



# LIFELINE



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

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

<https://en.oxforddictionaries.com>

After a few months in AA, I am asking myself, "Why do I go? What's in it for me?" I didn't really have a problem--I hadn't ended up on skid row or in jail or in a clinic. As I near five years of sobriety, I still need AA, but I no longer ask why.

I think the beginnings of serenity came with the shattering, emotional awareness that I was in a room full of understanding people. My story is my own, but the feelings I had can be shared.

Tonight, for instance, someone's reference to rye and water made me remember that I never drank rye and used to con myself into believing I was okay because I stuck to a specific brand, drank only on social occasions or under severe stress, and never went to a bar by myself. Of course, I was drinking at home alone, thought I was functioning as a

wife and mother, and so I couldn't have a problem.

Never mind my sister's needling me about the amount I was consuming--I just considered her not with it. Never mind that a member of AA broke his anonymity with me because he knew about me what it took me another two years to know. Never mind that my behavior while drinking was far from what it would have been sober. Never mind that my divorce was a consequence of my drinking.

Why did I feel drawn to AA? I went to my first meeting with my defenses up. I had not had a drink in ten months, and I had done it on my own. From my very first meeting, the spirituality so hard to verbalize about AA transcended my thoughts and my motives. Just when I would think nothing was being said that could help me, the power of AA sharing--if not the words themselves--would overwhelm me. For me, with a very strong spiritu-

al background that I had turned away from in college, coming into my first AA meeting was like coming home after fifteen years. What keeps me going to AA? The warmth, the understanding, the sharing, the acceptance of me as me, the reminders of what drinking did to all of us. Am I better than someone who can be just a social drinker or who has never a drink at all? No way--but I

am a better me, and AA meetings give me the reassurance that this better me is worth it even on the days when problems appear to be totally overpowering and unsolvable.

At least, I can now face the problems and can often solve them easily and calmly with the tools that AA provides, as long as I am willing to use them soberly and one day at a time.

<https://ez-duz.it.blogspot.com/2008/02/beginnings-of-serenity.html>



# Step Nine: Making Amends

When describing Step Nine in the big book it says that *"if we are painstaking about this phase of our development we will be amazed before we are half way through"*, and then it goes on to list the promises.

The information in the 12×12 is a lot more direct about the different approaches we could take and tries to encourage us to exercise caution before we rush in and make some major blunders. This suggestion, I think, can't be taken lightly.

I have heard many horror stories about well meaning people, wanting to put this step behind them, ran to their friends and loved ones and disclosed things that destroyed any trust they may have had in the alcoholic.

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine. Sometimes we read the headline but fail to read the entire article. If we do this when we go through the steps we can do more damage to our already strained relationships.

Making promises, to my close friends and family, that I'm not sure I can keep, usually fall on deaf ears, but an honest recognition of my past mistakes, without going into too many details, at this time, and a sincere determination to give the program my best effort with the under-

standing that my behavior will be the measure of my success, is a more acceptable approach. We know that the road to hell is paved with good intentions.

After we have put some time between us and our last debacles, we can revisit those amends and go into details about each event, only after we have run it by an experienced and trusted advisor.

Rushing into an amend that could bring hardship to our unsuspecting family, or to other third parties, is another mistake that people sometimes make. In Step Nine in the 12×12 it says that *"WE cannot, for example, unload a detailed account of extramarital adventuring upon the shoulders of our unsuspecting wife or husband"*.

I would also include major financial or work related amends that may result in losing your job, or create heavy financial difficulties for the family. These should be put off until everyone involved is in agreement, and then, only after talking to someone to make sure that you are not overlooking anything.

How about all those relatives and friends that we haven't seen in awhile, but still have an uncomfortable feeling about the way we left that relationship? These people only have a snapshot of what we used to be like. They don't see the day to day changes that we have made in our lives and they assume that we are the same as when we made our last major mistake.

For this type of situations, I would consider a slow but sincere process of reestablishing contact with those involved. I once suggested that, using the oppor-

tunity on birthdays and holidays, of sending cards can be a nice way to reestablish contact with these people, with a simple *"been thinking about you, hope things are going well for you, Love..."*

Sending these out at each opportunity for a year or two with no return address, and no expectations, and at some time in the future, you will have to attend a wedding, graduation, or funeral... where you will see them again, and you will be amazed at what will happen.

My experience has been that the cards create curiosity and that sometimes causes these people to talk to each other and they find out that you are trying hard to mend your ways and it tends to disarm them. Now, that would be the time to put these things to rest. Keeping in mind that, if I can't add the kicker *"I regret what I did, and I don't do that anymore"* then maybe I'm not ready to make that amend yet.

I hope these ideas will help you to understand, that most amends can be made in a positive way and the results are so much better than we ever could have expected. We must do these things if we hope to experience the promises listed on pages 83/84 in the Big Book (Into Action).

<https://www.aacle.org/making-amends/>

**SERVICE IS THE SECRET**

**VOLUNTEERS NEEDED FOR**

**12<sup>TH</sup> 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

***Our primary purpose is to help the still suffering alcoholic. SMIA is committed to this principle and provides a 24x7 Telephone Service. We need phone volunteers! Go to our website, [www.somdintergroup.org](http://www.somdintergroup.org). Click on the Phone List link, complete the online form - this is a secure method to add your name to the 12-Step Call List. This protected information is only shared with the Phone Committee Chair. You will be amazed before you're half way through.***

# What are the 9th Step Promises of AA?

At the first meeting, I heard these ninth step promises and was amazed they could be made. After years of chaos, this seemed impossible. I have a slightly different take on these promises. I call it the contract. The first and last sentences condition the promises to become fulfilled. They say: If we are painstaking about this phase of our development, they will materialize if we work for them.

These things don't happen simply because I stopped drinking. They need work—painstaking work. For me, this is key, and it doesn't simply apply to the ninth step but to all twelve steps. I needed and still need to put in work for the promises to materialize. But what promises these ninth-step promises are! Let's break them down.

**1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.**

I was amazed long before I was halfway through. I was amazed long before I got to the 9th step because I had already started to see the program's effects. I found:

- A spiritual awakening
- A clear mind
- A working recovery process in my life
- I had taken a fearless moral inventory
- I was living a life of sobriety

**2. We are going to know a new freedom and a new happiness.** This may already start before Step 9. As we gain liberty from our disease and encounter our Higher Power, then freedom and happiness begin. How? We are no longer in charge of running the show. Yes, we make decisions and live life. We are now guided by our Higher Power to make deci-

sions. We wait and think...think...think... before acting.

**3. We will not regret the past nor wish to shut the door on it.** If we close off memories of what we were like, we risk forgetting what we were like and relapsing. If we regret our past actions, we risk hating ourselves, and that is also a risk to sobriety. At the end of the day, this promise says we will be able to deal with what we were like. Self pity will no longer work for us.

**4. We will comprehend the word serenity and we will know peace.** Much of this ties into the previous promise: God, grant us the serenity to accept the things we cannot change. We can't change what we were, but we can change what we become. That is what these AA promises are: they promise a new attitude and that we can change what we become.

**5. No matter how far down the scale we have gone, we will see how our experience can benefit others.**

Each of us plummeted to different depths, but every experience of anyone who comes into this 12-step program with a substance use problem can benefit someone else. We meet each other where we are. Some are homeless, some are actively working a successful job. Any experience is something someone else can relate to. Not every alcoholic is the same. Our experience has value in reaching out to the still-suffering alcoholic.

**6. That feeling of uselessness and self-pity will disappear.** We now have a purpose, to help other suffering alcoholics. With this purpose, the feeling of uselessness and self-pity lessen. The more we help others, the deeper our spiritual expe-

rience is and the happier we can be.

**7. We will lose interest in selfish things and gain interest in our fellows.**

Our self-obsession will become a thing of the past as we experience the nearness of our creator. We will want to help those who need help. The bondage of self will disappear, and we will become interested in finding and maintaining a fit spiritual condition.

**8. Self-seeking will slip away.** As we develop the right attitude, we will want what is best for people other than ourselves. We will constantly seek to become a better person as new power flows through us and we start to lead lives governed by spiritual principles.

**9. Our whole attitude and outlook on life will change.** New attitudes will become the norm. We will spend a life of taking personal responsibility. This is a new life and we become the rightful owner of our lives not governed by addiction.

**10. Fear of people and economic insecurity will leave us.** We spent our lives afraid of other people and their reactions. We will correct mistakes as they happen, and this allows us to move without concern as we navigate the confusion of daily life. For many of us tired of past experiences, this is the most powerful of the promises.

**11. We will intuitively know how to handle situations which used to baffle us.** Perhaps you were rude to a clerk at the grocery store. We learn to go back and make amends. Maybe a family member you've never gotten along well with calls you suddenly, but you'll know how to talk with them for the first time in your life. Reactions will lessen. (continued on page 4)

(con't) These are examples of how we suddenly learn to handle situations that used to baffle us.

**12. We will suddenly realize that God is doing for us what we could not do for ourselves.** We have handed over to our Higher Power, and these promises are the full manifestation of what Bill W called the fourth dimension of existence. He wrote: "I was soon to be catapulted

into what I like to call the fourth dimension of existence. I was to know happiness, peace and usefulness, in a way of life that is incredibly more wonderful as time passes." This is the spiritual dimension, and our life is governed differently as we allow a new power to flow into our being.

Remember that this is a contract and we need to do our part for the promises to be fulfilled. Without our actions, these are

unrealistic promises, just wishful thinking. When we work at this step, and indeed all the steps of Alcoholics Anonymous, they become fulfilled and abundant. This is what we need to be mindful of for each of these promises to come true. The Promises of A.A. will materialize if we are painstaking about this phase of our development.

<https://soberspeak.com/what-are-the-9th-step-promises-of-aa-sober-speak/>

<https://www.aa.org/international-convention>



The poster features a large circular image of the Vancouver skyline and harbor, with the convention dates "July 3-6, 2025" prominently displayed in the center. The text "2025 A.A. International Convention" is written in a large, stylized font around the circle. In the top left corner, it says "Save the Date!". In the bottom left, there is a QR code with the text "Scan here!" and a blue airplane icon. In the bottom right, there is a logo for "VANCOUVER 2025" featuring two hands holding a heart, with the text "Language of the Heart", "Lenguaje del corazón", and "Le langage du cœur" below it. The top right corner of the poster includes the website "AA.org/International-Convention".



<https://www.aa.org/international-convention>



***Language of the Heart***  
***Lenguaje del corazón***  
***Le langage du cœur***

# ***A-29 Accessibilities E-Blast***

August 2024

MGS Inc. Area 29

MarylandAA.org

## ***How Accessible is your group?***

### ***Take your group's accessibilities inventory!***



Use this QR Code to access the Accessibility Checklist(smf-208) found on the AA.org website to determine if a group site and location is truly accessible to all.

### ***Next, update your status!***



Ensure that your meetings' accessibility status is correctly listed in your local Intergroup directories. The intergroup directories are where The Meeting Guide app pulls its information from. Use this QR code to locate your local intergroups contact information. Correct listings ensure that those with disabilities can accurately choose what meetings will

work for their needs. Note that any wheelchair accessible meeting will also be walker accessible.

## ***What to do if someone with Accessibility needs attends your meeting?***

1. Consider assigning a "buddy" as a point person for any needed assistance during the meeting such as getting them coffee or help finding the bathroom. Ask the person what would be helpful in terms of assistance.
2. Preferential seating up front may be helpful for the hard of hearing, and the aisle or other seating for those in wheelchairs or with walkers.
3. Afterward provide phone numbers of local members, the Accessibilities Committee contact information [Accessibilities@marylandAA.org](mailto:Accessibilities@marylandAA.org) and that of the local intergroup. Let them know that if they want to come back and need additional accommodation, we can help arrange that and/or provide a group contact to help with arrangements.
4. For any verbal communication barriers, It is often best to provide information in writing or text. Many smartphone apps are available for immediate accessibility such as talk to text (*AVA*) and text to talk, image reading/ screen reading (*Envision AI*) and even sign language translators and text to sign language.

### ***Help the Area 29 Accessibilities Committee!***

Let us know where to focus our attention in Area 29. Take the Group Accessibility Survey! [Groups Accessibilities Survey – MGS | Maryland General Service \(marylandaa.org\)](https://www.marylandaa.org/groups-accessibilities-survey)



# It Happened in September!

September 1:  
1939 – 1st AA group founded in Chicago

September 5  
1907 – Nancy Flynn, author of  
“Independent Blond” born

September 11:  
2001 – 30 Vesey St, New York, AA’s first  
Office is damaged during the World Trade  
Center attack

2001 – Father Mychal J., September 15,  
1979 Died sober in the World Trade Cen-  
ter attack

September 12:  
1942 – U.S. Assist. Surgeon General Kolb  
speaks at dinner for Bill and Dr Bob

September 13:  
1937 – Florence R, 1st female in AA in NY

September 17:  
1954: Bill D, AA #3 dies.

September 18:  
1947 – Dallas Central Office opens its  
doors

September 19:  
1965: The Saturday Evening Post publish-  
es article “Alcoholics Can Be Cured – De-  
spite AA”  
1975 – Jack Alexander, author of Satur-  
day Evening Post article, dies

September 21:  
1938 – Bill W & Hank P form Works Pub-  
lishing Co

September 24:  
1940 – Bill 12 steps Bobbie V who re-  
placed Ruth Hock as his secretary in NY

September 13:  
1941 – WHJP in  
Jacksonville, FL  
airs Spotlight on  
AA

September 30:  
1939 – Morris Markey runs story on AA,  
Alcoholics and God in Liberty Magazine

September 30:  
1975 – Bill W a biography by Robert T is  
published

Other significant events for which we have  
no specific dates:

1930: Bill wrote 4th (last) promise in family  
Bible to quit drinking.  
1939: Group started by Earl T in Chicago.  
1940: AA group started in Toledo by Duke  
P & others.  
1940: Journal of Nervous and Mental Dis-  
eases gives Big Book unfavorable review.  
1946: Bill & Dr. Bob both publicly en-  
dorsed National Committee Education  
Alcoholism founded by Marty M.  
1946: 1st A.A. group in Mexico.  
1948: Bob writes article for Grapevine on  
AA “Fundamentals – In Retrospect”.  
1948: 1st issue of Grapevine published in  
“pocketbook” size

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

They told me my dreams would  
come true in recovery, and look at  
me now:



## ATTENTION!

The September IGLC meeting  
(1st Monday of each month –  
Sept 2<sup>nd</sup> Labor Day)  
is **cancelled** paralleling the Ar-  
ea 29 MGS Area Committee not  
meeting in September. Our  
next scheduled meeting will be  
Monday, October 7<sup>th</sup> 2024 at  
6:30pm via zoom. More infor-  
mation will be sent out later in  
September...

Other important upcoming cal-  
endar reminders include:

October  
12<sup>th</sup> 2024 Corrections Commit-  
tee Workshop – 731 Benfield  
Rd., Severna Park, MD  
October 19<sup>th</sup> 2024 Area  
Assembly, Area Inventory –  
731 Benfield Rd., Severna Park,  
MD

La reunión de IGLC de sep-  
tiembre (1er lunes de cada mes  
– 2 de septiembre, Día del Tra-  
bajo) se **cancela** paralelamente  
al Comité de Área 29 MGS que  
no se reunirá en septiembre.  
Nuestra próxima reunión pro-  
gramada será el lunes 7 de oc-  
tubre de 2024 a las 6:30 p.m.  
vía zoom. Se enviará más in-  
formación a finales de septiem-  
bre...

Otros recordatorios im-  
portantes del calendario in-  
cluyen:  
Taller del Comité Correccional  
del 12 de octubre de 2024 - 731  
Benfield Rd., Severna Park, MD  
19 de octubre de  
2024 Asamblea de Área, Inven-  
tario de Área - 731 Benfield  
Rd., Severna Park, MD Nos  
vemos en octubre!  
Rex, Area 29 IGLC Chair



**Short Form:** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." **12x12 pg. 172**

**Long Form:** Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of large metropolitan area their central or inter-group committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness. **12x12 pg.191**

**Principle Behind Tradition Nine** Equality: the state of being equal, especially in status, rights, and opportunities. "AA as an organization is ultimately guided by the model of a loving God as He may express Himself in our group conscience."

**Connecting with the Big Book** We had to unify our Fellowship or pass off the scene. As we discovered the principles by which the individual alcoholic could live, so we had to evolve principles by which the A.A. groups and A.A. as a whole could survive and function effectively... that our

leaders might serve but not govern; There was to be the least possible organization, even in our service centers. **BB pg. XIX**

### **Tradition Nine: Group Inventory Questions**

- As a group do we defer to a strong personality or do let the minority opinion be heard?
- As a group do we understand and use "group conscience" as our guide to decision making?
- As a group do we hold our elected officers accountable as they serve, as "trusted servants", and their actions must reflect our "group conscience".
- As a group do we understand the GSR "right of decision" as applied to business at the Area Level?
- As a group do we understand the "spirit of rotation" so that one individual(s) does not control the group as the authority or carry the burden of responsibility?

**What is behind Tradition 9?** The answer is far simpler than you might think. The 12&12 notes that the Ninth Tradition appears to contradict itself. However, the book points out that AA does not conform to usual protocol regarding most organizations which give authority to certain individuals. As per the Second Tradition, we view ourselves as "trusted servants" rather than authority figures. In this manner, our groups do not resemble organizations as we generally define them. When considering AA's primary purpose, this is important to remember. Alcoholics Anonymous isn't a traditional group in any sense of the

word. This is why AA considers themselves to be a program of suggestion. The Twelve Traditions provide an important foundation. But at the end of the day, these principles can be suggested only, but they cannot be prescribed. AA groups are not in the business of issuing orders. As group members we might accept healthy recommendations, but we do not tolerate mandates. Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, or most of us will die alone and as a fellowship fade from the scene. This extends not only to members, but to all levels of service as well. AA is animated only by the spirit of service—a true fellowship.

### **Tradition Nine: Personal Checklist**

- Do I try to "boss" things in AA?
- Do I ever resist formal aspects of AA because I see them as authoritative?
- Do I try to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
- What has rotation to do with anonymity? With humility?

<https://www.johnstownaa.com/notes/twelve-steps-and-twelve-traditions/Tradition-9.pdf>

# SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 Frank P., 5 yrs, Never Too Late	2	3	4	5 Tony S., 41 yrs, Almost Normal	6 J.J., 34 yrs, Awakenings	7 Clair T., 51 yrs, Kingston Creek
8 Mike M., 9 yrs, KISS	9	10 Bob W., 5 yrs, Hol- lywood	11	12 Buddy F., 12 yrs, Basic Text	13 Dave M., 1 yr, Cove Point  Michelle M., 2 yrs, Not Quite Right	14
15 Frank J., 12 yrs, KISS	16	17	18	19 Babe H., 40 yrs and Lan- ny H., 33 yrs, Harmony	20	21 Kelly B., 11yrs, King- ston Creek
22	23	24	25 Mike H., 1 yr, We Were Dunks	26 Pete D., 6 yrs, Basic Text	27	28
29 Melissa W., 5 yrs, Never Too Late	30 Linda M., 24 yrs, Mon- day Nite Traditions					

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# OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
					John B., 5 yrs, 231	REV, 16 yrs, Early Bird
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Roy B., 4 yrs, Solomons					Jason H., 1 yr, Harmony	
20	21	22	23	24	25	26
				Mark B., 40 yrs, Progress Not Perfection		
27	28	29	30	31		
				Dan S., 16 yrs and Joanie B., 2 yrs, Poplar Hill		

SIXTY-SEVENTH ANNUAL

# Sessions by the Sea



OCEAN CITY MARYLAND  
SEPTEMBER 3-8, 2024  
ONLINE REGISTRATION ONLY!

## District 36 Camping Trip

Navy Recreation  
Center, Solomons

September  
13 – 15

\* Register by  
August 28



\$20.00 ~ See details **BELOW**

SAVE THE DATES  
Sept. 13 – 15, 2024

When it comes to Technology...

We're going...

# BACK TO THE FUTURE

For its 10th Anniversary,  
the NATIONAL A.A. TECHNOLOGY WORKSHOP (NAATW)  
returns to where it all began:

St. Louis, Missouri

- Join us for a weekend of in-depth presentations, discussion and fellowship
- The call for presentations as well as in-person and online registration information is forthcoming
- Check our website - [NAATW.org](http://NAATW.org) - for workshop info updates



<https://www.sessionsbythesea.com/>

❖ **Registration Deadline: August 28**

\* required for Base access \*

[d36.events4fun@gmail.com](mailto:d36.events4fun@gmail.com)

❖ **\$20.00 per Person** (12 and under Free)

Includes:

- ~ Large Group Camp Site
- ~ Friday Night Potluck Dinner\*  
\* bring side dish or dessert
- ~ Continental Breakfasts
- ~ Saturday Night Cookout
- ~ Beverages ALL Weekend

❖ **Max 25 People ~ OR ~ 10 Tents**

**Trip will be canceled if Minimum  
Registration not met by August 28.**

Naval Recreation Center, Solomons  
13855 Solomons Island Road, South  
Solomons, MD 20688

3:00 pm Friday, September 13  
thru  
12:00 pm Sunday, September 15

**Activities available at Solomons Recreation Center:**

- |                              |                               |
|------------------------------|-------------------------------|
| ~ Nature Trail               | ~ Biking (BYO)                |
| ~ Beach / Water Access       | ~ Volleyball                  |
| ~ Sunset Pier                | ~ Baseball                    |
| ~ Putt-Putt Golf             | ~ Basketball                  |
| ~ Golf Driving Range         | ~ Corn Hole                   |
| ~ Fishing / Crabbing (BYO)** | ~ Badminton                   |
| **MD License required        | ~ Bocce Ball                  |
| ~ And Much MORE !!!!         | <b>(BYO) = Bring Your Own</b> |

**AREA 29  
CORRECTIONS CONFERENCE  
DAY OF SHARING**

# LET IT BEGIN WITH ME

LUNCH~DOOR PRIZES~FELLOWSHIP THIS IS A FREE EVENT!

**Saturday, October 12**

**United Methodist Church  
731 Benfield Road  
Severna Park, MD**

**8:00 - 9:00 AM** Registration, Coffee, Doughnuts, Fellowship  
**9:00 - 11:15 AM** Panel Discussions  
**11:15 - 1:00 PM** Lunch & Fellowship (lunch is provided)  
**3:15 - 5:00 PM** Former Persons in Custody Panel

Questions? Contact Scott B. [corrections@marylandaa.org](mailto:corrections@marylandaa.org)

## Correccionales Día de Compartir

**sábado 12 de octubre de 2024**

**Iglesia Metodista Unida  
731 Benfield Road, Severna Park, MD**

**Alcoholicos Anonimos  
9am - 5pm**

**Algunos aspectos destacados:**

**8-9 AM** Inscripción, Café, Donas

**9-11:45 AM** Paneles de discusión

**11:45-1 PM** Almuerzo proporcionado

**3:45-5 PM** Panel de ex personas bajo custodia



**Almuerzo y Compañerismo**

**¡ESTE ES UN EVENTO GRATUITO!**

**contactar a**

**Scott at [Corrections@MarylandAA.org](mailto:Corrections@MarylandAA.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) 715-8592

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](http://www.aa.org))

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

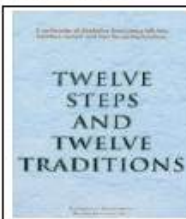
*AA Grapevine Traditions Checklist*, July 2018 revision

*Fall 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](mailto:2024contrastudy@gmail.com)



District 10 presents

# District 10 Unity Picnic

**Burgers, Hot Dogs and Buns provided.**

**Bring a drink, bring a chair, bring a dish to share.**

**Speaker Meeting at 2pm**

**10.20.24  
SUNDAY  
12-5 PM**

**Double Rock Park-  
Rich Pavillion**

8211 Glen Road, Parkville, MD 21274

# Service Opportunities!

JOINT MONTHLY MEETINGS

## 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](mailto: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/](https://us02web.zoom.us/j/85217774704)

j/85217774704pwd=TVhEdFpKdmxSRINvNnJHU1pYWDVaQT09

Meeting ID: 852 1777 4704 Passcode: 019347

Brandi D., Area 29 Grapevine Committee Chair

For more info: [grapevine@marylandaa.org](mailto: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!

## Area 29 Accessibilities Committee MONTHLY MEETING

Join us @ 3pm on the  
2nd Sunday of the  
Month

Zoom ID:  
848 0308 9697  
Password: Area29

The Area 29 Accessibilities Committee explores, develops, and offers resources to alcoholics with significant barriers to receiving the AA message and to participating in our program of recovery.

Scan the Code!  
Take the Accessibilities  
Survey



District or Intergroup  
Chairs and all  
interested AA Members  
are invited!

For more information email the  
Accessibilities Chair at  
[Accessibility@marylandaa.org](mailto:Accessibility@marylandaa.org)

# SMIA Meeting Minutes 8/14/24

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, Paula S. - Bedouin, Norma H., 12 Steps Home; Andy X., Keepin' It Green; Nathan H., Waldorf; Lisa T., Awakenings; Zee S., Sunday Morning Sobriety; Mandy W., O.D.A.A.T; Keith H., Almost Normal; Melissa W., Phone Chair.

**SMIA Chair Report:** Buddy F. – Reported on the July 29th CARC II ZOOM meeting. Power Point specific to this CARC is available upon request at [delegate@marylandaa.org](mailto:delegate@marylandaa.org). Info on the process for submitting a “Proposed Agenda Item” (PAI) is available on [marylandaa.org](http://marylandaa.org). Scott B., Area 29 Corrections Chair discussed his PAI on developing service guidelines for the Corrections Committee/updating the Corrections workbook/guidelines for providing tablets to corrections facilities. CARC II members voted to address this PAI at the August Assembly. CARC II process will begin October 2024 for the 2025 General Service Conference. If you are interested in becoming a CARC leader and recorder for the next CARC II, contact Lori M. at [altdelgate@marylandaa.org](mailto:altdelgate@marylandaa.org). Also attended the SMIA Liaison Meeting on Monday, August 5th, where Kathy K, Maryland Deaf Access Committee (MDAC), Treasurer, presented information on that committee.

**Vice-Chair Report:** Lorraine J. shared information on Kathy K.'s presentation. MDAC has been a “freestanding” committee since December 2023, no longer a subcommittee of the Accessibilities Committee and not connected with Area 29. Since April 2024, MDAC has offered one ASL-interpreted meeting per month and is adding a second. Meetings are on the 1st

and 3rd Tuesdays of the month beginning in September. There are an estimated 1.2 million deaf people in Maryland. The World Health Organization estimates that 5% of U.S. adults have an alcohol use disorder—5% of 1.2 million means there are potentially 60,000 deaf AA members in Maryland. Shared examples of challenges faced by deaf individuals seeking recovery—being turned away from closed meetings because the interpreter they brought was not alcoholic, being told they needed to bring 4-5 other deaf individuals to a meeting before the group would seek funding for an interpreter. American Sign Language (ASL) is a visual language with no written form, very different grammatically from English so closed captioning isn't a good substitute for an interpreter. Briefly discussed whether SMIA can support this entity and include information about them on the website and in the Lifeline since they are not AA. No conclusions or were reached. Yellow can label to solicit individual donations with QR code for PayPal payments was provided.

**Secretary Report:** Read by Lorraine J. – July 2024 minutes were accepted with one correction noted.

**Treasurer Report:** Bruce O. – shared the Treasurer's report for the period ending July 24, 2024. There is approximately \$9,500 available for \$10,000 in budgeted expenses. All picnic expenses have been accounted for. After a 3-hour visit to Bank of America Account, Buddy and Bruce were able to change the signatories on the account and obtained a secured credit card with a \$1,000 limit. Must be paid in full each month. Going forward authorized users can be changed by providing a copy of the meeting minutes documenting the change in leadership. Motion and second to accept the Treasurer's Report as presented, all in favor. The Treasurer's Report is available on-line at <https://somidintergroup.org/finance.html>.

**Committee Reports Bookstall:** Bill L. – There were 2024 visits to the On-Line Bookstall since the July meeting--12 orders; 11 completed and 1 out-of-state or-

der cancelled and refunded. Orders totaled \$745. Literature purchases from World Services totaled \$401.54. Web Report: Bill L. -- 07/13/24 -08/10/24. Total visitors (initial visits) 4,135, up 3.9%. Most frequently visited pages, Home page, Where & When Calendar, Where & When search, On-Line Meetings, Anniversary Calendar. No significant site changes. SMIA Minutes – August 10, 2024 Page 2

**Meeting Changes/Status:** The Upon Awakening Group, which meets at The Great Recovery Lounge, added Tuesday and Thursday meetings, so it now meets Monday through Friday. All meetings begin at 8:00 AM. There are currently 129 meetings in our service area; 122 in-person, 6 hybrid, 6 on-line only, and 1 meeting reported as suspended that has an on-line presence. Document Posts and Updates: Lifeline posted – 8/2/24; Finance Page updated – 8/4/24; Minutes posted – 7/29/24; Where and When PDF updated – 7/1/24.

**Gratitude Dinner:** Scheduled for November 16th. Need a chair.

**Institutions/Corrections:** Calvert – Lorraine J reported on two upcoming Volunteer Orientations for individuals to be cleared to take meetings into the Detention Center; Wed, Aug. 14 and Wed. Aug. 21. Men and Women needed. Volunteers also needed for Avenues Treatment Center, Riley F coordinating. Charles – No report; St. Mary's – Kim, new chair, anticipates they are still 3 weeks out from completing renovations and being able to take meetings into jail. Contact Keith H. if you are available to take meetings into Anchor on the last Tuesday of the month.

**Lifeline:** Keith – Anniversary Calendar is for sobriety anniversaries, events and group activities go on website calendar. When submitting flyers, keep in mind they will be reduced to a quarter page. Use simple, larger fonts, bullets, avoid text heavy formatting and use “True Type” (TT) scalable fonts. Bill L encouraged group to check “The SMIA Publication Guidelines”

(continued on page 15)

(continued) available at: <https://www.somdintergroup.org/smiadocs.html>. Deadline is 27th of the month for the following month's edition. Discussed creating a "Service Opportunities" flyer. Number of print copies will be increased to 25/month.

**Public Information:** Calvert – Lorraine J reported that Kenny G is doing a phenomenal job. Charles – No report. St. Mary's – Buddy F. is the new chair. Checked and filled a lot of racks over the past month.

**Telephones:** Melissa W. – reported she is now the District 36 DCM. Go To Connect, the service used to route calls, is not particularly user-friendly and recently changed their reporting process. There were 18 calls, totaling 27 minutes, but info on breakdown by county wasn't available.

**Where and When:** Pat P. – Three full boxes remaining, 375 per box.

**Workshops:** No report

**Old Business** –None

**New Business** – None

**Serenity Breakfast:** Need chair.

**For the Good of the Order** – North Beach picnic is tonight at 4:00 p.m. District 36 is planning a camping trip at Navy Rec Center—check online for details. Sunday, August 18th Solomons will celebrate group's 40th anniversary with eating meeting starting at 5:30 p.m. Lanny will celebrate 33 yrs. and Babe 40 years at Harmony on September 19th. Meeting adjourned with the Responsibility Pledge and the Lord's Prayer

## "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.**



### 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*

**SUPPORT YOUR  
LOCAL GROUPS?**

# September 2024

## Southern Maryland Intergroup Association Inc

### Treasury Report

Monthly Contributions:

**\$988.84**

[www.somdintergroup.org/contribute](http://www.somdintergroup.org/contribute)

SMIA, PO Box 767, Charlotte Hall, MD 20622

#### Southern Maryland Intergroup Association Inc Statement of Financial Position June 25, 2024 - July 24, 2024

##### Assets

Primary Business Checking	\$ 7,154.31
Primary Business Savings	\$ 3,001.24
Prudent Reserve	\$ 3,300.00
PayPal	\$ 504.80
Bookstall Cash on hand	\$ 100.00

**Total Assets** **14,060.35**

##### Expenses

Bookstall Purchases	\$ -
Liability Insurance	\$ (273.00)
Lifeline Printing	\$ (66.00)
Misc	\$ -
Phone Answering Service/1-800#	\$ -
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (45.88)
Where & When	\$ -
Picnic	\$ -
Travel	\$ -
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ (94.00)
Bank Charges and Fees	\$ (80.00)
Other - Tax Filings	\$ -

**Total Expenses** **(\$534.88)**

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

##### Revenue

Contributions	\$ 1,944.87
Bookstall	\$ 1,618.00
Gratitude Dinner	\$ -
Serenity Breakfast	\$ 1,385.00

**Total Revenue** **4,947.87**

##### Expenses

Bookstall Purchases	\$ (1,635.02)
Liability Insurance	\$ (273.00)
Lifeline Printing	\$ (198.45)
Misc	\$ -
Phone Answering Service/1-800#	\$ (85.94)
Post Office Box	\$ (120.00)
Rent	\$ (600.00)
Webmaster	\$ -
Website	\$ (255.44)
Where & When	\$ -
Picnic	\$ (1,205.40)
Travel	\$ (131.32)
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ (118.99)
Bank Charges and Fees	\$ (80.00)
Other - Tax Filings	\$ -

**Total Expenses** **(\$3,167.85)**

**Annual Net Assets** **1,780.02**

**THANK YOU FOR YOUR  
DONATIONS:**

Emotional Sobriety  
New Life Group  
Way of Life Group

Leonardtwn Big Book  
Grateful Alive Group  
Monday Nite Traditions

# WHERE DO WE SEND OUR CONTRIBUTIONS?

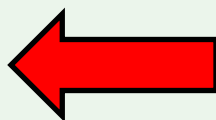
1) All contributions can be made online:

[www.somdintergroup.org/donate.php](http://www.somdintergroup.org/donate.php)

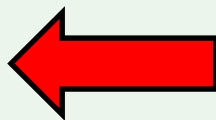
2) Or they can be mailed to the appropriate office location:

**\*PLEASE NOTE THAT GSO AND MARYLAND GENERAL SERVICE OFFICE ADDRESSES HAVE CHANGED\***

**General Service Office  
Post Office Box 2407  
James A Farley Station  
New York, NY 10116-2407**



**Maryland General Service  
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)

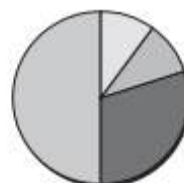
Your Group Service # \_\_\_\_\_

(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

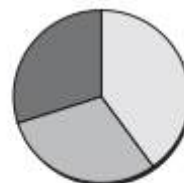
OR



**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**

***SERVICE KEEPS US  
SOBER***

### NEW BOOKSTALL HOURS:

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

### DISTRICT 1 CALVERT COUNTY

#### **SERVICE OPPORTUNITIES**

**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](http://www.calvertaa.org)**



### DISTRICT 36

#### ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

**[www.district36mdaa.org](http://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, October 12 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)**