



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>

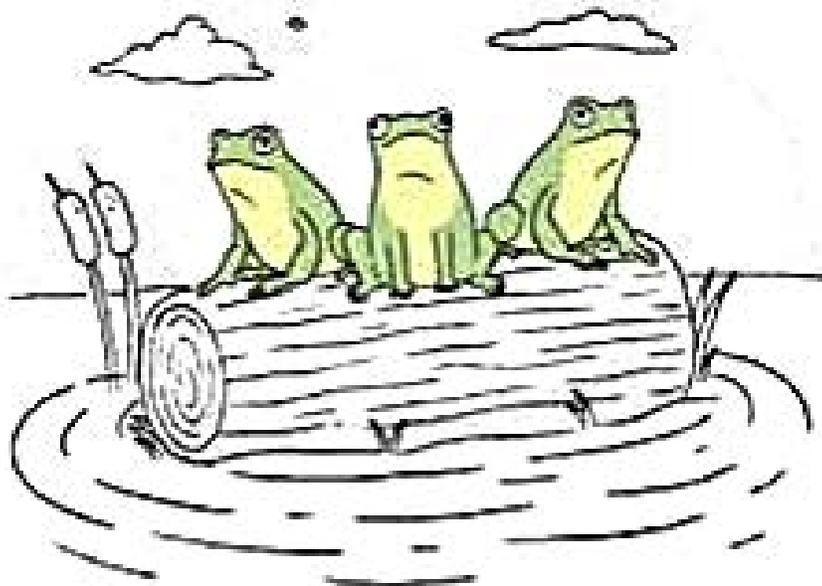
For some years, I assumed the decision of turning my will and life over to “God as I understood Him” took place when I prayed the well-known prayer on page 63. But in retrospect, I discovered that my decision had already been made!

The bottom paragraph of page 62 reminded me: “next we decided in this drama of life that God was going to be our director.” The decision was made before the prayer! The Big Book states that the astounding promises on page 63 begin to happen right away (before the prayer).

My sponsor allowed near-zero time between the decision and the prayer. Immediately following Step Two we prayed the Third step prayer together. Those promises began to manifest shortly thereafter and have continued to this day!

I especially appreciate the promise of being reborn. To me, this means that I can now see and act on the truth in drink. I have not had to drink alcohol since!

Step Three – A Decision and a Prayer



I like the saying: “I can’t. God can! I’ll ask Him to help me.” And I would like to add: NOW.

The Third Step decision, followed by a prayer-of-askance, does not provide a comprehensive assurance of continuing sobriety. A decision minus action is only an intention. Half measures availed us nothing. Someone said: “God will help you with the steps, but He won’t do them for you.”

We are told: “This was only a beginning.” Then we are told to launch out on a course of vigorous action. This, of course, would be to follow the clear-cut Twelve Step directions from our basic text.

My sponsor was adamant concerning the Big Book timetable, not only with the first three, but as prescribed throughout all the steps. I was so lucky to be afforded a Big Book sponsor. Thank you, God!

SERVICE KEEPS US SOBER



Has your sobriety grown stagnant, flat, or just plain boring? Revitalize it with a dynamic service position at Southern Maryland Intergroup Association! SMIA is now accepting nominations for

Vice Chair, Treasurer, and Parliamentarian. Voting will occur at the March 2026 meeting, with new board members seated for 2-year terms beginning in April. Join us in person or virtually at our next meeting Saturday March 14 at Immaculate Conception Church, 28297 Old Village Road, Mechanicsville, MD 20659, or via Zoom at <https://zoom.us/j/99982597908?pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09>. We look forward to meeting you!

Remembering, Serving and Sharing What Saved Us

The 12-step program of *Alcoholics Anonymous* is more than a method for achieving sobriety—it's a way of life that transforms despair into hope, isolation into connection, and self-destruction into purpose. For those of us who have been given a second chance through this program, it is vital not only to maintain our own recovery but to actively share the message with others who are still sick and suffering.

It's easy, once life gets better, to forget what brought us to A.A. in the first place. As we regain relationships, careers, and self-respect, the urgency that once drove us to meetings can fade. But the program's promise is clear: we are granted a daily reprieve from alcoholism, contingent upon the maintenance of our spiritual condition. That maintenance comes through continued 12-step work. Spreading the word of A.A. is not just an act of service—it is a responsibility. We were helped by people who came before us, and now it's our turn to be there for the next person walking through the door, broken and desperate. By sharing our experience, strength, and hope, we keep the program alive and ensure it's there for others, just as it was there for us. The steps gave us our lives back. We must never forget that—and we must never stop reaching out to those still struggling. That is how we stay sober, and how we give this gift away.

Alcoholics Anonymous is a proven path to recovery for those suffering from alcoholism. It offers not only freedom from active

addiction but a complete transformation of mind, body, and spirit. For those of us who have found healing through the program, it's vital to remember where we came from, continue practicing the steps, and most importantly, share the message—not only with newcomers in the rooms of A.A. but with the wider public who may still be suffering in silence.

It's common for people in recovery to forget the program that saved them once their lives start improving. As the chaos fades and stability returns, so can complacency. But AA teaches us that sobriety is a daily reprieve, dependent on our spiritual condition. Continued step work, service, and connection with the fellowship are necessary to avoid slipping back into old patterns.

Equally important is carrying the message outward. There are countless individuals who may not know that a solution exists. Public outreach helps break stigma and shines a light for those suffering in darkness. Letting the world know recovery is possible through AA may be the first step in someone else's journey to freedom.

We were saved by a message someone was willing to share. Now it's our turn to ensure that message reaches as far as possible. AA gave us our lives back. To stay sober, we must never forget that—and we must pass it on through service, sponsorship, and spreading the message wherever it's needed.

<https://www.aacle.org/remembering-serving-and-sharing-what-saved-us/>

A GREATER FREEDOM

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one

spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior-- which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another--and a patronizing attitude can readily slow up this process. Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important--in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual. are a few of the reasons why an attempt to acquire tolerance should be made by each one of us. Dr. Bob of Akron

https://www.aa-montana.org/pdf/triangle/vol24_1ss5.pdf

***The Hollywood Group
is changing location
and meeting time.
Starting March 2026***

***New Location:
Church of The Nazarene
24710 Sotterley Road
Hollywood, Maryland
Tuesday 8:00pm***



Quest for Emotional Sobriety As I continue on the path of sobriety, my vision of what I need to attain has changed dramatically. Once concerned with the status quo, I now find myself longing to possess a higher degree of spiritual principles to integrate into the core of my being. In addition to maintaining sobriety, passing the message along to others and giving back to the fellowship, I have a desire to reach a place where I have emotional sobriety. A manner of living, where I can take life as it comes, not concerned with events or their subsequent outcomes, focus on what I can do for others and become unaffected by people's words or actions; a place of peace.

Going through sobriety and the steps, I have been relieved of many of the crippling defects that have been a part of me. Amazing as this release has been, deep inside, elements of these defects remain. I can still find myself affected by an individual's words or actions, life's ever-changing course and the desire to secure the basic human instincts of survival and security.

When caught up in what is happening in my immediate surroundings, I am often taken aback, drawn into my own small world, and as a result, lack the ability to focus on the needs of others. Though I can rationalize focusing attention on myself, in reality, this creates an escalation of one of my most glaring defects, self-centeredness.

In many an instance, my back has been up against the wall, brought on by an underlying defect that suddenly emerged. In these times, I have often been forced to look at what brought upon my present situation. Unbeknownst to me, I became caught up in the circumstances at hand, forgetting to step back, reflect, gain composure and act in a mature and rational manner.

With these realizations, fear would come over me; was I ever going to be rid of this defect? Fortunately, I have learned, with work and a strong desire, I could change. Slowly, I began to possess restraint of tongue and pen and gained the ability to have perspective, realize everything is not about me and choose personal peace over conflict and turmoil.

Bill W. wrote; emotional sobriety is the next frontier. I believe his vision was correct. As the years go by, it is imperative I strive to be a better version of myself on a daily basis. Though some days I will fail and other days will be somewhat successful, with each effort, I will become closer to the version of who I want to be, a person who can live amidst the chaos of the world and maintain an element of peace.

While I possess no illusions that I will ever obtain perfection in the quest for emotional sobriety, I know, if I keep striving, I can become a more spiritual being, and, as a result, be able to offer tolerance, patience, love and understanding to those who are in my life. <https://www.aacle.org/quest-for-emotional-sobriety/>

What Is The Purpose of A.A. Meetings? The purpose of all A.A. group meetings, as the Preamble states, is for A.A. members to "share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism." Toward this end, A.A. groups have both Open and Closed Meetings.

Types of AA Meetings: Open vs Closed

What is A Closed A.A. Meeting? A Closed AA Meeting is exclusively for people who identify as alcoholics or those who have a drinking problem and "have a desire to stop drinking."

What does a closed AA meeting mean in practice? These meetings provide a safe, confidential space where members can share personal experiences without concern about outside judgment or loss of anonymity.

What is an Open A.A. Meeting? Open Meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. *Nonalcoholics may attend open meetings as observers.* At both types of meetings, the A.A. chairperson may request that participants confine their discussion to matters pertaining to recovery from alcoholism. Whether open or closed, A.A. group meetings are conducted by A.A. members who determine the format of their meetings.

Key Differences Between Open and Closed Meetings: The main difference between Open and Closed AA meetings is who can attend. Closed Meetings are for those who identify as alcoholics or have a desire to stop drinking, offering a private setting for personal sharing. Open Meetings welcome anyone interested in Alcoholics Anonymous, including family, friends, and professionals. While both types support recovery through shared experiences, closed meetings tend to be more intimate, while open meetings are more educational and accessible to the public.

<https://www.aamonterey.org/about-aa/open-and-closed-meetings/>



It Happened IN MARCH

March 1: 1941: Saturday Evening Post article by Jack Alexander created national sensation. AA membership quadrupled in one year from 2000 to 8000.

March 3: 1947: Nell Wing, Bill's secretary and first archivist of AA, began her career at Alcoholic Foundation Office at 415 Lexington Avenue.

March 4: 1891: Lois Wilson was born.

March 5: 1945: Time Magazine reported Detroit radio broadcasts of AA members.

March 7: 1940: Bill and Lois visited the Philadelphia AA group. 1941: Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.

March 9: 1941: Wichita Beacon reported AA member from NY who wanted to form a group in Wichita, Kansas.

March 10: 1944: New York Intergroup was established.

March 11: 1947: A Priest in St. Paul, Minnesota, founded Calix International. Alcoholics in his parish met after Saturday morning Mass to discuss the readings for the upcoming Sunday and how their faith melded with the Twelve Steps of Alcoholics Anonymous.

March 12: 1940: Ebby Thatcher, Bill Wilson's boyhood friend and sponsor, was reported sober again.

March 15: 1941: 1st AA group was formed in New Haven, Connecticut.

March 16: 1940: Bill moved the Alcoholic Foundation office to 30 Vesey St., NY. (30 Vesey St., NY, was almost destroyed on September 11, 2001.)

March 18: 1951: Cliff W. was elected 1st delegate from Southern California.

March 21: 1881: Anne Ripley, Dr. Bob's wife, was born. 1966: Ebby Thatcher, Bill Wilson's sponsor, died sober.

March 22: 1951: Dr. William Duncan Silkworth died at Towns

Hospital. 1984: Clarence Snyder, founder of Cleveland AA and author of "Home Brewmeister," died at 81, 46 years sober.

March 23: 1936: Bill & Lois Wilson visited Fitz Mayo, "Our Southern Friend," in Maryland. **March 25:** 1898: Jim B. ("The Vicious Cycle") was born. 1965: Richmond

Walker, author of "Twenty-Four Hours a Day" book, died at age 72, almost 23 years sober.

March 31: 1947: 1st AA group was formed in London, England.

Other events in March, for which I have no exact Dates:

1936: AA had 10 members staying sober. At end of 1936 A.A. had 15 members.

1938: Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.

1941: Second printing of Big Book.

1941: 1st Prison AA Group formed at San Quentin.

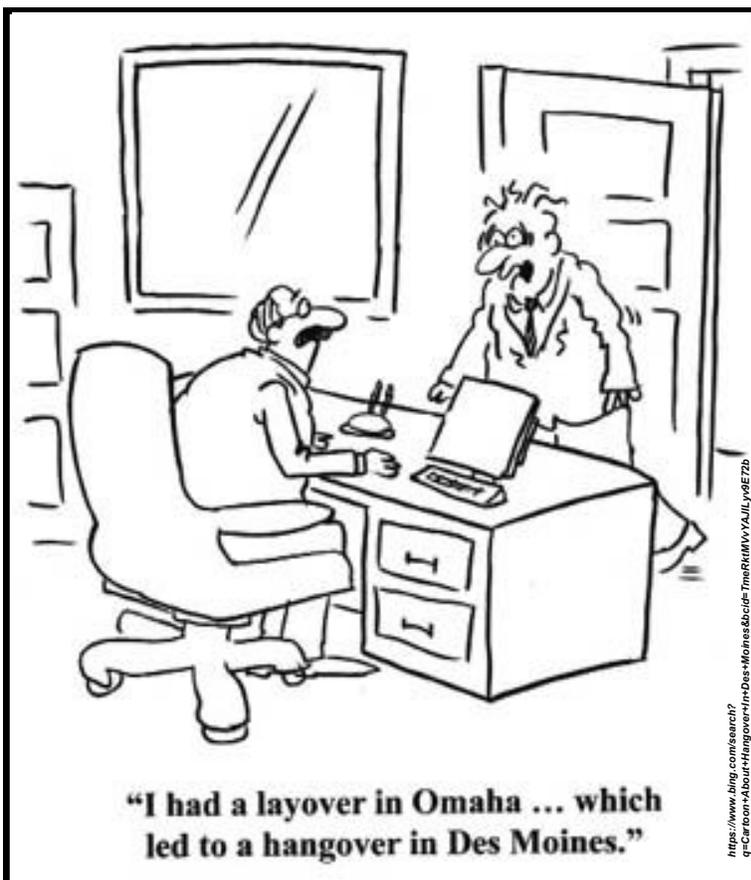
1945: March of Time film was produced and supervised by E.M. Jellinek and produced by NY AA office

1946: The Jefferson Barracks AA Group in Missouri was

formed. It is thought to be the first ever in a military installation.

1951: American Weekly publishes memorial article for Dr. Bob.

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



“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Simplicity and perspective are the words that describe the third tradition. I work the third tradition in a personal way by eliminating all my desires in life other than pursuing sobriety. There is nothing wrong in wanting emotional and financial security. However, when I make obsessions of these goals rather than seeing them as the by-products of giving service in working a program whose goal is to pursue sobriety – I’m screwed. Whenever I complicate my life by having any goal other than pursuing sobriety, I notice that I become ungrateful and take it for granted. Thus, the beauty of the third tradition is that it restores perspective through an attitude of gratefulness for the miracle of my sobriety. The third tradition suggests to me that that I surrender all of the requirements and expectations I have in life beyond sobriety. Emotional and financial successes are the result of being of service. But when these are things that I demand in my relationships with God and others, then I have lost the simplicity and perspective envisioned in the third tradition.

**DESIRE IS
ALL YOU
NEED**

Step-Tradition Parallel

The relationship of the third tradition to the third step is a profound one. The third step poses the question: What do I need to do in order to turn my will and my life over to the loving care of God as we understand him? The tradition answers the problem posed in the third step. The only requirement I need to fulfill in order to turn my will and my life over to God’s loving care is a desire to stop drinking. It is unbelievable that all the power of the universe is available to care for me if I only have one desire: to stay sober. *(Excerpts from the text above come from the Traditions Study developed by the Unity Insures Recovery Through Service A.A. Group, Los Angeles, CA.)*

TRADITION’S INVENTORY As it states at the top of this page, the 12 Traditions were created to help each A.A. group maintain unity and relate better to the world about us. With that in mind, they have been widely used in helping us learn how to be in better relationships with everyone in our life. Below is a snapshot inventory you can take to see how well you are honoring the spiritual principle found in this Tradition (in and out of the rooms of A.A.). The foundation of this inventory is from the A.A. Tradition’s Checklist first published in the A.A. Grapevine.

“The only requirement for membership is a desire to stop drinking.”

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can’t ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

<https://takethe12.org/t3>

We Will Not Regret the Past...

...nor wish to shut the door on it (Alcoholics Anonymous, p. 83). We hear this at almost every meeting, but what does it really mean? It means not forgetting the past but instead seeing it as useful. The Big Book quotes Henry Ford, "experience is the thing of supreme value in life." (124). Looking back at our darker days it's easy to want to forget them. I talk about the circumstances and losses of my darker days of drinking when I share. Not as a point of pride, but because it is instructive for the newcomer to hear that there is a solution to their pain and that it is standing before them.

However, telling one's story is double-edged. If you haven't reconciled or settled with your past when it comes up, especially in what you perceive as an accusatory or blaming way, discomfort is inevitable. A recent incident with a family member had me wondering about that and my sponsor was a great help. She said that not regretting or shutting the door on the past entails being settled or reconciled with it. It

happened. I lived. What can I do with it that's useful? Focusing on that is a start but being comfortable with it is key to being able to share it. As my sponsor said, 'you no longer have a choice about alcohol, but you have hundreds of other choices.' One of these is being comfortable enough with the past that I don't melt down when it's brought up.



The other day a family member brought up my past in a way that I found clearly insulting. I didn't take it well. Instead of snapping back I paused, said 'that really stings,' and walked out of the room. For me that's growth. In the past I would have just taken it, internalized it, and let it ruin my day. This time I acknowledged the sting (a huge step), then internalized it and let it ruin my day. My part in

this was taking what she said to heart instead of looking at what she said, then seeing it for what it is and letting it go.

Most of us do not live in families that are in the Program. The Big Book in "The Family Afterward" suggests "unless some good and useful purpose is to be served, past occurrences should not be discussed." (125) Not all family members recover at the same pace as the alcoholic. They are often still hurt by what the alcoholic did (or didn't do) while drinking. They see the alcoholic happy, serene and productive; seemingly acting like none of that happened. I need to see their pain for what it is without getting hooked into the negativity. It happened. You lived. You've (hopefully) apologized. Make the choice every day to live your best life and not make those harmful choices again. My story, like many of yours, scares people. As harrowing as all of our stories are they can serve a purpose now. Telling them lessens the inner potency of our shame while remaining a stark example to others who need to hear it. **Shaara K., Kingston Creek**

Step 3, How do YOU do it?

"When I find myself at the spiritual crossroad I gotta make a decision. The more awake you become the more frequently they happen. Examples: There's 10 minutes left at work and all my work is done. One of the guys in my department is still finishing his work. It's not my job to help him with his but I have the thought of helping him and I also have the thought of just riding out the last 10 minutes doing nothing. Do I do gods will or mine?"

It's the end of the day and I'm shot and ready for bed and my daughter is taking forever to brush her teeth and get ready for bed. Do I practice patience or do I raise my voice and get agitated?

I come home from work and my wife is in a bad mood and is being short with everyone. Do I take it personal and give it

right back? Or do I tell her to go shower and relax upstairs while I handle the kids for the night? Do I lift her up or get defensive?

When people are gossiping and putting down others do I join in or can I be the bigger person and have integrity with the principles I'm trying to live?

Turning it over in my experience means there's some kind of struggle happening. In order to decide something you need some options, options come from having multiple thoughts, your thought life changes the more you live a spiritual life. In essence, turning it over means searching for and acting on new ideas that ran contrary to the way I thought and acted most of my life. "

https://www.reddit.com/r/alcoholicsanonymous/comments/1aol8v6/step_3_how_do_you_do_it/



MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 Allan C., 32 yrs and Dave K., 18 yrs, Prince Frederick Big Book	2	3	4	5	6 Brian B., 18 yrs, Cove Point	7
8	9 David H., 12 yrs, Monday Nite Traditions	10	11	12 Joe C., 33 yrs, Stepping Sober	13	14 Tim S., 29 yrs, Early Risers
15 Sandy C., 4 yrs, ODAAT Patty M., 44 yrs and Vivian A., 19 yrs, End of the World	16	17	18	19	20 Jason R., 4 yrs, Not Quite Right	21
22 Linda H., 6 yrs, Desperadoes	23	24 Kenny G., 10 yrs, 231	25	26	27	28 Bill A., 11 yrs, Saturday AM 12 X12 Breakfast
29 Lorraine J., 46 yrs, Bedouin	30 Michele H., 10 yrs, Monday Nite Traditions	31				

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
Congratulations!						
5	6	7	8	9	10	11
	Samantha, 1 yr, Mon- day Nite Group	Barbara N., 3 yrs, Blue Top at Noon		Gisela R., 35 yrs, Almost Normal Keith T., 8 yrs, Basic Text		
12	13	14	15	16	17	18
Danny H., 11 yrs, Liv- ing Sober (St. Mary's)						Phil Q., 6 yrs and Lauren H., 6 yrs, Lau- rel Grove
19	20	21	22	23	24	25
Joshua J., 12 yrs, KISS						Scott B., 2 yrs, King- ston Creek
26	27	28	29	30		
						

District 36

Sunday Covered Dish and Speaker Jam

March 1st

New Location

1 PM - 4 PM

KNIGHTS OF COLUMBUS HALL

41605 FENWICK ST.
LEONARDTOWN, MD 20650

Bring a dish and Join us for fun!



Speakers

John B., Prince Frederick
Dawn R., Annapolis
Sara S., Lusby

Contact Mary F for information

piscsbaby82mf@gmail.com

Spring 2026 CONTRA Study

March 5, 2026 through June 11, 2026
Thursdays from 9:00 PM to 10:00 PM Eastern Time (US/Canada)

Moderated by Trusted Servants from the Northeast Region of Alcoholics Anonymous

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*.
No Registration Fees!

Mar 5, 2026 – Registration & Orientation

Mar 12, 2026 – Traditions 1, 2 & 3

Mar 19, 2026 – Traditions 4, 5 & 6

Mar 26, 2026 – Traditions 7, 8 & 9

Apr 2, 2026 – Traditions 10, 11 & 12

Apr 9, 2026 – Service Manual, pp. 9-VIII, 1-6, 89-108

Apr 16, 2026 – Svc Man Ch 1 2 3 & pp 109-18, 166-69

Apr 23, 2026 – Svc Man, Chapters 4 5 6 & pp 171-7

Apr 30, 2026 – Svc Man, Chapt's 7 8 9 & pp 176-180

May 7, 2026 – Svc Man Ch 10 11 12 & pp 181-5, 170

May 14, 2026 – Service Manual, pp. 119-159

May 21, 2026 – Concepts pp I-VII, C1-C2, Con 1, 2, 3

May 28, 2026 – Concepts 4, 5 & 6

Jun 4, 2026 – Concepts 7, 8 & 9

Jun 11, 2026 – Concepts 10, 11 & 12

CONTRA Study Materials

(provided via email following registration):

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

The A.A. Service Manual combined with The Twelve Concepts for World Service, 8M-31, 2024-2026 edition

AA Grapevine Traditions Checklist, July 2018 revision

Spring 2026 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 the Northeast Region

For more information, contact:

2026contrastudy@gmail.com



CONNECT WITH US ON WHATSAPP FOR MORE DETAILS

CARC 2 2026
WhatsApp group

AA's in districts 1, 6, 22, 23, 27, 31, 35, 36, & 42: **CARC 2 wants to hear from you!** Join us to discuss various agenda items relevant to the AA fellowship and present them to our Area 29 delegate and alternate delegate!

we are meeting twice:

Virtual
Sat. 03/14/26
10:00am-12:00pm
Via Zoom

In Person
Sat. 04/04/26
9:30am-12:30pm
South Shore Recovery Club
1791 Generals Hwy
Crownsville, MD 21031

REGISTER

FOR THE
2026 VAC CONVENTION

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

Hosted by VAC District 29 and surrounding Richmond Districts

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

\$35 registration at the door

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



Registration & Scholarships



Hotel Booking

2026VACconvention@gmail.com

NEW

AA Women's Group
Bedouin Women – Language of the Heart
Thursdays – Starting November 6, 2025
7:00 p.m.

Phillips House
37 Duke Street Prince Frederick

JOIN US



District 35 Presents our Annual 4TH Step Workshop



Saturday, April 18 2026
11:30 AM – 2:30 PM

Peace Lutheran Church
401 Smallwood Drive
Waldorf, MD 20602

Food
&
Fellowship
Provided!



Our liquor was but a symptom.
So we had to get down to causes and conditions.

Oh sure, now you want to call your sponsor



District 36

EVENTS

Committee

Is looking for a Co-Chair

Contact Your Home Group GSR or Mary F.
(maryfearns82@gmail.com) for information



Alcoholics Anonymous

Maryland Deaf Access Committee (MDAC)

Created to organize the foundation of funding and scheduling in-person AA meetings interpreted in American Sign Language (ASL) in Area 29



Who We Are

The Maryland Deaf Access Committee (MDAC) is a group of AA members who work in cooperation with our local area districts and home groups to help ensure we can carry the message to ALL those seeking recovery.

Focus

Our main focus is providing ASL (American Sign Language) interpreters at in-person AA meetings in Area 29 to make the fellowship more accessible to the Deaf and hard of hearing community

AA Traditions

We follow AA's 12 Traditions and are not affiliated with any outside organization. More information will be provided on our website soon. Also see our FAQs.

Contributions

We rely on contributions from AA members and groups to pay for ASL interpreters. We encourage people to remember that when we're discussing having ASL interpreters at meetings, we're discussing providing language access to AA.

Contributions can be made by
Venmo@ MDAC-2023 or
PayPal@ MarylandDeafAccess@gmail.com
Please share our website: www.mdacAA.org
MarylandDeafAccess@gmail.com

The Arch to Freedom

Sheraton Baltimore North Hotel
903 Dulany Valley Road Towson, Maryland 21284

MGS Rooms Rate:
\$129 per night plus tax
King or two Double Beds
More Details available in hotel brochure

Book rooms at the MGS Group Rate!

You may cancel your reservation for no charge 2 days before arrival, June 18, 2026

<https://bit.ly/MGSStateConvention>
Free Parking Garage Validation for all Convention Registrants

El Arco de la Libertad

Hotel Sheraton Baltimore North
903 Dulany Valley Road Towson, Maryland 21284

Tarifa de habitación MGS:
\$129 por noche más impuestos
Cama King o dos camas dobles

Más detalles disponibles en folleto que se liberará en reservas

¡Reserva habitaciones con tarifa grupal MGS!

Puede cancelar su reserva sin cargo 2 días antes de la llegada, el 18 de junio de 2026

<https://bit.ly/MGSStateConvention>
Validación de estacionamiento gratuita para todos los inscritos en la Convención 2 días antes de la llegada, el 18 de junio de 2026

Full schedule available on our Mobile App

FRIDAY	SATURDAY	SUNDAY
7:00 AM Registration Opens Hospitality Suite Opens Committee Elections Coffee Auction Meetings (Open - Manager)	7:00 AM Registration Hospitality Suite Committee Elections Coffee Auction Meetings (Open - Manager)	7:00 AM Tea & Dinner Coffee Hospitality (Atheists lunch 10AM)
8:30 AM All Speaker Slides 1 - Dr. Gina T. Pappalardo, PA	8:30 AM Join & Church Slides 11 - 12 Workshop	8:30 AM Workshops
10:00 AM - 1:00 PM All in Room & Spanish Workshops	10:00 AM All-Been Speaker: Michele C. Charleston, WV	10:00 AM All Speaker Slides 11 - 21 Robert H. Longmire, SC
10:00 AM & 2:00 PM Join & Church Slides 1 - 14 Slides 4-6 Workshops	11 - 5:45 PM Workshops	11:00 AM Committee Newsletters
11:00 AM Delegate's Report	12:00 PM Delegate's Report	11:00 AM Convention Ends
12:00 - 1:00 PM Lunch Buffet	12:00 - 1:00 PM Lunch Buffet	
1:00 PM All Speaker Slides 4 & 5 Dr. Laron E. Parkville, MO	1:00 PM Delegate's Report	
5:45 - 7:45 PM Photo Dinner	1:45 PM MGS Introductions & Ordination	
1:00 PM All Play "The Coffee Pot Diner"	6:00 PM Saturday Dinner	
6:45 PM All Speaker Slides 6 & 7 Linda K. K., Peachtree, NC	6:00 PM All Speaker Slides 6 & 7 Dr. Jim W. Charleston, WV	
10:00 PM Ice Cream Social or All History Workshop	10:00 PM DJ Dance Ice Cream Social Buffet News Song Circle Game Room	
12:00 PM Auctions End & Hospitality Suite Closes	10:00 PM Social Night	

Coffee & Beverage Service (\$20 per person for entire weekend): Daily 7:00-10:00 AM, 2:30-6:30 PM & 8:00-11:00 PM. Also included with meal purchases.

Horario completo disponible en nuestra aplicación móvil

VIERNES	SÁBADO	DOMINGO
7:00 AM Inscripciones abren Apertura de la sala de hospitalidad Cambios de comités Café Reuniones del Auction 7:00 a. m. a mediodía	7:00 AM Registro Sala de recepción Colecciones de comités Café Reuniones del Auction 7:00 a. m. a mediodía	7:00 AM Arriba y arriba Café Hospitalidad Auctions hasta las 11 a. m.
8:30 AM Orador de All in Room 1 a 21: Gina T. Pappalardo, PA	8:30 AM Taller de Join & Church, pasos 11-12	8:30 AM Talleres
10:00 AM - 1:00 PM Talleres de All in Room y en español	10:00 AM Orador de All-Been Michele C. Charleston, Virginia Occidental	10:00 AM Orador de All in Room 11-21: Robert H. Longmire, SC
10:00 AM & 2:00 PM Talleres de Join & Church, pasos 1 a 7 y pasos 4 y 5	11 - 5:45 PM Talleres	11:00 AM Reuniones del Comité
11:00 AM Informe del delegado	12:00 - 1:00 PM Almuerzo buffet	11:00 AM La convención termina
12:00 - 1:00 PM Almuerzo buffet	1:00 PM Panel de información	
1:00 PM All Speaker Slides 4 & 5 Dr. Laron E. Parkville, MO	1:00 PM Se abren las puertas del templo	
5:45 - 7:45 PM Cena en plato	1:30 PM Fuentes abiertas para sesiones que no sean de domingo	
1:00 PM All Play "La Cena de la Cafetería"	1:45 PM Presentaciones o agradecimientos de MGS	
6:45 PM Orador de All in Room 6 & 7: Linda K. K., Peachtree, NC	6:00 PM Cuenta regresiva para la oración	
10:00 PM Taller de Historia Social de Hospitalidad a.M.	6:00 PM Orador de All in Room 6 & 7: Dr. Jim W. Charleston, WV	
12:00 PM Cena Auctions Diner Hospitality Suite	10:00 PM DJ Dance Fiesta de bebidas Oración musical con melodías alegres Sala de juegos	
	10:00 PM Almuerzo buffet	

Servicio de café y bebidas (\$20 por persona) durante todo el fin de semana: Todos los días de 7:00 a 10:00, de 14:30 a 17:30 y de 20:00 a 22:00. También incluido en la compra de comidas.

GROUPS CHANGING THEIR LOCATION

Beginners At Noon

Drunks Are Us

Lexington Park Big Book

Monday Nite Group

Not Quite Right

46940 SOUTH SHANGRI LA DR.

SUITE 12

LEXINGTON PARK, MARYLAND 20653

Starting December First

Service Opportunities!

GSR ORIENTATION

Area 29 • Maryland General Service

FIRST MONDAY OF EVERY MONTH

7:30 PM – 8:30 PM (ET)

ZOOM ID- 892 1762 3074

PASSCODE- GSR

You Are Invited

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

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

What Does a GSR Do?

A General Service Representative (GSR) is the link between an A.A. group and A.A. as a whole. GSRs represent their home group, carry the group conscience into the service structure, and share information from the district, Area 29, and the General Service Office.

Serving as a GSR is one of the clearest ways to participate in A.A.'s Unity and Service.

Hosted by Area 29 • Panel 76

Questions? altdelegate@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

This is a very rewarding experience!

Come join up and try it out!

The Committee Contact:

treatmentcommittee36@gmail.com



Does your group, intergroup, or district need accessibility help?

Do you need:

- Large-print, audio, or Braille literature?
- ASL or foreign language interpretation?
- Help finding meeting spaces that can accommodate wheelchair users or service animals?
- Tools for bringing meetings to senior centers and assisted living facilities?
- Ideas for supporting alcoholics in remote areas?



The Area 29 Accessibilities Committee is here for you!

We meet on the first Saturday of the month at noon ET

Zoom ID: 871 6531 6649

Passcode: A29Access



What kind of "Event" would you like the District to host ???

Provide suggestions to:

- Your Home Group GSR
- The Events Committed Chair:
Mary F. / maryfearns82@gmail.com
- Attend a District 36 Committee Meeting
2nd Tuesday of the month, 6:30pm, Hollywood Rescue Squad

"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.

Support Your Local Groups!

THE WHAT'S THE POINT GROUP!!

COME OUT AND CHECK US OUT AT OUR

IMPROVED NEW LOCATION

THE CALLAWAY BAPTIST CHURCH

20960 POINT LOOKOUT RD.

THURSDAY EVENING 8:00PM.

WE NOW HAVE

AIR CONDITIONING.!!!



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

**SOUTHERN MARYLAND
INTERGROUP ASSOCIATION
MEETING MINUTES
2/14/26**

OPENING: The Serenity Prayer

Board Members Present: Todd M, Chair; Lorraine J, Vice-Chair; Bruce O, Treasurer; Shaara W, Secretary and Paul S, Parliamentarian.

New Member(s) / Visitor(s) Introduction: Nancy, Andrea A, Keith T, Basic Text.

Groups & Committees Represented: Buddy F, Bookstall/Archives; Bill L- Webmaster (via ZOOM); Keith H, Lifeline; Roy B, Charles County C&T; Emme J, ODAAT; Melissa W, Telephone; Faye S, We Are Not Alone and Cindy C, Awakenings

SMIA Chair Report: Todd reported the Area 29 mini conference will be held hybrid on Saturday 2/21 at 9 a.m. Also, NERAASA is meeting in Portland, ME, 2/20-22. The Maryland State Convention will be held June 19-26 in Baltimore.

Vice-Chair Report: Nothing to report.

Secretary Report: Motion and second to accept the January 2026 Minutes as posted on the Web and in the Lifeline, all in favor.

Treasurer Report: Motion and second to accept the February 2026 Treasurer's Report as posted on the Web and in the Lifeline, all in favor.

COMMITTEE REPORTS : Corrections/Treatment: Calvert: Nothing new to report. Charles: No report. St. Mary's: Looking for people with one year sober to bring meetings to the detention center.

Public information/PCP: Kenny G is enthusiastically carrying the message in Calvert County. • Andrea reported that PCP in Charles County is gaining ground with various organizations with some considerable progress. • St. Mary's - No report.

Telephone: Melissa reported that for January 10 to February 14: Total Calls - 18;

Calvert - 3; Charles - 8; St. Mary's - 4; Not Specified - 3; and Time 67 minutes. She is stepping down. She provided an overview on how the system operates. Access to a desktop or laptop computer is required. She will draft a Lifeline article to summarize.

Where & When: The Where & When has been printed and is being distributed. Pat described the editing process and encouraged groups to provide specific location details beyond the address, particularly for meetings held on large campuses. 2

Lifeline: Keith reported that things are going well. Deadline for the following month is the 27th of the current month. Flyer submissions should be in Portrait and .pdf. He asked that the SMIA meeting minutes be more concise.

Events: Serenity Breakfast: Emme J volunteered to chair. She will check on the availability of The Harry Lundberg School of Seamanship in Piney Point. The event date is to be determined.

Picnic: Buddy F. will chair again this year. He has nothing to report at this time.

Gratitude Dinner: Bruce still needs receipts so he can conduct the audit. Buddy will reserve the Church of the Immaculate Conception for the second Saturday in November to ensure we have a venue.

Bookstall: No. Orders 16. Total Collected \$501.05. Big Books Expenses \$616.00. Buddy noted that the cost of all General Service publications has gone up \$3 and will be reflected on new orders.

Web Report 1/10/26-2/14/26: Main Site Total Visitors (initial visit) Bookstall Site 3530- up 35% 2706- up 70% 5 Most Frequently visited pages Home Page - 3102 Where and When Calendar- 307 Al-Anon Information - 216 On-Line Meetings - 198 Announcements and Events - 192

Site Updates and Changes: Al-Anon Meeting information was over-hauled.

Meeting Change Information: Smoke

Free Sobriety (Charles County) moved to Calvary United Methodist Church on 1/13/26. According to a flyer I received from Rev, the Hollywood Group is scheduled to move to the Church of the Nazarene in Hollywood in March. A group change has not been submitted.

Meeting Status: Currently there are 136 meetings in our service area; 127 meetings are in-person, 6 meetings are hybrid, 8 meetings are on-line only, and one meeting is suspended.

Document Posts and Updates:

Lifeline posted - 2/2/26

Financial page updated - 2/1/26

Where and When PDF updated - 1/17/26 SMIA.

Minutes posted - 1/12/26

Notes: It is important to note that the SMIA is not responsible for the accuracy of on-line or physical meeting information. This is the responsibility of the groups or districts that provide the information.

OLD BUSINESS: None.

NEW BUSINESS: Need better system/ audio quality for online participants. Bill L. recommended a conference package: a camera and a microphone at a total cost of around \$200. Motion and second to purchase this package, all in favor.

Elections: Nominations were accepted for Vice Chair, Treasurer, and Parliamentarian (two-year terms expiring March 2026). Nominations received: Keith T for Parliamentarian; Emme J for Vice Chair. Keith H. will publish a notice in the Lifeline to encourage additional nominations. Bruce stated that the incoming Treasurer must be proficient in MS Excel and that he is unable to serve beyond March. Voting will occur at the March 2026 meeting, with new board members seated in April.

FOR THE GOOD OF THE ORDER: Motion and second to adjourn, all in favor.

CLOSING: Responsibility Pledge

March 2026

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

\$998.20

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

Southern Maryland Intergroup Association Inc
Monthly Statement of Financial Position
January 25, 2025 - February 24, 2026

Assets	
Primary Business Checking	\$ 3,493.83
Prudent Reserve	\$ 4,301.00
PayPal	\$ 929.77
Bookstall Cash on hand	\$ 100.00
Total Assets	8,824.60

This Month's Expenses	
Bookstall Purchases	\$ (844.00)
Liability Insurance	\$ -
Lifeline Printing	\$ (119.91)
Misc	\$ -
Phone Answering Service/1-800#	\$ (61.29)
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (58.68)
Where & When	\$ (1,526.40)
Picnic	\$ -
Travel	\$ -
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ -
Bank Charges and Fees	\$ (16.00)
Other - Tax Filings	\$ -
Total Expenses	\$ (2,776.28)

Southern Maryland Intergroup Association Inc
Yearly Statement of Activity
April 25, 2025 - April 24, 2026

Year to Date Income		BUDGET Shortfall
Contributions	\$ 7,114.70	21%
Bookstall Sales	\$ 2,097.45	40%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ 860.55	14%
Total 2025 Income	10,072.70	31%

Year to Date Expenses		BUDGET Left to Use
Bookstall Purchases	\$ (2,161.76)	46%
Liability Insurance	\$ (351.00)	-29%
Lifeline Printing	\$ (1,173.90)	-22%
Misc	\$ (104.74)	0%
Phone Answering Service/1-800#	\$ (604.33)	-86%
Post Office Box	\$ (120.00)	0%
Rent	\$ (1,500.00)	17%
Webmaster	\$ (1,026.00)	67%
Website	\$ (844.44)	1%
Where & When	\$ (1,526.40)	58%
Picnic	\$ (773.22)	23%
Travel	\$ -	100%
Workshops	\$ -	100%
SMIA Archives	\$ -	100%
Office sup (coffee, postage & faxing)	\$ (162.00)	10%
Bank Charges and Fees	\$ (144.00)	-44%
Other - Tax Filings	\$ -	0%
Total 2025 Expenses	\$(10,491.79)	41%

Total of Checking and PayPal Allows us a financial Runway of **2.98** Months
 Number of Months of Fiscal Year Remaining **2** Months
 For our 2024-2025 planned expenses, we currently have a **\$ 1,454.93** Excess

Remaining Service Committee Budgets		C&T	PI/CPC
Budget Year 2024 (01May2025 - 30Apr2026)	Calvert	\$ 275.00	\$ 31.00
As of 12DEC2025	Charles	\$ 375.00	\$ 250.00
	St.Mary's	\$ 99.00	\$ 18.60

**THANK
YOU FOR
YOUR
CONTRI-
BUTIONS:**

Leonardtown Big Book Waldorf
 Saturday AM 12x12 Sunrise Sobriety
 Sunday AM Eye Openers Cobb Island
 Cooking By The Book Saturday AM Breakfast

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

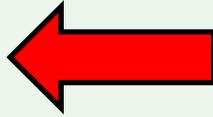
WHERE DO WE SEND OUR CONTRIBUTIONS?

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

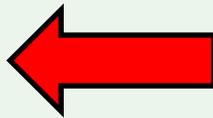
2) Or they can be mailed to the appropriate office location:

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

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



Maryland General Service
PO BOX 234
Crownsville, MD 21032



Southern Maryland Intergroup (SMIA)
P.O. Box 767
Charlotte Hall, MD 20622

District 1 Trust Fund (Calvert)
P.O. Box 234
Barstow, MD 20610

District 35 (Charles)
P.O. Box 1981
La Plata, MD 20646

District 36 (St. Mary's)
P.O. Box 1334
California, MD 20619

ATTENTION GROUP TREASURERS:

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

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

Distribution Plan of _____
(YOUR GROUP NAME)

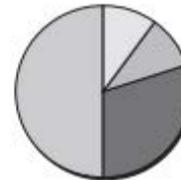
Your Group Service # _____

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



- ____ % to district
- ____ % to area committee
- ____ % to G.S.O.
- ____ % to intergroup or central office
- ____ % other A.A. service entities
- ____ % other A.A. service entities

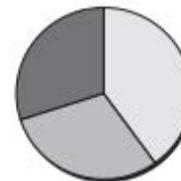
OR



- 10%** to district
- 10%** to area committee
- 30%** to G.S.O.
- 50%** to intergroup or central office

OR

If you have no intergroup/central office.



- 40%** to district
- 30%** to area
- 30%** to G.S.O.

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

SMIA SERVICE TEAM:

Chair: Todd M.

Vice Chair: Lorraine J.

Secretary: Shaara W.

Treasurer: Bruce O.

Parliamentarian: Paul S.

Web: Bill L.

Bookstall: Buddy F.

Lifeline/Archives: Keith H.

Telephone: Sheri R.

Where & When: Pat P.

DISTRICT 35 CHARLES COUNTY

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

Peace Lutheran Church
401 Smallwood Drive
Waldorf, MD

Or via ZOOM

Meeting ID: 85795899259

Password: D35!2025

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

NEW BOOKSTALL HOURS:

First and Third Thursday of the
month 6:00pm - 6:45pm

Second Saturday of the month 9am - 10am

DISTRICT 1 CALVERT COUNTY

SERVICE OPPORTUNITIES

Accessibilities Chair

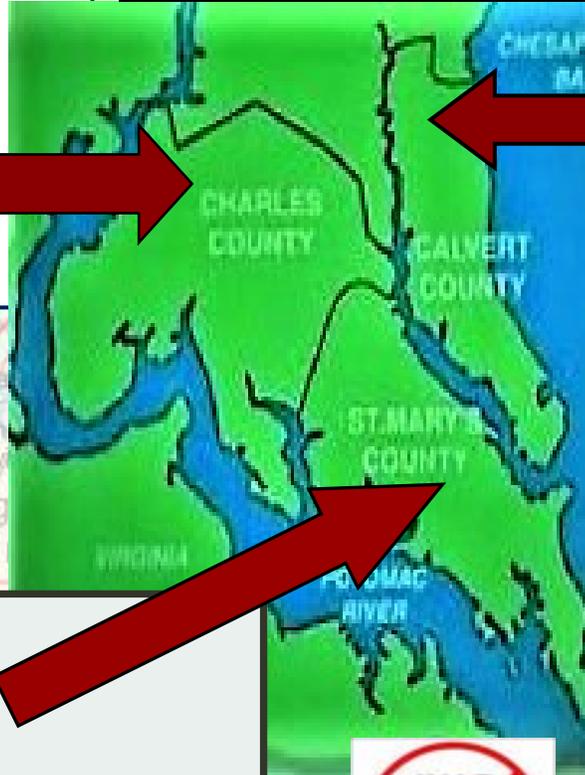
Men's Institutions Chair

Bridging the Gap Chair

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

District 1 Trust Fund
PO Box 234

Barstow, MD 20610
www.calvertaa.org



**SERVICE KEEPS
US SOBER**

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.org

**Check out our
NEW WEBSITE!**



DISTRICT NOTES

The next SMIA Meeting will be held on
Saturday, April 11 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)

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

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