

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>

Navigating Scary Realities:

10 Halloween-Themed Meeting Topics



As October unfurls its tapestry of fall colors and the anticipation of Halloween, it offers a unique opportunity to infuse creativity and seasonal charm into our lives. For those engaged in recovery through Alcoholics Anonymous (AA), this festive season can be a period of profound reflection, camaraderie, and inspiration. In the spirit of Halloween, AA meetings can use Halloween themes, creating an ambiance that is engaging yet conducive to deeper conversations.

While Halloween is traditionally associated with costumes, trick-or-treating, and haunted houses, it can

also serve as a metaphorical backdrop to explore the intricate and often challenging roads to sobriety. Drawing parallels between the classic symbols of Halloween and the experiences of individuals battling alcoholism, we can create a space where stories are shared with relatability and understanding.

We delve into ten Halloween-themed AA meeting topics, each thoughtfully designed to weave the festive spirit into discussions about recovery, resilience, and personal transformation. These topics create an atmosphere that is supportive and therapeutic but also uniquely engaging. Let's explore how the world of recovery can find res-

onance in the icons of Halloween.

1. "Facing Our Ghosts"

• **Description:** Like ghosts from the past that haunt, members can discuss past experiences, traumas, or unresolved issues that are still problematic and could lead to relapse.

• **Objective:** By bringing these ghosts into the open, members can discuss ways to find peace, forgiveness, and healing.

2. "Masks We Wear"

• **Description:** This topic focuses on the figurative masks that individuals use to hide their struggles with addiction.

• **Objective:** Encouraging members to be honest about their experiences, and discussing the relief that comes with unmasking oneself.

3. "Trick or Treat - The Choice is Yours"

• **Description:** Framing choices in the context of Halloween's trick-or-treating, where a treat is a positive choice and a trick is a potential pitfall.

• **Objective:** Members can share the times that they had to make a choice and the consequences/benefits that followed.

4. "Out of the Shadows"

• **Description:** Like monsters lurking in

(continued on page 2)

(con't) the shadows, alcoholism can hide in the dark corners of one's life.

- **Objective:** Encouraging members to bring their issues into the light, acknowledge them, and work towards a solution.

5. "Casting Away Our Fears":

- **Description:** Discussing fears related to sobriety, social judgment, and personal failure.
- **Objective:** By casting away these fears, members can find strength and support within the group.

6. "Navigating the Haunted House of Addiction":

- **Description:** Comparing our drinking lives to a haunted house filled with surprises, challenges, and fears.
- **Objective:** Talking about how they navigated through recovery and came out stronger on the other side.

7. "Unmasking Our Demons":

- **Description:** Focusing on the darker aspects of addiction such as guilt, shame, and negative behavior.
- **Objective:** By directly examining our shortcomings, members can share strategies for overcoming them.

8. "Pumpkin Carving: Sculpting a New Self":

- **Description:** Carving a pumpkin into something new is much like the transformative journey of recovery.
- **Objective:** Members can share their own stories of transformation and personal growth through sobriety.

9. "Witch's Brew: Mixing Potions or Mixing Problems?":

- **Description:** Discussing the problems that come from mixing substances, akin to a dangerous witch's brew.
- **Objective:** Emphasizing the importance of abstinence and examining relapse triggers.

10. "The Twilight Zone: Navigating Gray Areas in Recovery":

- **Description:** Drawing parallels between the uncertainties of recovery and the mysterious nature of the Twilight Zone.
- **Objective:** Sharing uncertainty and discussing strategies to stay grounded and focused on recovery.

The importance of meetings cannot be overstated. Incorporating elements of the season enlivens the atmosphere and creates an environment of introspection and

camaraderie – this helps to cultivate an atmosphere where experiences are shared openly, and support is offered generously. Moreover, this helps us understand that sobriety can sometimes be fraught with uncertainties and challenges. By sharing in the safety of a meeting, we can see that we are not alone in our journey. These analogies of Halloween symbols can create a bridge by turning abstract concepts into relatable stories and experiences.

These themed meetings serve a dual purpose: they celebrate the season in a manner that resonates with everyone while also delving into the profound, often challenging aspects of recovery. They're not just conversation starters - they can be avenues for reflective dialogue that facilitate healing and foster a sense of belonging.

The blending of seasonally themed topics with AA meetings offers a unique collective understanding and empathy. As members of AA come together during this season, we're reminded that every haunted house can be navigated, every mask can be removed, and every ghost can be faced.

<https://newcomerskeepcoming.org/blog-%26-socials//navigating-spooky-realities-10-halloween-themed-aa-mtg-topics>

It Happened in October



October 1: 1941 – Local news reports 1st AA Group in New Haven, CT

October 2: 1944 – National Committee for Education on Alcoholism formed by Marty Mann – later to become "National Council on Alcoholism."

October 3: 1945 – AA Grapevine adopted as national publication of AA

October 5: 1988 – Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97

October 8: 1988 – Memorial Service for Lois Wilson at Stepping Stones, NY

October 9-11: 1969: 1st World Service meeting held in New York with

delegates from 14 countries.

October 10: 1943 – 6 of 1st 9 AA's attend clubhouse anniversary in Toledo, OH
1970 – Lois reads "Bills Last Message" annual dinner in NY
1988 – Lois is buried next to Bill in Manchester, Vermont.

October 13: 1939 – Bill W. gets his drivers license

October 15: 1904 – Marty M, early female AA, is born in Chicago

October 17: 1935 – Ebby T, Bills sponsor, moves in with Bill and Lois

October 20: 1928: Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

October 22: 1963 – E M Jellinek, alcoholism educator and AA friend dies
1949 – Florence R, AA's 1st sober woman, begins drinking again, commits sui-

cide.

October 28: 1994 – National Council on Alcoholism and Drug Dependence celebrates 50 years

Other significant events in October for which we have no specific dates:

1936 – Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.

1939: 1st central committee formed in Cleveland; 1st example A.A. rotation.

1951 – Lasker Award presented to AA in San Francisco

1951 – Sister Ignatia wrote "Care of Alcoholics – St. Thomas Hospital & A.A. Started Movement Which Swept Country" article in "Hospital Progress" the journal of Catholic Hospital Association.

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

I DON'T WORK THE PROGRAM.

I don't work the program. Furthermore, I doubt that I ever will. I am not now, nor have I ever been, crazy about work. At its best, I believe it to be a necessary evil. It takes up a lot of my time that I could put to better use.

Back when we were living in caves, inventing things like the wheel, the spear, and the fishing pole, I don't think anyone ever said, "Let's invent work for the fun of it." What probably happened was more like this: A bunch of my ancestors had spent a day fishing and hunting and having a real blast for themselves. When they got back to the cave, they were dog-tired, so they looked around until they found someone who had been sitting in the shade all day and was well rested. Then they beat the living daylight out of him until he agreed to clean and stow all of the equipment and cook the harvest of the day's outing. This is how work was invented.

Now, don't get me wrong – I am not lazy. I have worked all of my life (except for the days I was bad snake-bit), and no one ever beat me. I was paid in real, hard-earned money. That money has bought me some good things and some bad things, some pleasure and some pain. But I still don't work for the fun of it.

However, there are many things that I do for the fun of them. I hunt, fish, play golf and cards, and there is no work involved in any of these. I do them for the pleasure they bring into my life; I practice them a lot and I enjoy them all.

I don't work the AA program, either. I practice at it, and I thoroughly enjoy it. A short time after I came into AA, my sponsor told me that the whole thing – the Twelve Steps, the meetings, the fellowship, and all – was there to make me and my life happier. And he was as right as right can be. AA has changed my life from a nightmare into a beautiful way to live. Going at my program with the same enthusiasm that I have for anything else I really enjoy has added a lot of pleasure. I look forward to opportunities to practice at the program. And it has never been called off because of rain.

Contrary to what I used to be told when I was growing up, practice has never made anything perfect in my life – not my hunting or my fishing or my golf or my program. But without a doubt, one day at a time, they all do get better.

Bill C., Houston, TX

Bill W's writings communicate the Twelve Steps to us in a very understandable manner: He often tells us what he is going to tell us, then he tells us, then he tells us what he has told us. The Step Ten writings on page 59 in the Big Book, or from the banners on the meeting room wall, are only of the first part—he hasn't quite told us yet: He is just now setting us up! It might seem at this point that Step Ten has only two directions, but further reading discloses there are actually five clear-cut directions.

The first of these directions is that we discover where we are going haywire throughout the day. He explains how to do this in Step Four (pp 64-71). Then he explains how to untwist the hay wire by asking for God's help on page 76 (Steps Six & Seven). If this doesn't straighten things out, he tells me to talk to someone about the tangled mess I've gotten myself into: Step Five (72-75). If I have harmed anyone, he provides directions how to make amends: Step Eight and Nine (pp 76 -83). Then, he provides directions to turn our thoughts to someone we can help: Step Twelve (pp 89-103).

Now he tells us what he told us:

- Continue to watch for selfishness, dishonesty, resentment and fear.
- When these crop up we ask God to remove them.
- We discuss them with someone immediately.
- Make amends quickly if we have harmed anyone.
- We resolutely turned our thoughts to someone we could help.

Although it may take a while to get these convenient directions down pat, they are very worthwhile, because, once learned, we can complete most of this process, keeping us on a spiritual beam, in only a few seconds as we trudge through the pitfalls of each day. In this simple process we have learned not only how to watch for selfishness, dishonesty, resentment and fear, but to face and be rid of their often dismal outcomes, thereby maintaining a clean slate. We are then much less burdened by the feelings of guilt and anxiety that can lead us back to the bottle.

I believe Step Ten offers me great freedom if I follow the five clear-cut directions laid out in the Big Book. However if I take a shortcut or half measure, I may get only half the benefit. And that avails me nothing.

[https://
www.aacle.
org/step-
ten-
directions-
not-wall/](https://www.aacle.org/step-ten-directions-not-wall/)



Step Ten Directions Are Not on the Wall

WHAT IS A CENTRAL OR INTERGROUP OFFICE?

A central or intergroup office is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. A central/intergroup office is established to carry out certain functions common to all the groups — functions which are best handled by a centralized office — and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

FUNCTIONS OF A CENTRAL/ INTERGROUP OFFICE

A.A. experience has demonstrated that central/intergroup offices are helpful, particularly in populous areas. There are nearly 700 central/intergroup offices throughout the world, performing vital A.A. services. These constitute a network of service outlets and A.A. contacts to help carry the A.A. message. The following suggestions outline the basic services a central/intergroup office might offer:

1) A.A. Inquiries — By providing an Alcoholics Anonymous listing in the local telephone directory and on appropriate websites, the central/intergroup office may receive inquiries from those seeking help. They will refer the caller to a nearby A.A. group, where sponsorship may be arranged, or have a twelfth stepper contact them. Many local A.A. offices now have their own websites.

2) Office Facilities — The central/intergroup office can maintain a conveniently located office in which paid workers and/or volunteers coordinate local A.A. services.

3) Meeting Lists and Other Literature — At regular intervals, the central/intergroup office may publish and distribute up-to-date lists of meetings and other information about local A.A. services. Many

NINE FUNCTIONS OF AN INTERGROUP



intergroup/central/intergroup offices sell A.A. Conference-approved literature for the convenience of local groups.

4) Information Exchange — The service office may function as a clearinghouse for the circulation and exchange of information among all the A.A. groups in the community. In this same connection, a logical function of the central/intergroup office is to provide “exchange” meetings, where group program chairpersons meet regularly to exchange meetings with other groups.

5) Local Committees on Public Information (P.I.) and Cooperation with the Professional Community (C.P.C.) — The central/intergroup office is an ideal contact with those in the community seeking information about A.A. Thus, A.A.’s relations with the public and professionals

in the alcoholism field are often handled through the cooperation of general service committees and central/intergroup offices. To avoid duplication of efforts and other difficulties, good communication between all parts of A.A. is paramount. A.A. Guidelines and Workbooks on P.I. and C.P.C. are available on G.S.O.’s website at www.aa.org.

6) A.A. in Correctional and Treatment Facilities — The central/intergroup office can maintain contact with local groups in correctional facilities and treatment facilities, offering literature and prerelease A.A. contacts and arranging for A.A. speakers and visitors to meetings. When there is a corrections or treatment committee for this purpose, the service office may assist it through close cooperation with local hospitals and prisons. Central/intergroup offices handling institutional contacts can find A.A. Guidelines and other service material on aa.org for shared experience in providing these services.

7) Local A.A. Events — An A.A. central/intergroup office is a logical body to manage the details of an annual dinner, picnic, or convention, if the participating groups wish it.

8) A.A. Bulletin or Newsletter — The preparation of a publication for periodic distribution to A.A. groups is often a function of the central/intergroup office.

9) Accessibilities — Many central/intergroup offices carry information on groups that are wheelchair accessible, or which may provide American Sign Language (ASL) interpretation for members who are Deaf. Some offices have equipment or materials for communicating with alcoholics who have visual and auditory challenges, those who are housebound or chronically ill, those who are living with the effects of brain damage or stroke, and others who may have less visible challenges.

<https://aa-intergroup.org/documents/nine-functions-of-an-intergroup/>

District 1 Needs a DCM - Could It Be You?

Hey, District 1 — we've got spot for someone ready to serve! At our October meeting we will be electing a District Committee Member (DCM). If nobody steps up, the chair stays empty...and our district loses a vital connection to the wider AA world and our collective voice does not get carried forward. SO, what's a DCM, anyway? Think of it like being the chief connector—the link between Calvert County groups and the wider A.A. world. No superhero cape required — just a few years of sobriety, some energy, and a willingness to carry the message. Here's what a DCM really does:

- **Holds monthly district meetings with GSRs to keep communication flowing.**
- **Carries the group conscience of our district to the area committee.**
- **Keeps GSRs and the groups they represent in the loop about Conference activities and AA news.**
- **Assists the Area 29 Delegate by gathering and passing along group information.**
- **Encourage participation by of area groups (especially those without a GSR).**
- **Host workshops/sharing sessions on service, traditions, and carrying the message.**
- **Introduce folks to service tools like Box 4-5-9 and the Service Manual.**

It's a two-year gig, but don't worry — you won't be alone. Plenty of support, guidance, and fellowship come with the role. Meetings are held at 7 p.m. on the third Monday of the month at St. Paul's Episcopal Church in Prince Frederick. Participation via Zoom is an option. If you've been wondering how to take your sobriety on tour beyond your home group, this could be your ticket. Step up in October and give District 1 the voice it deserves! Want to know more? Find out here: <https://www.aa.org/your-dcm-district-committee-member>. Want to know what the Area Delegate does? That's a subject for another day.

What are the 10th Step Promises?

Much like the Ninth Step promises, the Tenth Step promises describe peace and recovery from a seemingly hopeless state of mind and body. Sounds too good to be true, right? Wrong! The tenth step promises are available for everyone who works for them. They're *guaranteed* to us and to the broken newcomer who just walked through the door. Of course, there's a pretty big caveat here. We have to do the work! These promises don't just magically happen in our lives. We have to earn them.

Bill W. wrote, *"And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition."* (Big Book pp. 84-85)

I didn't know what those words meant until I experienced them. It's easy to read, "...the problem has been removed. It does not exist for us." To experience that freedom firsthand,

though? I can't describe it. It's simply freedom. I'm a tried and true alcoholic. I tried things like attention, weight control, boys, and good grades to feel different. Then I got drunk. After that, all bets were off. I have the three-part disease of alcoholism and addiction. My body processes alcohol differently than "a normie's" body. Once I start, I can't stop. Of course, stopping wouldn't be a problem if I never started in the first place.

I began to drink *until* I reached "a position of neutrality — safe and protected." I had a mental obsession with drinking. Once I started thinking about it, I wouldn't stop until those thoughts pushed out all else — and a drink was in my hand.

That's the heart of alcoholism — the bizarre mental obsession. Did you notice that I wrote in past tense? That's because I've recovered — I've been granted safety from God and I've been set free.

When I was newly sober, the promises offered me hope. My sponsor showed them to me immediately and I thank God she did. They showed me that recovery isn't only possible, it's promised *if I do the work*.

I have to complete the steps in order for these promises to manifest in my life. Even then, they don't always occur during the Tenth, Eleventh, or Twelfth step. It takes some people much longer to realize them in their lives. For some, the obsession is lifted before they reach the Tenth Step. Like most of sobriety, these promises are an entirely subjective experience. The bottom line is if I do the work, the obsession will be removed. That's all I can ask for and all I continue to ask for on a daily basis.

<https://sobrietyforwomen.com/10th-step-promises/>

I was doing everything “right.” I had a home group. I had a sponsor. I was reading the Big Book. I was showing up. I was sober. On paper, I looked like a model of early recovery. But deep inside, I still felt off. Underneath all the doing, I was restless. Irritable. Disconnected. I thought if I checked the boxes, the serenity would arrive. Like a spiritual rewards program. But the truth was: I had stopped drinking. I hadn’t stopped controlling. I hadn’t stopped people pleasing. I hadn’t stopped over functioning or avoiding hard conversations. I hadn’t stopped reacting from fear or resenting people for not reading my mind. I was sober, but I wasn’t free.

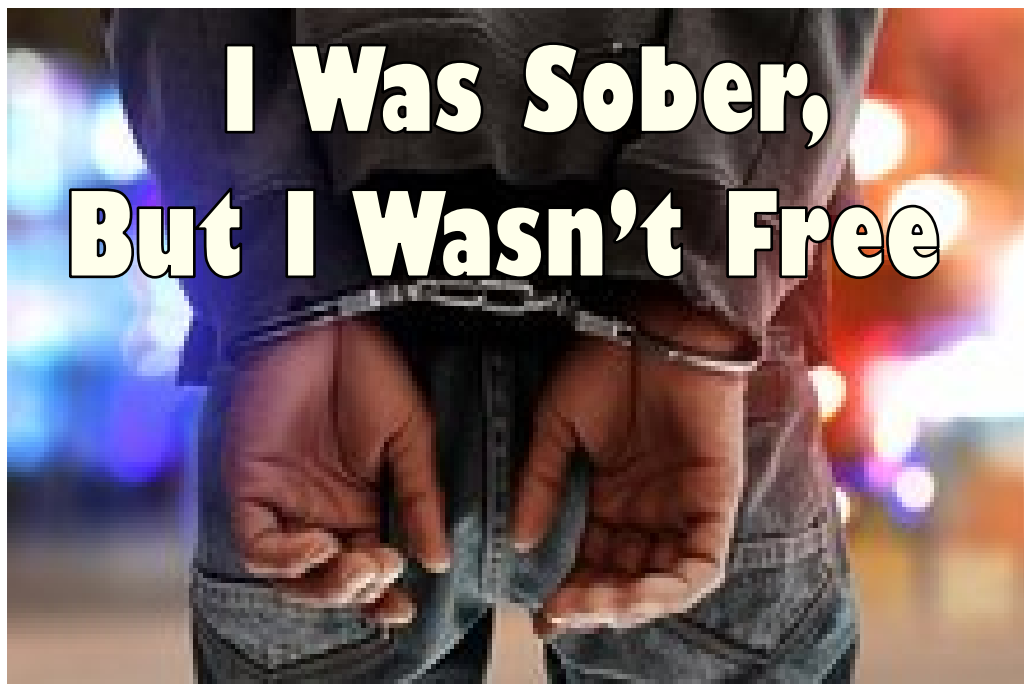
The Emotional Hangover - The first time I realized that, I didn’t cry. I got angry. I wanted credit. I wanted my gold star. I was putting in the effort. I thought that should count for something. But my husband didn’t feel connected to me. My sponsor gently called me out. My children could feel it, even when I smiled. I wasn’t drinking. But I was still emotionally drunk. Still trying to manage everything so I wouldn’t have to feel anything.

The Shift - There was no explosion. Just a quiet night where everything fell apart without anything going wrong. Work was stressful. I came home and shut down. I didn’t yell or act out. I just disappeared emotionally. Silent. Cold. Gone. That’s when I realized: I was sitting there, but I wasn’t there. I was lost in my head, tallying resentments, rehearsing arguments, running through worst case scenarios. I hadn’t had a drink, but I was still vanishing. So I told my sponsor,

“I’m stuck. I’m sober, but I’m not okay.” He didn’t offer advice. He asked one thing, “Can you be with what is, even when it doesn’t feel good?” At that moment, the answer was no. I didn’t know how to stay with pain. Or fear. Or disappointment.

I wasn’t drinking. But I was still running. That was the beginning of the shift. Not some dramatic turning point. Just a quiet willingness to stop running. To stay. To learn how to sit in the mess without needing to clean it up right away.

What Helps (When I Let It): None of



this is magic. But the tools work when I use them honestly.

The Tenth Step Inventory: Not performative. Real.

- Was I resentful?
- Afraid?
- Dishonest?
- Coming from the right place?

Sometimes I’ve said the “right” thing with the wrong heart. That counts.

Prayer: Short. Honest. Definitely not polished:

- “Help me stay.”
- “Help me love instead of fear.”
- “Help me not need to be right.”

Prayer doesn’t need to sound holy. It just needs to be honest.

The Thousand Pound Phone: I don’t call to vent or gossip. I call to connect. I say things like:

- “I’m stuck in my head.”
- “I don’t trust my perspective right now.”

Saying it out loud breaks the trance.

Service: Not rescuing. Not overcommitting.

- Reaching out to someone who’s struggling.
- Showing up even when I feel shaky.
- Listening instead of talking.

Service gets me out of me. It reminds me I’m not the center of the story. And thank God for that.

The Gifts of Emotional Sobriety:

It’s not about perfection. It’s about presence. I notice these things now:

- My kids lighting up when I really listen.
- Silence with my husband that feels safe, not tense.
- My body softening when I stop bracing for disaster.

I forgive faster. I laugh more. I spiral less. When I do spiral, I pause. I breathe. I don’t have to act on it. Emotional sobriety isn’t the absence of emotion. It’s freedom within emotion. I used to think freedom meant feeling good all the time. Now I know freedom means I don’t have to react, fix, or flee just because I feel bad. I can stay. I can breathe. I can tell the truth. And that is the miracle.

I’m Still Learning - Emotional sobriety is daily work. It’s progress, not perfection. It’s pausing before I self destruct. It’s choosing honesty over image. I still catch myself managing. Controlling. Rehearsing conversations. But now I catch it. I ask for help. I surrender. Again. Sobriety saved my life. Emotional sobriety gave me one I actually want to live.

You’re Not Alone - If you’re checking all the boxes but still feel stuck, you are not broken. You don’t have to perform your way into peace. You can stop. You can sit. You can feel. You can ask for help. Come to a meeting. Come as you are. We’ll meet you there. We’ll walk you home.

<https://newcomerskeepcoming.org/blog-%26-socials/f/i-was-sober-but-i-wasn%E2%80%99t-free>

OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Keith H., 5 yrs, Blue Top @ Noon Melissa W., 6 yrs, Basic Text	3 Johnny B., 6 yrs, 231	4 Rev, 17 yrs, Early Bird
5 Glen G., 3 yrs, Never Too Late	6 Michael B., 5 yrs, More Will Be Revealed	7	8	9	10 Will F., 1 yr, Leonardtown	11 Jim M., 27 yrs, private celebration
12 Roy B., 5 yrs, Solomon's	13	14	15	16	17	18
19	20 Jason H., 2 yrs, Harmony	21	22	23	24 Andy H., 7 yrs, Not Quite Right	25 Juan P., 2 yrs, Laurel Grove JT, 4 yrs, Waldorf
26	27	28 Kelly S., 1 yr, Blue Top @ Noon Frank R., 3 yrs, Lex Park Big Book	29	30 Dan S., 17 yrs, and Joanie B., 3 yrs, Poplar Hill Will F., 3 yrs, Harmony	31 Dave W., 24 yrs and Gary E., 3 yrs, Cove Point	

NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Nikki T., 4 yrs, ODAAT Jeanette C., 4 yrs, Never Too Late	3	4 Guy A., 19 yrs, Lex Park Big Book	5 George B., 6 yrs, Patuxent River	6	7 John K., 15 yrs, Cove Point	8 Dennis G., 31 yrs, We Wuz Wurz
9	10	11 Charlie A., 39 yrs, Grapevine	12	13	14	15
16	17 John B., 15 yrs, North Beach	18	19	20	21	22 Cindy B., 40 yrs, Early Bird
23 Kathy I., 8 yrs, ODAAT	24	25	26	27 Steve E., 3 yrs, Poplar Hill	28	29 JD, 5 yrs, Saturday 12 & 12 Robert M., 27 yrs and Shaara W., 1 yr, Kingston Creek
30	 					

Fall 2025 CONTRA Study

September 11, 2025 through December 18, 2025

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

Moderated by Past Delegates from

Areas 29 (Maryland), 44 (Northern New Jersey) & 45 (Southern New Jersey)

Zoom Meeting ID: 847 4641 4040

Passcode: 330331

Dial-in number for phone callers: +1 (301) 715-8592

We invite all A.A. members to this virtual study of the
CONcepts, TRAditions & The A.A. Service Manual.
No Registration Fees!

Sep 11, 2025 – Registration & Orientation

Sep 18, 2025 – Traditions 1, 2 & 3

Sep 25, 2025 – Traditions 4, 5 & 6

Oct 2, 2025 – Traditions 7, 8 & 9

Oct 9, 2025 – Traditions 10, 11 & 12

Oct 16, 2025 – Service Manual, pp. I-VIII, 1-6, 89-108

Oct 23, 2025 – Svc Man Ch 1 2 3 & pp 109-18, 166-69

Oct 30, 2025 – Svc Man, Chapters 4 5 6 & pp 171-75

Nov 6, 2025 – Svc Man, Chapters 7 8 9 & pp 176-180

Nov 13, 2025 – Svc Man Ch 10 11 12 & pp 161-5, 170

Nov 20, 2025 – Service Manual, pp. 119-159

Nov 27, 2025 – Concepts pp I-VII, C1-C2, Con 1, 2, 3

Dec 4, 2025 – Concepts 4, 5 & 6

Dec 11, 2025 – Concepts 7, 8 & 9

Dec 18, 2025 – Concepts 10, 11 & 12

CONTRA Study Materials

(provided via email following registration):

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

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

AA Grapevine Traditions Checklist, July 2018 revision

Fall 2025 Contra Study Service Manual Questions

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

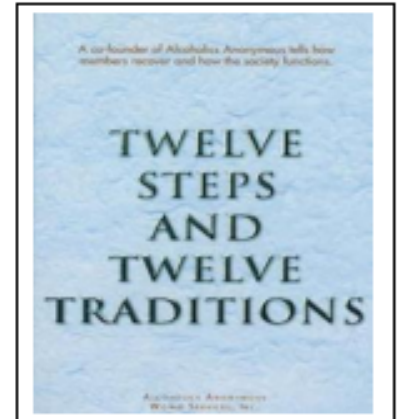
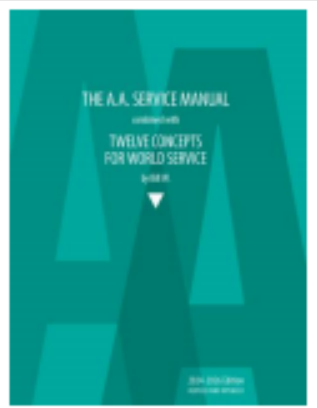
We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Past Delegates from

Areas 29 (Maryland), 44 (Northern New Jersey) & 45 (Southern New Jersey)

For more information, contact:

2025contrastudy@gmail.com



“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”

https://www.aa.org/sites/default/files/2022-01/en_tradition10.pdf

Outside Issues Can Tear Us Apart

What is an outside issue? An outside issue is anything outside of my relationship with God through sobriety.

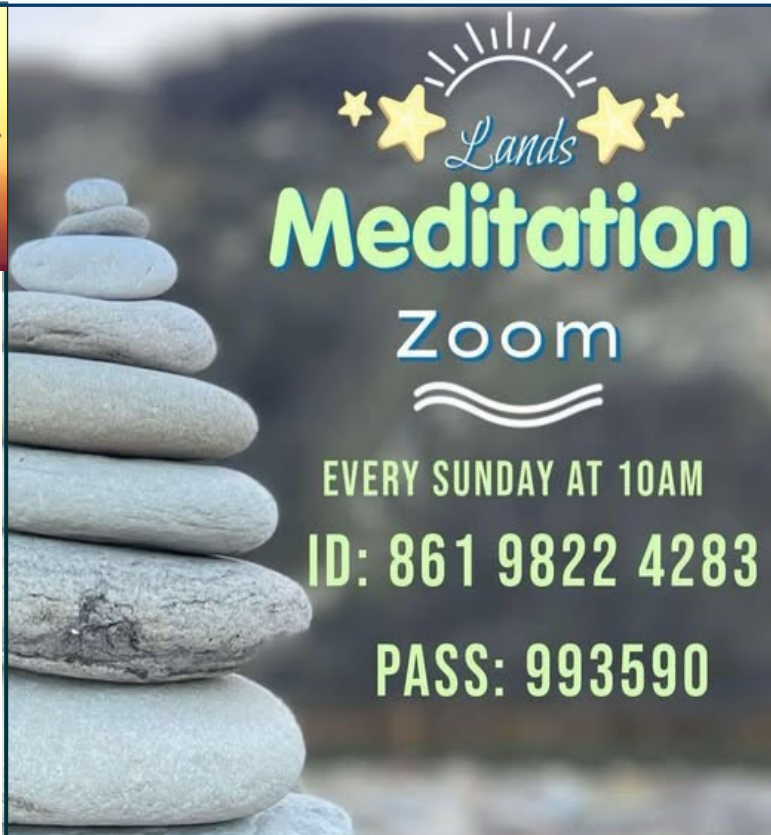
The tenth tradition is rather clear as it applies to A.A. We have prospered by having no opinion on outside matters and not being drawn into controversy. For instance, A.A. has avoided the outside issues that tore apart the Washingtonians. A.A. has never become crusaders or taken stands on important but outside issues, “particularly those of politics, alcohol reform, or sectarian religion”. (See the long form of this tradition)

Bill Wilson differentiates the responsibilities of the A.A. member and the A.A. group in this tradition by saying on p. 177 of the “12 & 12” that the tenth tradition does not “mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that’s quite a different matter. In this respect, we do not enter into public controversy because we know that our society will perish if it does.”

The relationship of the tenth tradition to the tenth step is this: I can be at peace and avoid outside issues by taking my inventory and not yours. I avoid controversy by taking stands with the attitude of a peacemaker. The tenth concept of service takes the process one step further and specifies what kind of inventory I should be writing about: The responsibilities for which God has given me authority.

The tenth step poses the question, “How can I survive successfully in the world by taking my own inventory and promptly admitting it when I am wrong?” The tenth tradition supplies the answer; “I survive by being a peacemaker with you because I am at peace with myself through my own inventories.” 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.).

<https://takethe12.org/t10/>


Meditation
Zoom
 EVERY SUNDAY AT 10AM
ID: 861 9822 4283
PASS: 993590




TRIVIA
NIGHT
 Potluck! Bring a Dish to Share
27 SEP 2025 SAT
 901 Courtney Road
 Arbutus, MD 21227
FREE ENTRY 6-10 PM
 30 min AA Speaker at 6:15pm
 Trivia from 7-9 p.m. (incl AA Trivia)
District18Area29@gmail.com

District 35 Workshop

THE HEARTBEAT OF AA



THE HOME GROUP

Please join
us!

Food
&
Beverages

Saturday, October 4th
11:30 AM to 2:30 PM

Peace Lutheran Church
401 Smallwood Drive
Waldorf, MD 20602

Speakers

Door Prizes

Hosted by
District 36

Refreshments &
Hot Dogs Provided

Bring your Chili,
Dessert or
a Side Dish

Bring Your
Own Chair

2nd Annual Chili Cook-off & Bonfire Meeting

5-7 pm

7-8 pm

OCT
11
2025



St. George's
Episcopal
Church
19167 Poplar Hill Ln
Valley Lee, MD

POC: Kaki B. kaki@md.metrocast.net

2nd 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

JOIN US FOR THE DISTRICT 10 UNITY PICNIC

Let Go, Let God - Let's Eat!

SUNDAY, OCTOBER 19TH

12:00 PM - 4:00 PM

Double Rock Park, Rich Pavilion
8211 Glen Road
Parkville, Maryland, 21234



Burgers, Hot Dogs, and Buns Provided

Bring a Drink, Chair, and a Dish to Share

Speaker at 2:00 PM



District 18 Annual
HAPPY HALLOWEEN
25 OCTOBER

FOOD, DRINKS, DESSERT & MUSIC

6:30 PM AA SPEAKER
 7-11 PM DANCE **\$10**

PRIZES FOR BEST COSTUMES!
 1ST, 2ND & 3RD PLACE
District18Area29@gmail.com
 901 Courtney Rd
 Arbutus MD 2122

SMIA
Gratitude Dinner

November 08, 2025

Tickets - \$25

- ❖ Tantalizing Entrees
- ❖ Succulent Sides
- ❖ Decadent Desserts
- ❖ Beverages (hot & cold)

Doors Open 5:30 pm

Immaculate Conception Church
 28297 Old Village Road
 Mechanicsville, MD

Dinner Fellowship Speaker(s) Entertainment 50/50 Raffle !!! Basket Raffles !!! Door Prizes !!!

Hosted by:
 Southern Maryland Intergroup Association (SMIA)
 Event POC: Michele H. 240-298-8072

Info / Tickets
Calvert
 Rob D.
 240-619-6557
Charles
 Sheri R.
 301-848-3467
St. Mary's
 Michele H.
 240-298-8072

11th Annual
National A.A. Technology Workshop

November 7-9, 2025

Registration is Now Open
 for our **Hybrid Workshop!**

Join us in person at
 The Hilton at the
 Cincinnati/Northern
 Kentucky International
 Airport (CVG)

Or register to attend
 online via Zoom

<https://naatw.org/2025-naatw-workshop/>

2025 Theme
Adapt | Connect | Protect:
Building the A.A. Technology Toolbox

Scan Here for 2025 Event Page



Dance [Western Theme] & Meeting

NOV 22

Hosted by
DISTRICT 36

A.A. Meeting (Open)
7 - 8 pm
D.J., Dancing, Refreshments
~ Desserts Welcome ~
8 - 10 pm

St. Francis Xavier Church
21725 Newtowne Neck RD.
Leonardtwn, MD 20650

Contact Mary F.
piscebaby82mf@gmail.com



Service Opportunities!

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!**

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.



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

Visit our Website!
<http://mdacAA.org>

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

PayPal QR code >>>



- ✓ We follow all of AA's 12 Traditions
- ✓ We rely on contributions from only AA members & AA entities
- ✓ We provide language Access via ASL interpretation
- ✓ Our focus is to make AA accessible to the Deaf and Hard of Hearing

Contributions accepted via PayPal@
MarylandDeafAccess@gmail.com

AREA 29 MARYLAND
PUBLIC INFORMATION &
COOPERATING WITH PROFESSIONALS



**Joint PI/CPC
meets
monthly
3rd Sunday**

**Oct 19th
@ 3pm EST
Rotation and
Professionals
Newsletter
Update**

**Sept 21st
@ 3pm EST
Jacque T.
Area 15 CPC
re AA and the
Workplace**

**ID
862 7457
8272
pw 199887
a29cpcpi@gmail.com**

"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 Our 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 9/13/25

OPENING - The Serenity Prayer

BOARD MEMBERS PRESENT: Lorraine J., Vice Chair; Bruce O., Treasurer; and Shaara W-K., Secretary.

GROUPS & COMMITTEES REPRESENTED:

Buddy F., Basic Text/Bookstall; Francis, KISS; Michelle, Traditions; Chris B., Traditions; Rob D. Sunrise Sobriety; Emme J., ODAAT; Jeanine, Waldorf; and Keith H., Almost Normal/Lifeline.

New Member(s)/Visitor(s) Introduction: None.

SMIA Chair Report: No report.

Vice Chair Report: Nothing to report.

Secretary Report (corrections/additions). Motion to accept the August meeting minutes as submitted, printed in the Lifeline and posted on the SMIA Website. Second. All in favor.

Treasurer's Report (corrections/additions):

Bruce reported there were \$310.60 in contributions this month. Motion to accept the September Treasurer's Report as amended and posted on the SMIA Website. Second. All in favor.

COMMITTEE REPORTS

Corrections/Treatment- Calvert: Lorraine J. reported things are going well. Cooperation from the Detention Center as far as making books available is lacking. Volunteer orientations went through August and we have new volunteers.

Charles: Jeanine says treatment centers are going great. She reports there have been no attendees at the Detention Center for at least the past month.

St. Mary's: No report. Buddy F. stated they are always looking for new volunteers for the Detention Center with one year sobriety.

Public Information/PCP: Calvert: Kenny G. is doing a stellar job. He's burned through the budget

while doing a great job carrying the message.

Charles: No report. Jeanine said that the effort is active and the QR Code issue is percolating. Lorraine J. said that Brian R. (DCM District 1) is taking the plans to New York to ask them to help globally. **St. Mary's:** No report.

Telephone- Total Calls 27. **Calvert** 3; **Charles** 12; **St. Mary's** 4; **Not Specified** 8. Time 1 hour and 29 minutes. Melissa is going to revamp the outgoing message to facilitate the callers with no choice. Possibly with a fourth option to speak with someone as callers may not be familiar with AA and how meetings/fellowship works and may have general questions. She also says that they get a lot of callers calling from out of the area and they do their best to help them when they do make a choice of which county to select.

Where & When- 10 packs of 20 of printed Where & Whens remain. Motion to print 1500 Where & Whens. Second. All in favor.

Lifeline- Keith H. reported everything is going well. Always looking for articles.

Events- Serenity Breakfast: We still need a chairperson. **Picnic:** Nothing to report. **Gratitude Dinner:** Michelle (Chair) reported that the second planning meeting is this afternoon. Lorraine J. volunteered to be the Master of Ceremonies and find a speaker.

Workshops- No report.

Bookstall- Buddy reported 15 purchases with 12 online for a total of \$562.60. 2 involved Committee purchases for \$99.10; \$60.00 for St. Mary's C&T; \$39.00 Calvert C&T. An order to replenish inventory will be approximately \$400.00.

Website- Bill L. reported that for the period 8/9/25 -9/13/25: Web Report Main Site Total Visitors (initial visit) Bookstall Site 2824- up 10% 2582- up 145% 5 Most Frequently visited pages Home Page - 4419 Where and When Calendar- 625 Where and When Search - 324 Announcements - 296 On-Line Meetings - 291 **Site Updates and Changes-**

No significant site changes Meeting Change Information The Trauma Queens on-line meeting was terminated. All Bedouin Group meetings moved back to their permanent location at the Phillips House Meeting. **Status-** Currently there are 135 meetings in our service area; 126 meetings are in-person, 6 meetings are hybrid, 8 meetings are on-line only. **Document Posts and Updates-** Lifeline posted - 9/2/25 Finance Page updated - 9/1/25 Where and When PDF updated - 9/1/25 SMIA Minutes posted - 8/27/25. **Phishing attempts-** You may receive e-mails that appear to come from IONOS, our domain host. These are phishing attempts. Do not open them, do not forward them, do not click on any content in them. Delete them. Typically, a genuine request from IONOS will only be sent to me Notes 5 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- Jeanine reported the Gratitude Dinner started out as a fundraiser, even though it's not specifically stated so in the By Laws. It was expensive. As time went on it was decided it did not need to be a fundraiser - that it could be done as a way of having a good time and carry the message. That was 10 years ago and that's when we started having it with in-house cooks, etc., to have it be cheaper and everyone could attend the function. How about rotating counties for locations?

Discussion: How about keeping the Gratitude Dinner DIY and have the Serenity Breakfast catered at the Seaman's School? Maybe have a short speaker to talk about SMIA service?

NEW BUSINESS- None.

FOR THE GOOD OF THE ORDER- Registration for the Round Up has opened; Chris has 13 years, celebrating at Monday Night Traditions at Church of Christ on St. Andrews Church Road. Motion to adjourn. Seconded. All in favor.

CLOSING- Responsibility Pledge.

I believe that we in Alcoholics Anonymous are fortunate in that we are constantly reminded of the need to be grateful and of how important gratitude is to our sobriety. I am truly grateful for the sobriety God has given me through the A.A. program and am glad I can give back what was given to me freely. I am grateful not only for sobriety, but for the quality of life my sobriety has brought. God has been gracious enough to give me sober days and a life blessed with peace and contentment, as well as the ability to give and receive love, and the opportunity to serve others—in our Fellowship, my family and my community. For all of this, I have “a full and thankful heart.” *Daily Reflections*

The Lifeline is an unofficial newsletter published by Southern Maryland Intergroup Association, Inc. Any opinions expressed are those of the writers. They are not endorsed by SMIA, any group or AA as a whole. Group secretaries and individuals are encouraged to send group news, anniversaries and events. Material may be edited for space and content. Please send all *Lifeline* correspondence to: somdlifeline@gmail.com

October 2025

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

\$682.33

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

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

Assets	
Primary Business Checking	\$ 3,017.07
Prudent Reserve	\$ 4,453.00
PayPal	\$ 654.07
Bookstall Cash on hand	\$ 100.00
Total Assets	8,224.14

This Month's Expenses	
Bookstall Purchases	\$ (588.05)
Liability Insurance	\$ (765.00)
Lifeline Printing	\$ (103.94)
Misc	\$ -
Phone Answering Service/1-800#	\$ (61.50)
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (58.58)
Where & When	\$ -
Picnic	\$ -
Travel	\$ -
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ -
Bank Charges and Fees	\$ (16.00)
Other - Tax Filings	\$ -
Total Expenses	\$ (1,743.07)

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

		BUDGET Shortfall
Year to Date Income		
Contributions	\$2,980.05	67%
Bookstall Sales	\$ 751.95	79%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ -	100%
Total 2025 Income	3,732.00	74%

		BUDGET Left to Use
Year to Date Expenses		
Bookstall Purchases	\$ (742.58)	81%
Liability Insurance	\$ (765.00)	-180%
Lifeline Printing	\$ (594.50)	38%
Misc	\$ (104.74)	0%
Phone Answering Service/1-800#	\$ (296.52)	9%
Post Office Box	\$ (120.00)	0%
Rent	\$ (750.00)	58%
Webmaster	\$ -	100%
Website	\$ (371.17)	56%
Where & When	\$ -	100%
Picnic	\$ (773.22)	23%
Travel	\$ -	100%
Workshops	\$ -	100%
SMIA Archives	\$ -	100%
Office sup (coffee, postage & faxing)	\$ (134.00)	26%
Bank Charges and Fees	\$ (64.00)	36%
Other - Tax Filings	\$ -	0%
Total 2025 Expenses	\$ (4,715.73)	74%

Total of Checking and PayPal Allows us a financial Runway of	2.47	Months
Number of Months of Fiscal Year Remaining	7	Months
For our 2024-2025 planned expenses, we currently have a	\$ (6,719.19)	Shortfall

		C&T	PI/CPC
Remaining Service Committee Budgets	Calvert	\$ 375.00	\$ 147.00
Budget Year 2024 (01May2025 - 30Apr2026)	Charles	\$ 375.00	\$ 250.00
As of 12JUL2025	St.Mary's	\$ 275.00	\$ 131.00

**THANK YOU
FOR YOUR CON-
TRIBUTIONS:**

Beach Beacon Group
New Life Group
The Waldorf Group
Emotional Sobriety
Monday Night Traditions
Poplar Hill

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?

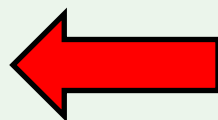
1) All contributions can be made online:

www.somdintergroup.org/donate.php

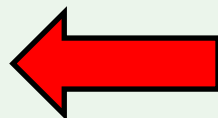
2) Or they can be mailed to the appropriate office location:

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 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)

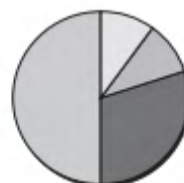
Your Group Service # _____

(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: Todd M.
Vice Chair: Lorraine J.
Secretary: Shaara W.
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 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

Alternate DCM

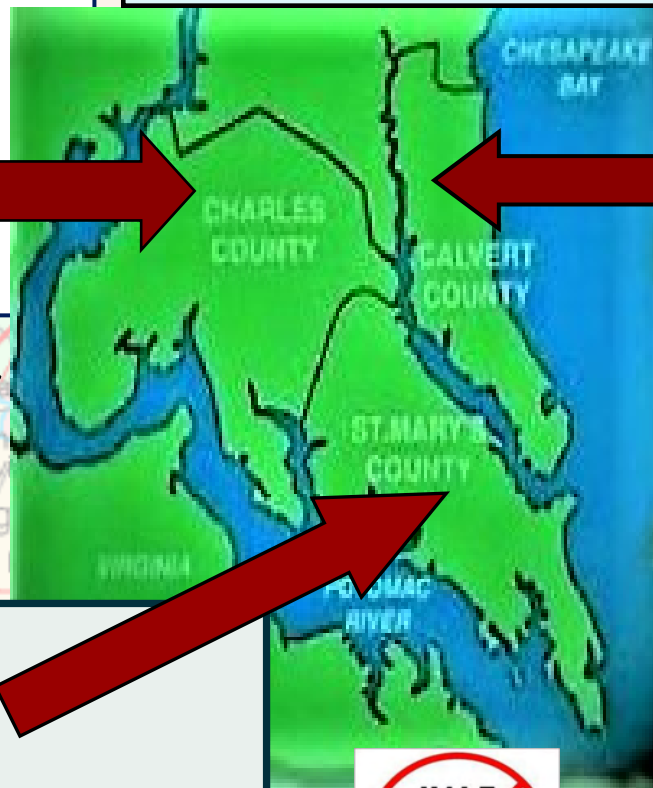
Accessibility Chair

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



HALF
MEASURES

**SERVICE KEEPS
US SOBER**

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.org



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.

DISTRICT NOTES

The next SMIA Meeting will be held on

Saturday, November 8 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)