginning September 2024

**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

Alcoholics Anonymous

Love, Unity and Service

Survey Results & Save the Dates

Save the Dates - 9/22/24 & weekly on Sundays

For the Review of the

2024 Final Conference Report

**from the 74th Annual Meeting of the
General Service Conference**

Survey says:

Sundays at 7 p.m. EDT

Starting 9/22/24

75 min. meeting length

15 min. Parking lot afterwards

Spanish Interpretation

Zoom ID in process

Meetings will be recorded

Volunteers needed for weekly mailings!



**Contact either: aa.fcrr@gmail.com
finalconferencereportreview@gmail.com**

Service Opportunities!

PI & CPC Area 29 Maryland

Teaming up to
Provide
Comprehensive
Service to A.A.



Cooperation with the Professional Community

MEMBERS OF C.P.C.
COMMITTEES INFORM
PROFESSIONALS AND
FUTURE PROFESSIONALS
ABOUT A.A.

JESSICA W., CPC CHAIR
CPC@MARYLANDAA.ORG

- Establishing better communication with professionals working with alcoholics.
- Finding simple, effective ways of cooperating without affiliating.
- Explaining clearly what A.A. does and doesn't do.

Public Information

MEMBERS OF PUBLIC
INFORMATION
COMMITTEES CONVEY A.A.
INFORMATION TO THE
GENERAL PUBLIC

KATHI K., PI CHAIR
PI@MARYLANDAA.ORG

- Giving presentations about A.A. to schools and organizations
- Providing information about A.A. through digital and print materials.
- Ensuring local media have accurate information about A.A. through PSA's, anonymity protected interviews, and press kits.

Join us at 3 p.m.
on the 3rd
Sunday of the
month

ID: 854
5914 3395

Pw: 199887

District Chairs
and Interested
AA members
are invited!

CONTACT: A29CPCPI@GMAIL.COM



Maryland Deaf Access
Committee (MDAC)
Alcoholics Anonymous
Visit our Website!
<http://mdacAA.org>

We organize the funding
and scheduling of in-
person / hybrid
AA meetings
interpreted in American
Sign Language (ASL)

PayPal QR code >>>



✓ We follow all of
AA's 12 Traditions

✓ We rely on contributions
from only AA members
& AA entities

✓ We provide language
Access via ASL
interpretation

✓ Our focus is to make AA
accessible to the Deaf and
Hard of Hearing

Contributions accepted via PayPal@
MarylandDeafAccess@gmail.com

Grapevine Meeting!

4th Tuesday of each month 6:30 pm

Did you know that The Area 29 Grapevine Committee is a traveling literature store? We have a large variety of AA Grapevine books for sale. Please reach back out if your group, District, or intergroup is hosting an event or workshop and would like us to come and sell literature.

Join Zoom Meeting:

<https://us02web.zoom.us/j/85217774704>
pwd=TVhEdFpKdmxSRINvNnJHU1pYWDVaQT09

Meeting ID: 852 1777 4704 Passcode: 019347

Brandi D., Area 29 Grapevine Committee Chair

For more info: grapevine@marylandaa.org

Group and District GVR's encouraged to attend, all are welcome!

Are you looking for a fun service position?

Please join us and find out more! All are welcome to attend!

HOTLINE COORDINATOR NEEDED

**PLEASE JOIN US AT THE
11/9/24 10AM MEETING
FOR MORE DETAILS.**

**Immaculate Conception Church,
28297 Old Village Road
Mechanicsville, MD 20659**

HOTLINE

Two men were drinking and driving. And a cop pulled them over. Before the cop approaches the window, the passenger tells the driver, "I've got an idea! Hurry! Take the label off of your beer bottle and stick it on your forehead. Trust me."

So the driver complied. And when the officers approached the window, he shined his flashlight straight at the two men.

"Hello! Have you two been drinking?"

"No sireee, Mr. Officer," the passenger replied with slurred speech, "In fact, we just got out of an AA meeting. As you can see, my friend here is on the patch."

"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

CLEAN AIR GROUP

The Clean Air Group

Is in need of support

And home group members

Come on out and check us out

Friday nights 6:30pm.

St. Andrews Episcopal Church

44078 St. Andrews Church Rd.

**SUPPORT YOUR
LOCAL GROUPS?**

SERVICE IS THE SECRET

VOLUNTEERS NEEDED FOR 12TH STEP WORK

District 35 Treatment Committee

Is asking for people to carry the message into Treatment Facilities

ALPAS in La Plata – Wednesday Nights 7:00pm – 8:00pm

ANCHOR on Golden Beach Road – Tuesday Nights 7:30pm-8:30pm

CONTACT:

JEANINE 301-751-8115 DAN 301-751-1064



THE "WHAT'S THE POINT?"

A.A. MEETING

BIG BOOK
AS BILL SEES IT
GRAPEVINE
TWELVE
&
TWELVE



ALL MEETINGS
ARE
LITERATURE
BASED
EACH WEEK IS
DIFFERENT
A.A. APPROVED
LITERATURE

COME OUT AND CHECK US OUT

GOOD SAMARITAN LUTHERAN CHURCH

20850 LANGLEY RD. LEXINGTON PARK

THURSDAY EVENINGS 8:00 PM.

NOT QUITE RIGHT

The Not Quite Right Group

8:00pm. Friday Nights

Good Samaritan Lutheran Church

20850 Langley Rd. (Middle Building)

Lexington Park, Md.

Is in need of Support

and Home Group Members

SMIA Meeting Minutes 10/12/24

Opening: Buddy F., Chair, opened with the Serenity Prayer.

Board Members present: Buddy F. – Chair; Lorraine J. – Vice-Chair; Bruce O., Treasurer; Paul S. – Parliamentarian.

Groups & Committees Represented:

Bill L – Harmony/Bookstall; Nathan H., Waldorf; Lisa T., Awakenings; Keith H., Almost Normal; Pat S, Charlotte Hall; Rob A, Poplar Hill; Emme J, ODAAT; Todd M, St. Charles Step.

SMIA Chair Report: Buddy F. – reported on the October 7th Area 29 Intergroup Liaison meeting. Information was shared on methods for conducting group inventories. Since Area 29 created a Hispanic District, there has been substantial growth in that community in the Frederick area.

Vice-Chair Report: Lorraine J. had nothing to add.

Secretary Report: Motion and second to adopt the September 2024 minutes, as reported in the October 2024 Lifeline, all in favor. The secretary to being present, those in attendance raised no objection to recording the meeting for transcription purposes.

Treasurer Report: Bruce O. – Based on planned expenses, a \$2,685.75 shortfall is predicted. If the Gratitude Dinner is successful, it may offset that shortfall. Bruce transferred \$1,000 out of checking for the secured credit card. Bruce noted a bookkeeping error –\$800 in income that was carried over in the August and September reports. This was corrected in the October report. Based on the predicted shortfall, SMIA does not have the funds to contribute to GSO at this time. Motion and second to accept the October Treasurer's Report as submitted, all in favor.

Committee Reports

Bookstall: Bill L. – There were 1655 visits to the On-Line Bookstall since the September meeting--12 orders, all completed. Two out-of-state orders were cancelled

and refunded. Orders totaled \$144, \$14 deducted for donuts for the business meeting. There were no purchases from World Services. Please help spread the word that online ordering is preferable because it updates the inventory automatically. Bookstall is out-of-stock on many items. Orders delayed pending set up of new credit card. Plain Language Big Book to be released in November. It is expected that there will be a big demand—SMIA Bookstall may not be able to offer them right away.

Web Report: Bill L. -- 09/14/24 -

10/12/24. Total visits down 19%. Most frequently visited pages: home page, Where &

When calendar, online meetings, Where & When search, and anniversary calendar.

Meeting Changes/Status: Do Drop In is now online only. Early Bird meeting time changed to 6:00 PM—this is a woman's meeting. Currently there are 129 meetings in our service area; 121 in-person, 6 hybrid, 8 online only, There are no suspended meetings.

Gratitude Dinner: Is on for November 16th. Contact Pete D, Poplar Hill, or Joanie, Basic Text, for tickets. Attendees are encouraged to bring dessert items to share. Proceeds from the 50/50 raffle will be donated to Immaculate Conception.

Institutions/Corrections: Calvert – Lorraine J reported new volunteers were trained in August and men's and women's meetings are being taken in. **Charles** – No report; **St. Mary's** – Renovations are nearing completion. Contact Kim, Corrections Chair, if you are interested in taking meetings into the jail. . Contact Keith H. if you are available to take meetings into

Anchor on the last Tuesday of the month.

Lifeline: Keith –Going well—one "What Works for Me" article submitted.

Public Information: Calvert – Lorraine J reported that Kenny G is getting literature racks into previously unreached sites. Has to refill the Health Department site every two weeks. **Charles** – No report. **St. Mary's** – Buddy F reported they have implemented an "Adopt a Rack" program that seems to be working well. **PI/CPC** On Oct 20, three speakers will share at the College of Southern Maryland to carry the message to student. This event is not open to the public.

Serenity Breakfast: Pat Smith will chair. Immaculate Conception has been reserved for Saturday, April 26th.

Telephones: Melissa W. – No report.

Where and When: Pat P. – No report.

Workshops: Pat S has not been able to reach Charles about presenting on AA History. Keith offered to try to reach him. Immaculate Conception is reserved for February 22nd.

Old Business –Church reimbursed Buddy for 8 chairs that were damaged by students at the church school.

New Business – Discussion on whether SMIA should print Where & Whens twice a year was deferred until Pat could weigh in.

For the Good of the Order – Pat S. will celebrate 40 years at Charlotte Hall on November 7. Bill L will celebrate 14 years at Harmony on November 11. There will be smoked meat loaf. A Grapevine workshop is planned for December—more will be disclosed. Meeting adjourned with the Responsibility Pledge and the Lord's Prayer.



Your Seventh Tradition Contributions Help Carry the Message

Contributions made by you and your home group to the General Service Board support the work of your General Service Office (GSO) to help the alcoholic around the corner — and around the world.

Your contributions make possible essential member services and support for those seeking help.

1 Our public service announcements (PSAs) offer powerful messages of hope to the suffering alcoholic. The Public



Information desk coordinates production and availability of TV and radio PSAs for GSO and local campaigns in English, French, and Spanish. Our TV PSAs have reached close to 600 million viewers, airing on more than 71,000 stations across the U.S. and Canada and on our YouTube channel. aa.org/resources/media.



2 In response to many correctional facilities going paperless, Grapevine and AAWS Publishing collaborated on a multi-year project to make A.A. literature available on more than 400,000 tablets in jails and prisons. For more information on tablets and the A.A. literature available please contact corrections@aa.org. aa.org/corrections-committees.



3 In 2023 the Corrections Correspondence Service (CCS) database created 1,355 matches presenting 2,710 members with the opportunity to engage in Twelve Step work. In addition to coordinating thousands of CCS participants, the Corrections Coordinator continues to answer 300 letters each month from members.



4 Your contributions help make the A.A. message accessible to all. The Accessibilities desk continually updates service material such as the accessibilities check list for groups. This desk also has produced ASL versions of the Big Book and Twelve & Twelve, now available on our YouTube page and on aa.org. For members with vision loss, audio versions of the entire Big Book and Twelve & Twelve are available on aa.org. aa.org/accessibilities-workbook.



5 The Technology Department is always looking for ways to streamline workflows. The contribution portal has been updated to make it easier for groups and individual members to contribute online.



6 Regional Forums are an opportunity to bring the General Service Board, AA Grapevine and GSO office staff to the fellowship to foster communication and trust. There are also Local and Special Forums available upon request. These are intended to provide a Forum experience to A.A. members while meeting cultural, accessibility and population considerations for those unlikely to be able to attend Regional Forums due to geographical location, sparsely populated or urban areas. Please contact regionalforums@aa.org for more information. aa.org/regional-and-local-forums.

(continued on page 15)



7 The Publishing Department is always hard at work. They manage literature revisions and keep A.A. books and pamphlets available so the message of recovery can be carried to the sick and suffering alcoholic.

8 With a half-million monthly users throughout the U.S., Canada, and the world, the A.A. Meeting Guide app has transformed how people find meetings. The app is managed by the Communication Services department, which continues to enhance the app's functionality to optimize the user experience.



9 In 2023 the Staff Services department received approximately 165,000 emails and 1,700 phone calls from A.A. members, professionals, the media, and alcoholics needing help. The Member Services department continues to respond to inquiries from members covering everything from ordering literature to listing groups.

10 Member contributions made possible the complete redesign of our website aa.org in 2021 and the ongoing updating of the site to make our life-saving information easier to find, view, and share. Today, the site sees more than 800,000 visitors per quarter with consistent growth in both the number of visitors and engagement with the site content.



11 Professionals in nearly every field encounter problem drinkers but may not know much about A.A. The Cooperation with the Professional Community desk provides accurate, up-to-date information about A.A. to professionals in a variety of ways, including a newsletter, regular posts on the A.A. LinkedIn page, supporting local committees to exhibit at national professional conferences, and meeting with professionals in their area to inform them about A.A.



12 Archive preservation activities help to ensure that the Fellowship's records are safely preserved and accessible to members. In 2023, GSO Archivists preserved thousands of vital historical documents and photographs, utilizing archival quality housing enclosures that provide physical support, protection and handling. Archival materials are housed for long-term preservation based on size, format and composition and contributions make this all possible. aa.org/aa-archives.



General Service Office, P.O. Box 459, Grand Central Station, New York, NY 10163 • www.aa.org

November 2024

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

\$330.00

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

Southern Maryland Intergroup Association Inc Statement of Financial Position September 25, 2024 - October 24, 2024

Assets	
Primary Business Checking	\$ 4,697.91
Primary Business Savings	\$ 1,848.34
Prudent Reserve	\$ 4,453.00
PayPal	\$ 539.16
Bookstall Cash on hand	\$ 100.00
Total Assets	11,638.41
This Month's Expenses	
Bookstall Purchases	\$ -
Liability Insurance	\$ -
Lifeline Printing	\$ (117.00)
Misc	\$ -
Phone Answering Service/1-800#	\$ (66.37)
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ (1,011.50)
Website	\$ (115.75)
Where & When	\$ -
Picnic	\$ -
Travel	\$ -
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ -
Bank Charges and Fees	\$ -
Other - Tax Filings	\$ -
Total Expenses	\$ (1,460.62)

Southern Maryland Intergroup Association Inc Yearly Statement of Activity May 1, 2024 - Apr 30, 2025

Year to Date Income		BUDGET
		Shortfall
Contributions	\$ 2,524.87	72%
Bookstall	\$ 1,677.00	52%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ 1,385.00	-39%
Total 2024 Income	5,586.87	61%
Year to Date Expenses		BUDGET
		Left to Use
Bookstall Purchases	\$ (2,210.94)	45%
Liability Insurance	\$ (273.00)	0%
Lifeline Printing	\$ (419.45)	56%
Misc	\$ -	0%
Phone Answering Service/1-800#	\$ (209.72)	35%
Post Office Box	\$ (120.00)	0%
Rent	\$ (900.00)	50%
Webmaster	\$ (1,011.50)	67%
Website	\$ (419.42)	51%
Where & When	\$ -	100%
Picnic	\$ (1,205.40)	-21%
Travel	\$ (131.32)	84%
Workshops	\$ -	100%
SMIA Archives	\$ -	100%
Office sup (coffee, postage & faxing)	\$ (216.99)	-21%
Bank Charges and Fees	\$ (96.00)	4%
Other - Tax Filings	\$ -	0%
Total 2024 Expenses	\$ (7,213.74)	60%

Total of Checking, Savings and PayPal Allows us a financial Runway of	4.77	Months
Number of Months of Fiscal Year Remaining	6	Months
For our planned expenses, we currently have a	(1,820.59)	Shortfall

**THANK YOU FOR
YOUR
DONATIONS:**

Bedouin, Awakenings,
and Charlotte Hall Groups

WHERE DO WE SEND OUR CONTRIBUTIONS?

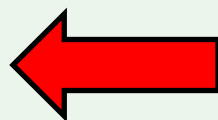
1) All contributions can be made online:

www.somdintergroup.org/donate.php

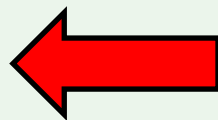
2) Or they can be mailed to the appropriate office location:

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 1834
Frederick, MD 21702**



**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)

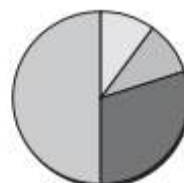
Your Group Service # _____

(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

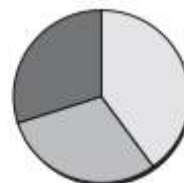
OR



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.

SMIA SERVICE TEAM:

Chair: Buddy F.
Vice Chair: Lorraine J.
Secretary: Kristi P.
Treasurer: Bruce O.
Parliamentarian: Paul S.
Web/Bookstall: Bill L.
Lifeline/Archives: Keith H.
Telephone: Melissa W.
Where & When: Pat P.

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

DISTRICT 35 - CHARLES CO.

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

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

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

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

Grapevine Rep

Accessibility Chair

District Meeting:

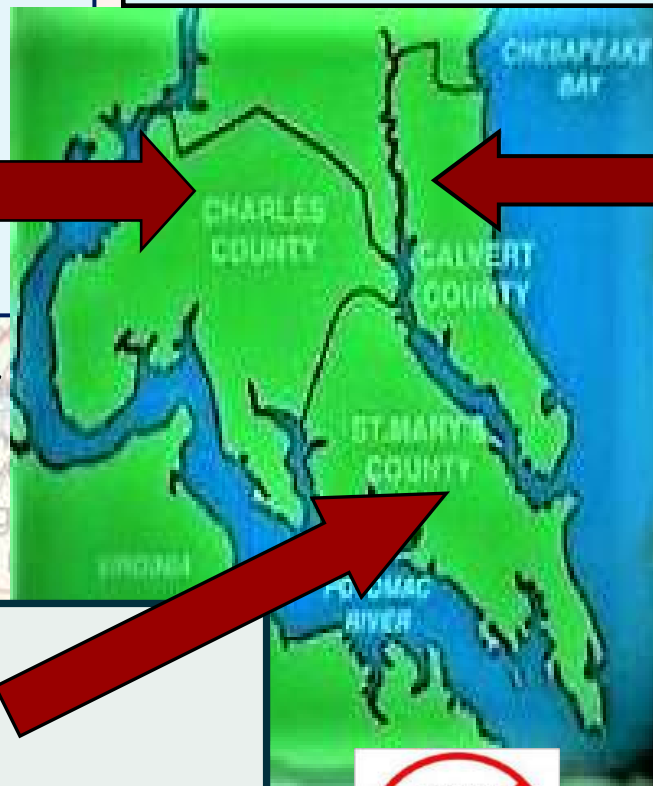
7 PM, 3rd Monday

**St. Paul's Episc.
Church**

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

PO Box 234

**Barstow, MD 20610
www.calvertaa.org**



***SERVICE KEEPS
US SOBER***

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.org



DISTRICT NOTES

***Please send any up-
dates for the Where &
When to:***

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

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

The next SMIA Meeting will be held on

Saturday, December 14 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)**