



The best way to find yourself is to lose yourself in the service of others.

# 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>

Do you want to get the most out of “your wonderful human machine” or are you one of those people who are satisfied with mere sobriety? To get the most we must learn to be very critical of how much happiness we are “buying” with our thinking.

Resentments are negative thoughts and you do not “buy” happiness with negative thoughts. Examine the resentments that you hold at the present time using our AA prayer

as a yardstick: “Grant me Almighty God, the serenity to accept that which I cannot change; the courage to change that which I can and the wisdom to know the difference.”

Most of us who have been in AA for any length of time realize that we of ourselves cannot change another man unless that man is first willing to be changed. Clashes between various personalities have at different times resulted in bitter resentments on both sides. Are these bitter resentments necessary?

Why is it that when some men have a resentment against another man or against another group that they want to “sell” the resentment to anybody who will listen? In our little AA prayer we ask Almighty God for the serenity to accept that which we cannot change. Can we change other personalities through bitter resentment? Are we living the 24-Hour Program when we harbor resentments for weeks at a time? Are we sincere when we ask our Higher Power for the serenity to accept that which we cannot change and then in the next breath spread BITTER RESENTMENT.

It is very possible that those of us who have been harboring

## It's Never Too Late To Learn



<https://www.aacle.org/harboring-resentments>

resentments also have a different conception of our AA prayer than that which has just been stated. What of it? It's never too late to learn. Every day is New

Year's Day! If placing “personalities” in that same category with other things which cannot be changed will help us to overcome our resentments then it is certainly worth a try. Think it over seriously. Don't be one of those people who are always ready to say “It can't

be done.”

Why is it that sometimes we do not realize that there are no perfect people? If we would but accept other people's ideas in that light we would not be so apt to declare war on some other individual or group of individuals who wanted to try a different approach to some problem than we did.

Why is it that we will defend some of our own silly ideas long after we know that the other man has a better approach to the problem? Humility is a very necessary ingredient if we want our thinking to “buy” the most happiness. Do we have humility? If you have resentments and especially if you have been trying to “sell” them to others it might be well to re-check the quality of your HUMILITY.

When dealing with other people, remember you are not dealing with creatures of logic, but with creatures of emotion, creatures bristling with prejudices and motivated by pride and vanity. And if you want to stir up a resentment tomorrow that may rankle across the years to come, just indulge in a little stinging criticism – no matter how certain you are it is justified.

## A Passion for Service

My name is Kenny G and I am and will always be an alcoholic. I am the Group Service Representative (GSR) for the 231 Group (in Calvert County). We have an open Big Book meeting on Tuesday night at 7:00 p.m. Our closed 12 & 12 meeting is Friday night at 7:00 p.m. Service and literature have been an important part of my recovery since the beginning. One of my earliest positions was Intergroup Rep for the North Beach Group. I recognized that I had a disease that was trying to kill me and that I needed to find out everything I could about it.

SMIA provided that platform. I familiarized myself with all the pamphlets and read all the Conference approved material I could get my hand on. I feel that this background has served me well in my current position as Public Information Chair for District 1 (Calvert County). There is a solution. This is the message it is my privilege to carry. Recently at an event, I ran into past Delegate (Panel 68) Don B and told him about the impact he has had

on my recovery. When he came to speak at our District meeting, Don used the phrase "Attraction in Action." I feel like this has been my modus operandi. The principle of attraction coupled with affirmative action. Working with professional at a treatment center, I like to think my alcoholic ideals are tempered with conventional wisdom.

It has been a long journey, having been restored to sanity by working steps two through ten. Retracing my journey in my Public Information role has been enlightening. The message I would like to convey to the reader is that there is a real sense of accomplishment in service work. The most important job in AA is coffee maker. Good coffee can make a meeting stand out.

### SPOTLIGHT ON SERVICE

Regular attendance at a home group is where it all began for me. Being the first person at a meeting has been rewarding. New folks

are understandably put off by crowds and this is sometimes a good chance to speak with them. The meeting after the meeting can be a great opportunity to get to know people too—people who would not ordinarily mix. Secretly I felt lower than a well digger's shoes. My name was often in the local papers for having committed some drunken crime. I was surprised people would be seen with me in public. I'll close with a few words about sponsorship. I feel like service work has kept my foot in the door all these years and I did the best I could until I could do better. Sponsorship has been the most important part of my recovery. I was fortunate to have a sponsor who went to a lot of meetings, was very involved in service and asked that I come over to his house three times a week to read the Big Book. We worked the steps as described in the first 164 pages. It was important that my sponsor had a driver's license and reliable transportation as I was unable to attain them for several years. I firmly believe God works through people if we let him. Yours in Service, Kenny G

My first attempt at doing a fourth step inventory came as I was approaching my first year of sobriety. I now realize that I was rushing into it before I understood what the objective was and after scribbling down a great number of superficial deeds that I had done during my drinking days, my project was abruptly interrupted by a flight to Asia and a four-month vacation aboard a Navy tanker in the Tonkin Gulf Yacht Club, (being in the Navy at the time).

I didn't have the opportunity to get to a single meeting during that time, but I did have a lot of quiet nights at sea where I contemplated my life before Alcoholics Anonymous, and what I was going to do with the rest of my life. It was during that time that I decided, by God; I wasn't going to mess this thing up. I was going to do it by the book.

I longed to be back in the safety of that

very loving group that I left four months earlier. I knew that with their love and support I could get it right, I realized, as I was studying steps six it says, "We were entirely ready to have God remove all these defects of character" and in step seven, it says "Humbly ask him to remove our shortcomings".

To me, that means that in Step Four, I should be trying to identify my defects of character and my Shortcomings. The example of this step in the Big Book of Alcoholics Anonymous shows a chart which describes what we did, why we did it, (fear of something) and who we did it to.

It occurred to me that if I could identify the root cause of my problems (defects/fears) that I could change the behavior that resulted from those actions (shortcomings).

To explain this in simple terms, I produced this scenario that anyone could

## I Got It Right the Second Time

understand, and it goes like this. I purchased a large S.U.V. off the showroom floor, drove away and, at the first signal light, I hit the brakes and it didn't stop till I was out into the cross traffic.

I drove back to the dealer and explained what happened. They checked it out and discovered that they had put the wrong brake shoes on it by mistake. They replaced them with the correct brakes and when I came to the signal light the S.U.V. stopped. And, it stopped at all the other stop lights as well. The defect (root cause) was that the brakes were the wrong size. The shortcoming (behavior) was that the vehicle did not stop properly. Once the defect was corrected, the shortcoming went away.

*(continued on page 3)*

(con't) For example, I was talking to one of my mentors, at that time, about criticizing other people and he said that the criticism of others stem from my own, low self-esteem (defect). It occurred to me that, with a little self-restraint, I could slowly refrain from that behavior. Once I identify my defects of character, it seems to take all the power out of them. For instance, if I could find any value in criticizing another person, I might still be doing it but there is no value in it except to feed my ego and it shows weakness of character (low self-esteem).

I used that template on all the behaviors that I'm not proud of, and I feel stronger for it. Those four months at sea gave me the motivation to revisit the Fourth Step and get it right the second time around. I highly recommend revisiting that step if you feel troubled by old behaviors. It did wonders for me.

<https://www.aacle.org/fourth-step-inventory-process/>

## Tradition 4: AA Group Autonomy and Responsibility

Tradition 4 of the 12 traditions of Alcoholics Anonymous states that the freedom individual groups have carried with it the admonition to protect the fellowship as a whole. This means that meeting formats can vary from group to group, but it also cautions against straying too far from the usual program.

*"Tradition 4: Each group should be autonomous except in matters affecting other groups or AA as a whole."*

### Tradition 4 Grants AA Group Freedom With Responsibility to the Whole

Each 12-step group has complete freedom to decide for itself the program content of its meetings and the topics that will be discussed. The group can decide if the meeting will be open or closed and when and where the meeting will be held. Each group can decide to change its meeting format and has complete authority to spend its funds as needed.

The group can also decide how it wishes to begin and end its meetings. Some groups close with a prayer, while others have a moment of silence. In all of these matters, each group has total freedom. It is entirely up to the membership of that individual group. But the second part of this tradition reminds each group that it has a responsibility also to the worldwide fellowship and other groups. By adhering to the traditions and principals of its program, each group can assure that it will not stray too far away from the program's basic tenets.

### Limits to Freedom Granted By the Fourth Tradition

The autonomy provided in Tradition 4 does not mean an individual group has the authority to re-word the 12 steps or traditions or to create its own literature. Nor should groups introduce, discuss, or sell outside literature at their meeting places.

Other than that, groups have complete freedom to design their programs to the needs of their members, which can result in a wide variety of formats. Many a meeting has gotten away

from the look and feel of its primary purpose by using non-conference-approved literature, showing videos of popular self-help speakers, or allowing treatment professionals to speak at open meetings on the latest therapy techniques.

### How Group Autonomy Creates Different Environments

One AA member described what it was like when encountering groups that did things differently. He says that when he first came into AA, he learned how it went in his little group, and as he went to other groups in neighboring towns, he would think, "They don't do their meetings right," simply because they weren't the same as the first group he went to.

Today these little things that used to bother him make him realize that they're what makes all these groups unique and different. He looks forward to the different meetings now because they're unique in their own rights. As long as the guidelines of the program are followed and the basic message is there for everyone, the autonomy of each group is one more example of why Alcoholics Anonymous works.

<https://www.verywellmind.com/a-study-of-tradition-4-69416>





# **YOUR West Central Intergroup is in need of YOUR help.**

***Contributions for the year are below what is needed to continue to serve the Frederick AA members and groups as you have asked.***

If you or your group does not currently contribute to West Central Intergroup, would you please consider this?

**There are approximately 52 groups and meetings a week in the Frederick area that are served by the West Central Intergroup.**

*Services that YOUR contributions help support are:*

- WCI Website - [www.westcentralaa.org](http://www.westcentralaa.org)
- Free Where & Whens (Meeting Directories)
- Workshops • 12th Step Calls • Archives • Chatter
  - WCI Newsletter • Public Information (PI)
- Cooperation with the Professional Community (CPC)
  - Outreach • Corrections & Treatment (C&T)
    - Literature • Activities
    - WCI Office

*(The Federated Charities Bldg., 22 S. Market St., Suite 7, Frederick MD)*

**These committees provide services to, and are all funded by the contributions made by you and your groups.**

Contributions can be mailed, brought to the Intergroup Council meetings or on-line: <https://westcentralaa.org/contributions/>

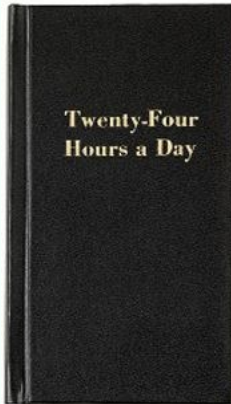
Groups **OR** Individuals can contribute either one time or set up a recurring contribution.

***If you have any questions or comments, please email [finance@westcentralaa.org](mailto:finance@westcentralaa.org)***

Aug 28, 1954 - "24 Hours a Day" is published.

March 25, 1965 - Richmond Walker Author of "24 Hours a Day" dies at 72 years old with 22 years sobriety in AA.

The second most popular A.A. author in total book sales, second only to Bill W. himself, was Richmond Walker. He was a man from the Boston area who managed to get sober in 1939 in the old Oxford Group. There was no AA group in Boston yet at that time. He stayed sober in the Oxford Group for two and a half years, before going back to drinking in 1941. After a year and a half of drinking, he joined the newly founded Boston AA group in May 1942, and finally found lasting sobriety there, never to drink again for the rest of his life. Rich died on Mar. 25, 1965 (72 years old) with 22 years of sobriety in AA.



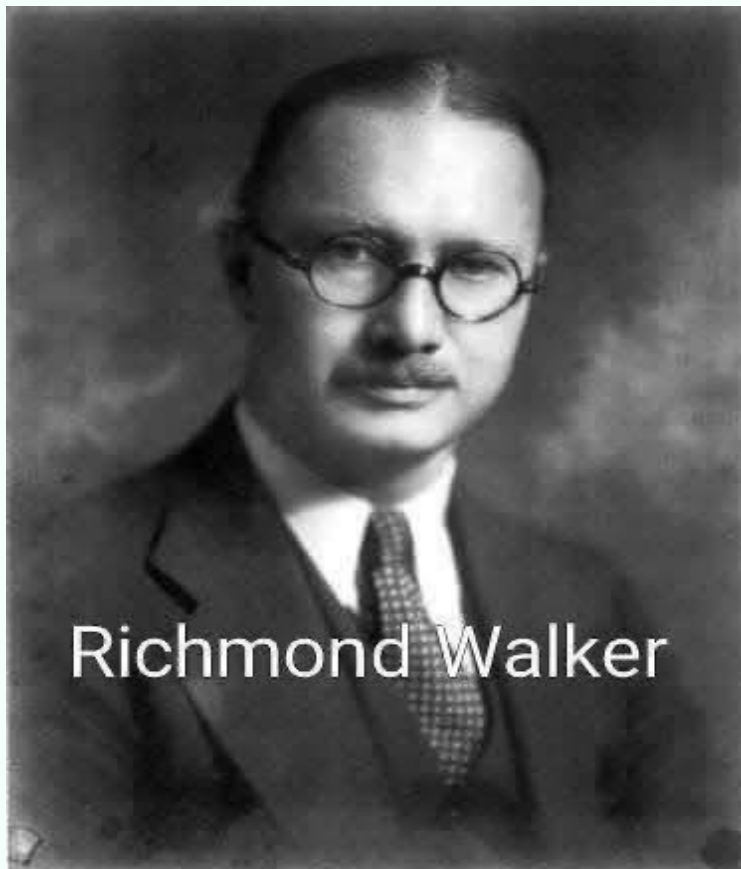
He originally wrote this material on small cards which he carried in his pocket, to aid him in his own sobriety. In 1948, he put it together in the little meditation book called "Twenty-Four Hours a Day," at the request of the AA group in Daytona Beach, Florida, which they printed on the printing press at the county courthouse and began distributing all over the country under the sponsorship of their A.A. group. For many years it was the basic meditation book for all A.A.'s.

The book sold over 80,000 copies during the first ten years alone, which means that over 10,000 copies a year were eventually having to be packaged and shipped out year after year, just to keep up with the demand. It did not take long for Rich to become totally overwhelmed by the task. In 1953, he asked the New York A.A. office if they would take over this job, but his request was turned down. In their defense, New York was desperately short on money, staff, and space; they also already had their hands full with the Twelve Steps and Twelve Traditions, which came out in April of that same year. They only just barely managed to cobble together a financial deal to get that vital book published. Hazelden offered to publish and distribute the book in 1954. It is still widely used by A.A. members and groups today, with over eight million copies sold.

The little book became the second most popular book in AA history (exceeded only by the Big Book). It explained how to carry out the eleventh step, how to practice the presence of God, and how to attain soul-balance and inner calm. It explained how to practice meditation by quieting the mind and entering the

Divine Silence in order to enter the divine peace and calm and restore our souls. At the top of each page Rich lays out basic meat-and-potatoes information about how we used to behave when we were drinking, how we need to change our lives, and what we need to do in order to keep the A.A. fellowship together. Then at the bottom of each page he tells us how to pray and meditate. This part of the book forms one of the ten greatest practical works on learning to live the spiritual life that have ever been written, in any century, including both the western world and the world of Asian religions. The eleventh step says "Sought through prayer and meditation (a) to improve our conscious contact with God as we understood Him, praying only for (b) knowledge of His will for us and (c) the power to carry that out." Rich's little black book tells us how to actually do that.

His experience in the Oxford Group in 1939-1941 comes out strongly in "Twenty-Four Hours a Day," coming partly from Rich's own experience in the group, and coming partly from his use of an Oxford Group work on prayer and meditation, "God Calling," by Two Listeners. For those who would like to bring modern AA back closer to Oxford Group beliefs and practices, "Twenty-Four Hours a Day" is the most strongly Oxford-Group-oriented work written by an early AA author.



<https://www.facebook.com/groups/3178475942431844/permalink/4045187069094056/>

# It Happened in April



the Big Book arrived at the office Bill shared with Hank Parkhurst in Newark, New Jersey.

**April 1:** 1939 – Alcoholics Anonymous AA's Big Book was published.

1940: Larry J. of Houston, wrote "The Texas Prayer", used

to open AA meetings in Texas.

1940 – Larry J. of Houston, wrote The Texas Preamble used to open AA meetings in Texas.

1966 – Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.

1970: GSO moved to 468 Park Ave. South, NYC.

1984 – 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.

**April 2** 1966: Harry Tiebout, M.D. died.

**April 3:** 1941 – First Florida AA meeting was held.

1960: Fr. Ed Dowling, S.J., died. He was Bill W's "spiritual sponsor."

**April 4:** 1960 – The Chicago Daily News reported that Fr. Edward Dowling, Jesuit Priest who helped start the first AA group in St. Louis, had died at age 62.

**April 7:** 1941 – Ruth Hock reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

**April 10:** 1939 – The first ten copies of

**April 11:** 1938 – Alcoholic Foundation held its first meeting.

1939 – Marty Mann attended her first meeting at the home of Bill and Lois Wilson in Brooklyn.

1941 – Bill and Lois Wilson moved into

their new home, Stepping Stones.

**April 12:** 1942 – The Windsor Daily Star in Ontario, Canada, reported that over 400 AA's attended a testimonial dinner for Dr. Bob.

**April 16:** 1940 – A sober Rollie Helmsley caught the only opening day no-hitter in baseball history since 1909.

1973 – Dr Jack Norris Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

2005 – Nancy Flynn (Independent Blond died in Kennett Square PA

**April 17:** 1941 – 2nd group in Los Angeles, the "Hole in the Ground Group" was formed.

**April 19:** 1940 – First AA group in Little Rock, Arkansas, was formed.

**April 22:** 1940: Bill Wilson transferred his Works Publishing Stock to the Alcoholic Foundation. The Dates on which Hank Parkhurst transferred his stock is uncertain.

**April 23:** 1940 – Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill Wilson insisted on them for Dr. Bob and Anne.

**April 24:** 1989 – Dr. Leonard Strong died. He was Bill's brother-in-law and an AA Trustee.

1940: The first AA pamphlet, "AA", was published.

**April 25:** 1939: Morgan R interviewed on Gabriel Heatter radio show.

1951 – AA's first General Service Conference was held.

**April 26:** 1939 – Bill & Lois Wilson moved in with Hank Parkhurst after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

**April 30:** 1989 – The film "My Name is Bill W.," a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.

**Other April events for which we have**

**no specific dates:** 1935: Dr. Silkworth told Bill to quit preaching at drunks & tell them of obsession & allergy.

1940 – The "Texas Preamble" used to open meetings in Texas, was written by Larry J. of Houston.

1940 – The first AA pamphlet was published, entitled simply: "AA."

1950: Saturday Evening Post article "The Drunkard's Best Friend" by Jack Alexander.

1958 – The word "honest" was dropped from "an honest desire to stop drinking," in the AA Preamble.

1960 – Bill Wilson refused to be on the cover of Time Magazine.

1966: Change in ratio of trustees of the General Service Board; now two thirds (majority) are alcoholic.

1988 – Cybil C., the first woman member in Los Angeles and archivist, died.

# APRIL 2025

SUN MON TUE WED THU FRI SAT



1  
2 Tyrone O., 1 yr, Cove Point  
3  
4  
5 Scott B., 1 yr, Kingston Creek  
Kris F., 4 yrs, Helping Others  
John O' G, 28 yrs, Happy Hour

6 Brian 1 yr, KISS  
7  
8 Barbara N. 2 yrs., Blue Top  
9  
10 Gisela R., 34 yrs, Almost Normal  
Keith T., 7 yrs, Basic Text  
11  
12

13 Emily, 2 yrs, Bedouin  
Danny H., 10 yrs, Living Sober (St. Mary's)  
14  
15 Phyllis B., 44 yrs, Emotional Sobriety  
16  
17  
18 Chelsea B., 12 yrs, Not Quite Right  
19 Lauren H., 5 yrs, Laurel Grove

20 Joshua J., 11 yrs, KISS  
21 Bobby P., 9 yrs, Harmony  
22  
23  
24 Neil, 37 yrs and Frank G., 6 yrs, Poplar Hill  
25 Sandy D., 41 yrs, Leonardtown  
26 Bruce D., 34 yrs, North Beach

27 Jeff G., 18 yrs and Pat P., 16 yrs, Beach Beacon  
28  
29  
30  
Carroll Q., 6 yrs, Bedouin



# MAY 2025

**,SUN      MON      TUE      WED      THU      FRI      SAT**



1      2      3

4      5      6      7      8      9      10

**Tony N., 7 yrs, Monday Night Traditions**

**Gloria D., 33 yrs, Patuxent River**

**Joyce S., 9 yrs, Almost Normal**

**Marc T., 12 yrs, Cove Point**

11      12      13      14      15      16      17

18      19      20      21      22      23      24

**Russell 5 yrs, Blue Top**

**Joe M., 1 yr, Patuxent River**

**Pete R., 32 yrs and Troy T., 19 yrs, Laurel Grove**

25      26      27      28      29      30      31

**Taylor G., 4 yrs and Kat B., 2 yrs, Poplar Hill**

**Sherry S., 36 yrs, Kingston Creek**



Most everybody I know has struggled with difficult emotions like fear, anxiety, anger, guilt, and shame, or an addiction of some kind. Substance addictions could include alcohol, abuse of prescription drugs, street drugs, and food issues like overeating, bingeing, and purging. Behavioral addictions could include compulsive cleaning, gambling, shopping, working, exercising, caregiving, gossiping, hoarding, sexual activity, internet gaming, and social media use. All addictions are behavioral even if a substance is involved and seek to activate a dopaminergic surge for the primitive brain.

I tend to think of an addiction as a pattern of behavior in which we engage to comfort ourselves in order to avoid stress, pain, or emotional discomfort. The behavior becomes repetitive, and winds up continuing the behavior to deal with the discomfort of withdrawal from the prior attempt at euphoria. Its long term consequences can result in emotional, relational, financial, or physical damage. We can end up hurting ourselves and others. Not all habits for dealing with stress and discomfort are destructive (healthy habits are vital), but addictions are always destructive in the long run.

The addictive behaviors are typically not the problem, but often the symptom result of a long standing deeper emotional issue. This is why emotions like fear, anxiety, anger, guilt, and shame need to be processed. Most of the substances and behaviors I have just mentioned, with a few exceptions, can be used and practiced in a healthy way. In the case of alcohol and drugs, the substance itself can become a major part of the problem. However, once the physical addiction is broken, the deeper emotional issues must be processed and healed.

This is why true recovery is a spiritual journey. The addictive behavior and the underlying emotions take control, occupy our mind, defend their territory, create reasons for their existence, and demand ultimate allegiance. We become a slave to the addiction and the underlying emotions, and we will defend them to our own detriment which can sometimes include death.

The struggle for emotional health and freedom is a spiritual process. Spirituality is connection to self, others, and something greater than us that is loving and caring. Our addictions are “cunning, baffling, and powerful” (Alcoholics Anonymous, p. 58). This is why AA and other Twelve Step programs emphasize the spiritual nature of recovery. The Big Book of AA says: “What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s will into all of our activities. ‘How can I best serve Thee—Thy will (not mine) be done.’ These are thoughts which must go with us constantly” (Alcoholics Anonymous, p. 85).

Daily surrender to your higher power is an important spiritual practice. Some people start each day with “please.” “Please help me stay sober and do your will this day.” Many of these same people end each day with gratitude. Thanking God for the blessings of the day however small, simple, or ordinary the blessing

might be. Gratitude is a spiritual practice.

We need daily spiritual practices to maintain a healthy spiritual condition. Practices like prayer, meditation, service, support groups, spiritual reading, journaling, daily reflections, gratitude list, and small groups function like daily nourishment for our soul. We need daily food for our spiritual hunger.

I have found that the more powerful the addiction, the more important it is to build an abundance of spiritual practices into our daily routines. One of the spiritual practices which is especially important for defeating the toughest addictions and emotional struggles is the practice of rigorous honesty with others. Call it confession or sharing with a trusted friend, sponsor, or therapist. Some of the most powerful addictions only begin to lose their power when we get honest and share our struggles with another person. It’s especially powerful when we share with someone who has struggled with the same issue and found a way out. For example, the brilliance of the AA Twelve Step program is alcoholics talking to alcoholics and sharing their experience, strength, and hope.

In essence, we build community and vulnerability around our shared addictions and struggles. This has a magical power to heal our deepest wounds. We find a daily reprieve in a refreshing stream of grace-based community.

[https://spiritualityadventures.com/blog/a-daily-reprieve#:~:text=The%20Big%20Book%20of%20AA,\(not%20mine\)%20be%20done](https://spiritualityadventures.com/blog/a-daily-reprieve#:~:text=The%20Big%20Book%20of%20AA,(not%20mine)%20be%20done).

## A DAILY REPRIEVE

### HELP WANTED

#### 12 STEPPERS

**Duties:** Carry the AA Message

**Location:** St. Mary's County Detention Center

**Qualifications:** 1 Year Sobriety

**Benefits:** Spiritual Fitness & Slip Insurance

**How to Apply:** Email Roy B. at D36Corrections@gmail.com



## District 35

### 4<sup>TH</sup> STEP WORKSHOP

APRIL 12, 2025 11:30AM



- 11:30am – FOOD AND FELLOWSHIP
- 12:15pm – OPENING REMARKS
- 12:30pm – PRESENTATION
- 1:30pm – INTERACTIVE 4<sup>TH</sup> STEP WORKSHOP

Peace Lutheran Church  
401 Smallwood Dr, Waldorf MD



## Volunteers needed for SERENITY BREAKFAST 4/26/25



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

Or via Zoom @

[https://zoom.us/  
j/99982597908?](https://zoom.us/j/99982597908?pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09)

[pwd=QzVLcUZrVHdacFlrYUNZN  
21tdkluQT09](https://zoom.us/j/99982597908?pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09)

*Please be advised that the  
Thursday Bookstall will not  
be available for the next  
few weeks for purchases.*

## 2<sup>nd</sup> Annual Area 29 Corrections Conference Day of Sharing “From Calamity to Serenity”



Held at Severna Park United Methodist Church  
Saturday October 11th, 2025 (9am to 4pm)  
731 Benfield Road, Severna Park, MD21146 US

Sponsored by Area 29 Corrections committee  
and Hispanic linguistic District 29

Hot Topic Panel Discussions

Keynote Speaker

More Details Coming Soon

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

WARFIGHTER ADVANCE™

Mission: Successful Reintegration of Every Warfighter

Warfighter Advance is a week-long program that uses a variety of means to change the trajectory of Warfighter's (active duty, reserve, or veteran) post-deployment life, as well as public safety personnel/first responders & commercial pilots.

We take open AA meetings into the program each Thursday of the program.

Location:  
Lions Camp Merrick  
3650 Hamilton Place  
Nanjemoy, MD 20662

Dates:  
Thursday, March 6<sup>th</sup>, 2025 at 8:00 PM  
Thursday, April 3<sup>rd</sup>, 2025 at 8:00 PM  
Thursday, May 8<sup>th</sup>, 2025 To Be Announced

AA members, especially Veterans & First Responders, are encouraged to attend.

Contact Tony N @ 301-904-0572 with questions.

*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.*



### 29th Annual Southeast Woman to Woman Conference "Secrets Women Don't Share"

A Conference for Sober Alcoholic Women with AA-Anon Participation  
No children allowed in conference rooms



August 22-24, 2025, Virginia Beach, Virginia

Holiday Inn Virginia Beach-Norfolk  
5655 Greenwich Road, Virginia Beach, Virginia 23462

#### RESERVATIONS

Room rates through July 28, 2025:

- King, \$149 + tax
- Double, \$159 + tax

Breakfast is not included.

To make reservations,

- Call (800) 567-3856 and use code SWW
- Register online at <https://bit.ly/SEW2W-VB-Hotel>

#### REGISTRATION

Conference registration:  
\$65 through March 31, 2025  
\$70 April 1-July 18 and on-site.

Registration is transferable by NOT refundable.

- Register online at [www.SEW2WtoW.com](http://www.SEW2WtoW.com)
- Complete attached registration form and mail registration form and check payable Southeast Woman to Woman to

SEW2W  
C/O Diane Stabinski P.O. Box  
15031 Chesapeake, VA 23328

#### CONFERENCE CONTACTS

Chair: Tracy U. (757) 381-4124 [sew2w2020@gmail.com](mailto:sew2w2020@gmail.com)  
Co-Chair: Natalie S. (757) 348-8459 [Natalie.sew2w25@gmail.com](mailto:Natalie.sew2w25@gmail.com)  
Registration: Rebecca M. (757) 515-3684 [sew2w2012@gmail.com](mailto:sew2w2012@gmail.com)



### 29th Annual Southeast Woman to Woman Conference "Secrets Women Don't Share"

A Conference for Sober Alcoholic Women with AA-Anon Participation  
No children allowed in conference rooms

#### REGISTRATION FORM

Name: \_\_\_\_\_ Badge Name: \_\_\_\_\_

Check:  AA Sobriety Date: \_\_\_\_\_  Anon

Address: \_\_\_\_\_ City: \_\_\_\_\_

State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Are you willing to volunteer?  Yes  No

Any special needs? \_\_\_\_\_

--- Please select items below ---

#### Registration Fee (Required, check one):

\$65 (until March 31, 2025)  \$70 April 1-July 18 and on site

Scholarship Donation (not required): \$ \_\_\_\_\_

#### Souvenirs

Tumbler, \$21

Tote, \$25

T-Shirt, \$25, specify style and size:

Style:  Women's  Unisex

Size:  Small  Medium  L  XL  2XL  3XL (unisex only)

Bundle (1 Tumbler, 1 Tote, and 1 T-Shirt), \$66, specify T-Shirt style and size:

T-Shirt Style:  Women's or  Unisex

Size:  Small  Medium  L  XL  2XL  3XL (unisex only)

#### Events

Banquet, \$75

Beach Tour, \$25

Aquarium Tour, \$35

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

# COME ONE ~ COME ALL



Show Date: **May 10<sup>th</sup>** 7pm  
St. Andrews Episcopal Church  
44078 Saint Andrews Church Road  
California, MD 20619



## 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 \(marylandaa.org\)](#)

# Treatment Center Committee

**"The District 36 Treatment Center Committee"**

**is looking for female fellowship members,**

**who are willing and have a year**

**or more of sobriety to bring**

**in-house A.A. meetings into**

**the Jude House**

**Wednesday Evenings 7:00pm.**

**Please contact this committee at our email:**

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

**This is a very rewarding experience!**

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

**The Committee Contact:**

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





## 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.

WE ARE LOOKING FOR HOME GROUP MEMBERS  
WE HAVE SERVICE POSITIONS TO BE FILLED

COME OUT AND FIND OUT  
WHAT'S THE POINT! OF LIVING  
THIS LIFE OF RECOVERY  
AND HOW WE DO THIS  
"ONE DAY AT A TIME."

# "BLUE TOP @ NOON"

Lexington Park United Methodist Church

21760 Great Mills Road

12:00 noon

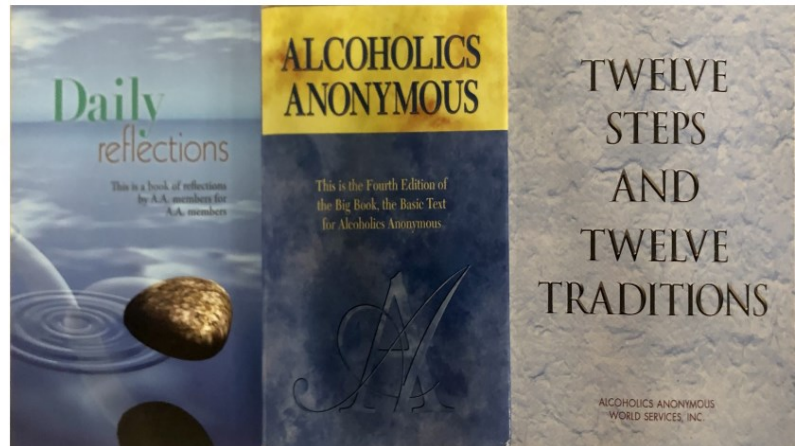
Tuesday, Wednesday, Thursday

Tuesday will be the Daily Reflections

Wednesday will be the Big Book

Thursday will be a Step/Tradition meeting

Come check us out and join our group!



# CLEAN AIR GROUP

The Clean Air Group

Is in need of support

And home group members

Come on out and check us out

Friday nights 6:30pm.

St. Andrews Episcopal Church

44078 St. Andrews Church Rd.

# 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?

# Service Opportunities!



## Area 29 Maryland PI/CPC

PUBLIC INFORMATION  
AND COOPERATION WITH THE  
PROFESSIONAL COMMUNITY  
COMBINED 2025 COMMITTEE

### Table Exhibitions

Give presentations about A.A. to schools and organizations, and set up exhibitions at professional events

### Audio, PSAs, Internet

Ensure local media has accurate information about A.A. through PSAs, anonymity-protected interviews and digital press kits

### A Resource for Professionals

Professionals who work with alcoholics share a common purpose with Alcoholics Anonymous: to help alcoholics stop drinking and lead a healthy, productive life.

DISTRICT CHAIRS AND INTERESTED A.A. MEMBERS ARE INVITED!



Join us online  
at 3 p.m. EDT  
on the 3rd Sunday  
of the month  
862 7457 8272  
Pw: 199887

WWW.MARYLANDAA.ORG  
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 provide language Access via ASL interpretation
- ✓ We rely on contributions from only AA members & AA entities
- ✓ 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/j/85217774704>  
pwd=TVhEdFpKdmxSRINvNnJHU1p  
YWDVaQT09

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

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!

# SMIA Meeting Minutes 3/8/25

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

**Board Members Present:** Buddy F. – Chair, Lorraine J. - Vice-Chair, Bruce O. – Treasurer, Paul S. - Parliamentarian and Kristi P. –Secretary

**New Member(s):** Sharra W. – Bedouin Group, Pattie S. – Beach Beacon Group,

**Groups & Committees Represented:** Bill L.–Harmony Group/Web/Bookstall, Nathan H. – Waldorf Group, Todd M. – St. Charles Step Group, Emme J. – O.D.A.A.T, Keith H. – Almost Normal/Lifeline, Andy X. – Keeping it Green, Cathy T. – 12&12 for Serenity, Pat P. – Where and When, Roy B. – Solomon’s Group; Lisa T. – Awakening Group, Sharra W. – Bedouin Group, Pattie S. – Beach Beacon Group, John L. – Turn it Over, Zee S. – Sunday Morning Sobriety, Faye S. – We Are Not Saints

**SMIA Chair Report:** Buddy F. reported he attended the Area 29 Intergroup Liaison on March 3rd. . BC Dave was the host from the Worldwide Virtual Intergroup. They’ve been doing online groups since 1985. Topics discussed were how to irradicate zoom bombers and having online GSO districts. Our district does not currently have one. CARC II was to be held today, but Buddy was unable to attend due to SMIA meeting. Buddy discussed the Delegate Report which can be found on [www.marylandaa.org](http://www.marylandaa.org). Topics included the Plain Language Big Book, Archives, Corrections and Accessibilities for Veterans. US Veterans are offered the opportunity to share their experiences by visiting [militaryoutreach@aa.org](mailto:militaryoutreach@aa.org). Buddy F. read Lorraine J.’s Spotlight on Service

article. This was an excellent article explaining the support that SMIA provides to share the message. The General Services highlights according to committee members they need AA members who have strong experience in the fields subject trustee’s literature committee. Deadline is April 15 th . Committee will serve as a leader of a working group for pamphlet development for Asian American alcoholic’s in AA and Transgender alcoholics in AA.

**Vice-Chair Report:** Lorraine would ask that people share the Spotlight on Service article with their groups to highlight the support that SMIA provides.

**Secretary Report:** Kristi P. read the February meeting minutes. Motion and second to accept minutes as read, all in favor.

**Treasurer Report:** Bruce O. provided monthly treasurer report. Bruce shared that monthly contributions have significantly increased. Note–this fiscal year’s budgets for each district’s Corrections and Treatment and PI/CPC need to be spent by the end of the fiscal year (April 30, 2025). Budget resets on May 1st. Motion and second to accept the Treasurer’s Report as presented, all in favor.

## Committee Reports

**Bookstall Report:** Bill L. reported there were 929 visits to the Bookstall this month. There were 7 orders for a total of \$324.00. Purchases from AA World Services totaled \$652.85. The current remaining budget for district literature is; Calvert C&T - \$375, Calvert PI - \$140, Charles C&T - \$60, Charles PI - \$250. St. Mary’s C&T - \$191.50, St. Mary’s PI - \$134.50

**Web/Technology:** Total visitors 2,671 (up 17%). Most frequently visited pages: Home Page, Where and When Calendar, Online Meetings, Where and When Search, AI-Anon Information. Site updates and changes: Minor form changes to im-

prove navigation. Site Updates and Changes: There were no significant changes to the site this month. Meeting Change Information: The Harmony Group meeting time changed to 7:00 PM for both Monday and Thursday. The Tuesday Evening North Beach meeting format was changed to a Big Book meeting that focuses on the stories. Meeting Status: Currently there are 132 meetings in our service area; 123 meetings are in-person, 6 meetings are hybrid, 8 meetings are on-line only. Document Posts and Updates: Lifeline posted – 03/02/25, Finance Page updated – 03/02/25, Where and When PDF updated – 03/02/25, SMIA Minutes – 03/02/25:

**Gratitude Dinner:** Looking for a volunteer to chair.

**Corrections and Treatment:** Calvert – everything is going fine, orientations may be this month. There is a possible volunteer to coordinate meetings going into institutions. Charles – meetings going into the jail, RCA, ALPAS and Jude House. St. Mary’s – Roy B. reported they have been taking meetings into jail on Wednesdays at 7 pm. Receiving good participation (average 12 inmates per meeting). Actively seeking men with 1 year of sobriety to share their experience, strength and hope, so they aren’t bringing in the same speakers each week. The library at the jail contacted Roy requesting books for their library. Roy also said they are seeking volunteers for sponsorship for the inmates. Inmates call the sponsor from the jail.

**Lifeline/Archives:** Keith H. reported everything is going well. Looking for submissions or articles. Keith thanked Lorraine for her article. Keith passed around a sheet to provide emails for a monthly email distribution of the Lifeline. All names and emails would remain anonymous.

*(continued on page 15)*

(con't) **Picnic:** Buddy volunteered to chair the picnic. Buddy is going to try to reserve the pavilion at Lettie Dent which provides electricity, playground, etc. for families. Possible date for picnic is June 22nd , depending on availability of the pavilion. Buddy will hold a meeting after next month's SMIA meeting to discuss the picnic.

**PI/CPC:** Calvert – Lorraine J. reported no changes. Charles – No report. St. Mary's – No report.

**Telephone:** No report.

**Serenity Breakfast:** Breakfast will be held at Immaculate Conception on April 26th , Time: 9 am-12 pm. Tickets are available. Need volunteers on 4/25 at 6 pm for set up and 4/26 for breakdown. Please contact 301-481-2090 with any questions.

**Where and When:** Pat is looking for a

new printer for the Where and When's in this area.

**Workshops:** None.

**Old Business:** Reminder that elections will be held in March for the Chair and Secretary positions. Optimally the Chair position rotates through the three counties so the next chair should be from Charles County. The Secretary position does not require rotation. Nomination form on the SMIA website.

**New Business:** Buddy stated two positions were up for election (Chair and Secretary). Lisa T. was nominated for Secretary. Kristi P. motioned to elect Lisa T. Motion was seconded and accepted. Todd M. was nominated for Chair. Kristi P. motioned to elect Todd M. as Chair. Motion was seconded and accepted. Buddy is looking for new ways to fundraise through

raffles. Suggested possibly doing a raffle for hotel rooms for winner for the Roundup and Sessions. Members were asked to take back to their groups. Buddy F. and Kristi P. were thanked for their service in their positions.

**For the Good of the Order:** Bruce will celebrate 11 years on March 8 th at Waldorf Group. On March 23 rd , Lorraine J. will celebrate 45 years, Jean C. 8 years and Danny L. 9 years at Bedouin. District 36 is having a NoTalent Show on May 17 th at 7 pm. If you wish to participate in the talent show, please reach out to Melissa W. or Mary F. Zee S. reported that beginning March 30 th , Sunday Morning Sobriety will begin having their meetings at Timberlake Park. Meeting adjourned with the Responsibility Pledge and the Lord's Prayer.

## 12<sup>th</sup> Step Service opportunity.

District 1 is looking for volunteers to lead meetings at the Avenues treatment center in Prince Frederick. Meetings are held at 7:00 pm each week on Mondays and Thursdays. The District 1 treatment coordinators are looking for people to either take an occasional evening or a dedicated monthly slot, whichever better suits your schedule. For the men's meetings, text David Y at 240-577-3424. For the women's meetings, text Peggy K at 305-582-9309.

[https://2025ic.mylibralounge.com/sites/2025ic/attendee/en/begin-registration/?lib\\_SGU=CD628B65-1A31-4FE8-B529-EC086D6E30AA&lib\\_CST=CA87D641-F0EA-46C0-91B8-4D8A85E19B3E](https://2025ic.mylibralounge.com/sites/2025ic/attendee/en/begin-registration/?lib_SGU=CD628B65-1A31-4FE8-B529-EC086D6E30AA&lib_CST=CA87D641-F0EA-46C0-91B8-4D8A85E19B3E)



July 3-6, 2025 | Vancouver, BC, Canada



Please include your current group number when submitting correspondence or contributions to the SMIA. You can find your current group number at <https://somidintergroup.org/wwwsearch.html#gnlf>

If your group does not have a current group number, contact the Area 29 Registrar at [registrar@marylandaa.org](mailto:registrar@marylandaa.org)

# April 2025

## Southern Maryland Intergroup Association Inc Treasury Report

Southern Maryland Intergroup Association Inc Statement of Financial Position February 25, 2025 - March 24, 2025		Southern Maryland Intergroup Association Inc Yearly Statement of Activity May 1, 2024 - Apr 30, 2025	
<b>Assets</b> Primary Business Checking \$ 5,005.46 Primary Business Savings \$ 1,848.44 Prudent Reserve \$ 4,453.00 PayPal \$ 1,704.29 Bookstall Cash on hand \$ 100.00 <b>Total Assets</b> <u>13,111.19</u>		<b>Year to Date Income</b> Contributions \$ 6,494.62 Bookstall Sales \$ 3,931.17 Gratitude Dinner \$ 884.06 Serenity Breakfast \$ 1,385.00 <b>Total 2024 Income</b> <u>12,694.85</u>	
<b>This Month's Expenses</b> Bookstall Purchases \$ (193.73) Liability Insurance \$ - Lifeline Printing \$ (129.87) Misc \$ - Phone Answering Service/1-800# \$ (56.40) Post Office Box \$ - Rent \$ (150.00) Webmaster \$ - Website \$ (123.23) Where & When \$ (1,977.69) Picnic \$ - Travel \$ - Workshops \$ - SMIA Archives \$ - Office sup (coffee, postage & faxing) \$ - Bank Charges and Fees \$ - Other - Tax Filings \$ - <b>Total Expenses</b> <u>\$ (2,630.92)</u>		<b>Year to Date Expenses</b> Bookstall Purchases \$ (3,074.61) Liability Insurance \$ (273.00) Lifeline Printing \$ (1,004.99) Misc \$ - Phone Answering Service/1-800# \$ (491.50) Post Office Box \$ (120.00) Rent \$ (1,650.00) Webmaster \$ (1,011.50) Website \$ (861.93) Where & When \$ (1,977.69) Picnic \$ (1,205.40) Travel \$ (131.32) Workshops \$ - SMIA Archives \$ - Office sup (coffee, postage & faxing) \$ (229.99) Bank Charges and Fees \$ (144.00) Other - Tax Filings \$ - <b>Total 2024 Expenses</b> <u>\$ (12,175.93)</u>	
		<b>BUDGET Shortfall</b> Contributions 28% Bookstall Sales -12% Gratitude Dinner 12% Serenity Breakfast -39% <b>Total 12%</b>	
		<b>BUDGET Left to Use</b> Bookstall Purchases 23% Liability Insurance 0% Lifeline Printing -5% Misc 0% Phone Answering Service/1-800# -51% Post Office Box 0% Rent 8% Webmaster 67% Website -1% Where & When 45% Picnic -21% Travel 84% Workshops 100% SMIA Archives 100% Office sup (coffee, postage & faxing) -28% Bank Charges and Fees -44% Other - Tax Filings 0% <b>Total 32%</b>	
		Total of Checking, Savings and PayPal Allows us a financial Runway of 5.77 Months Number of Months of Fiscal Year Remaining 1 Months For our 2024-2025 planned expenses, we currently have a \$ 7,073.86 Excess	
Remaining Service Committee Budgets Budget Year 2024 (01May2024 - 30Apr2025) As of 11MAR2025		Calvert Charles St.Mary's	C&T \$ 375.00 \$ 60.00 \$ 191.50 PI/CPC \$ 140.00 \$ 250.00 \$ 134.50

\*The figures below show the remaining funds available for Corrections & Institutions and Public Information in Calvert, Charles, and St. Mary's counties. The budget renews on May 1. Unspent funds do not carry over. Use them by April 30, or they're gone! Plan your spending accordingly.

# THANK YOU FOR YOUR CONTRIBUTIONS:

- Leonardtwn Group
- Bedouin Group
- Laurel Grove
- Poplar Hill Group
- Waldorf Group
- Sobriety First
- 231 Group
- Sunday Morning Eye Openers
- 12x12 for Serenity



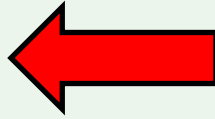
# WHERE DO WE SEND OUR CONTRIBUTIONS?

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

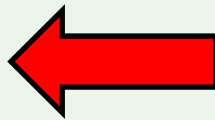
2) Or they can be mailed to the appropriate office location:

**\*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)

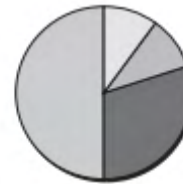
Your Group Service # \_\_\_\_\_

(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

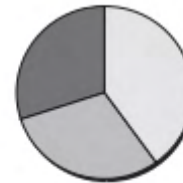
OR



**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: Sheri R.  
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**

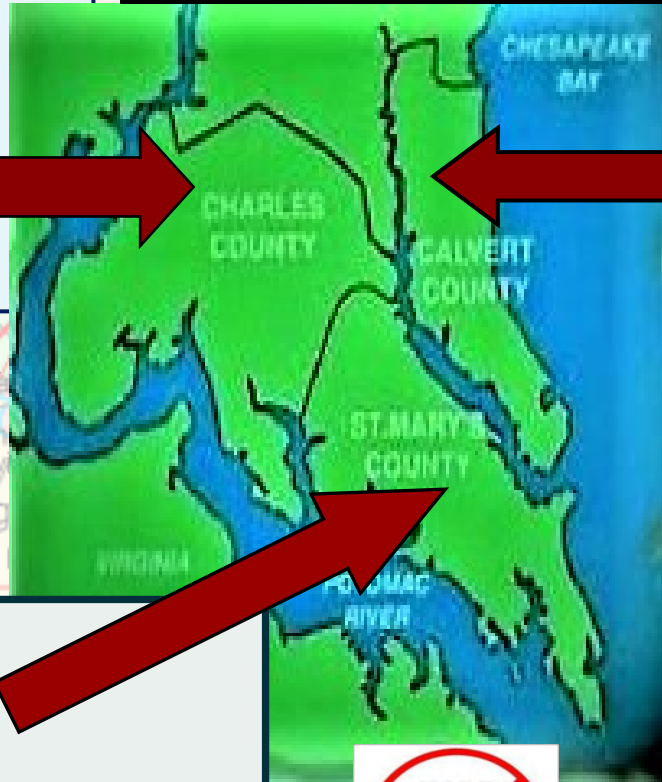
**Alternate DCM**

**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)**



**SERVICE KEEPS  
US SOBER**

**DISTRICT 36  
ST. MARY'S COUNTY  
PO Box 1334, California, MD 20619  
[www.district36mdaa.org](http://www.district36mdaa.org)**

**Check out our  
NEW WEBSITE!**



# **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, May 10 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)**