

2026

District 1 - Calvert County - District 35 - Charles County - District 36 - St. Mary's County

OCT 2026
Volume 50 #10

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>

If someone were to ask me what brought me to the doors of Alcoholics Anonymous, my answer would be: "Alcohol had got the best of me, I was desperately circling the drain, and I didn't want to die young". Not everyone that comes to AA has that degree of desperation.

I got sober on October 15th, 1969 and that was just before alcoholics were being offered rehabilitation clinics. Up to that point, most of our members came here looking for answers.

The success rate at that time, according to the foreword to the second addition of the Big Book, Alcoholics Anonymous, it says that 50% of those who came here looking for answers got sober and never drank again, 25% got sober after a few relapses and stayed that way, and the other 25% showed improvement.

To me, 75% sounds like a surprisingly good ratio of success. The only requirement for AA membership is a desire to stop drinking (Tradition Three). Not everyone who comes to AA from the court system or from a rehab environment has the same amount of desperation as those original members had.

This does not mean that they are not invited, for we treat them with respect. But, a large percentage of them do relapse and we welcome them back with open arms so as not to be considered an

AA failure. Eventually, many of them do stay sober.

The depth of the desperation is often consistent with the depth of thoroughness a person is willing to go through as he takes the steps. And, when I was faced with this suggestion that I do a Fearless and Thorough Moral Inventory in the

Being willing to take responsibility for all those disgusting behaviors of yesterday and to make restitution has been the answer to all those alcoholic behaviors in the past. If we have completed a good 4th and 5th Step and again on the 8th and 9th step, how do we approach the 10th which suggests that we continue to take personal

inventory and when we were wrong promptly admitted it. Early in my sobriety, my wife came home from an Al-Anon meeting excited about the topic they shared. She said that "We should examine our motives for all the things we do" and that made perfect sense to me. I have been living a life based on Unselfish Principles and I am never finished examining my motives. All my outside behaviors (shortcomings) are the result of my thinking (motives). And, so long as I am willing to

Step Ten: Continued to Take Personal Inventory.

Examine My Motives for All That I Do.



Fourth Step, I began to resist and did what I would call a shallow facade just to get my ticket punched.

Being in the Navy at the time, I was abruptly flown out to the western Pacific during the Vietnam War and assigned to a tanker replenishing the fuel on ships in the Tonkin Gulf fleet. I had four months to think about what I was going to do on my return home. My conscience told me to discard my original inventory and do it right the second time around. That I think, is what made the rest of this program easy for me.

continue this path it has taken all the fight out of me. Selfishness—Self-centeredness! That, we think, is the root of our troubles.

Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity we step on the toes of our fellows, and they retaliate (BB p 62). What a profound statement!

Living a life based upon unselfish motives has restored my self-esteem and the final and most important result is peace of mind. Never thought that would happen! This is my understanding of Step Ten.

<https://www.aacle.org/step-ten-continued-to-take-personal-inventory/>



A PRAYER VIGIL FOR THOMAS

Please join us as we come together in prayer for our friend Thomas.

Through shared meetings, honest conversations, and the simple act of showing up for one another, Thomas became an important part of many lives. His friends want to gather, speak his name, share what he has meant to us, and hold him in our prayers.

We pray that Thomas is at peace and cared for, wherever he may be. We also pray for strength and comfort for everyone who loves him and is living with the uncertainty of his absence.

OCTOBER 17, 2026 • 2:00–5:00 PM

**Knights of Columbus Hall
Leonardtown, Maryland**

Light refreshments will be served.
All who know and care about Thomas are welcome.

EVENT CANCELLED

The 2026 SMIA Gratitude Dinner has been cancelled.

That is a hard sentence to write, especially because this has traditionally been such a special evening in Southern Maryland AA—a beautiful sit-down dinner, good food, fellowship, a speaker, entertainment, and an opportunity to pause and celebrate the gift of sobriety.

The original vision was for this dinner to rotate between **Calvert, Charles, and St. Mary's Counties**, so that the responsibility would be shared and the entire Southern Maryland fellowship could have an opportunity to host it. Rotation also meant that those of us in Calvert and Charles wouldn't have to make the trip to St. Mary's year after year to enjoy this amazing annual event.

For quite a long time now, the event has been held in St. Mary's. Over the years, individuals and committees have stepped up to make the dinner happen, and we are grateful for every one of them.

At the same time, because the event has continued to be held at the same venue, one individual has continued to be involved, sharing his knowledge of the venue and helping with the many details that come with putting the dinner together.

This year, however, no one stepped up to take responsibility for the event. Without someone willing to take that position, there is no dinner to plan. At Saturday's Intergroup meeting, we voted to cancel the 2026 event.

At that meeting, someone expressed an idea that describes the situation well:

"God can't fill a seat that isn't open."

That's a pretty good lesson in recovery. We talk a lot about service, rotation, and giving back. But none of those things happen without somebody saying, *"I'll do it."*

It is easy to think, *Someone will step up. Someone knows how to do this. Someone has always done it before.*

The program also teaches us that we

are free to do anything we want, provided we are willing to accept the consequences. **These are the real-life consequences of waiting for someone else to take the lead.** The position remains unfilled, and the job doesn't get done.

Perhaps that "someone" could be you.

You don't have to know how to do everything. You don't have to have chaired a Gratitude Dinner before. When the position becomes open, you just have to be willing to step up and let God—and your fellow AA members—help you fill it.

The cancellation of this year's dinner isn't about blame. It's about consequences.

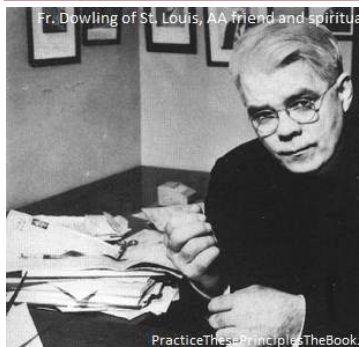
Perhaps that's the message we are being given this year.

The Gratitude Dinner was meant to belong to all of us.

So when the opportunity comes around again, let's not wait for someone.

Let's be someone.

Anonymous



Love and Service - Reflections in Recovery

In an honest desire to be of service, sometimes we may assume a position of responsibility or acquire a leadership status that seems to bring out the worst in people. Slings and arrows strike from all directions. After a while, we just want to quit and say the hell with it.

We scan our AA brain for an answer and the expression "Love

and Service" bubbles up. Paired this way, it suggests that the two go together, that one doesn't work well without the other. True, it's hard to see how we can love people who patently wish us ill or even hate us, especially when we are trying to be of help. But this is because we think of love primarily as a feeling.

However, if we think of love as a principle, as it appears in Step 12 (p. 124), then we can try to practice it whatever the circumstance. For, in practice, love is expressed concretely in such virtues as understanding, kindness, forgiveness, and generosity - character qualities which, once acquired, we can exhibit toward all. Seen this way, we can love even our enemies, respond to evil with good, and persevere in a life of "love and service" with complete equanimity.

<https://practicethesepinciplesthebook.com/love-and-service>

INCONVENIENCED BY ALCOHOLICS ANONYMOUS

My home group (getinthecar.org) is a hybrid closed Big Book Study that meets only once a week on Friday night's at 7:30pm CST. This past Friday night, we were reading in "Bill's Story", and we picked up where we left off last week on the bottom of page 14....

"My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works was dead, he said. And how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that."

One of the service commitments at my home group is "Dictionary Steward" (DS) where if at any time during our reading, someone needs a definition of a word, our DS would look the word up in either a 1939 Webster's Dictionary or in the Big Book Dictionary. Once the DS reads the definition, we will go back and re-read the sentence where the word was and place the definition in the sentence (replacing the original word). From the paragraph above, I asked for a definition to the word, "imperative." The DS gave us, "required/ necessary" and then we re-read the sentence... *"Particularly was it **required or necessary** to work with others as he had worked with me. Faith without works was dead, he said."*

I shared with the group how that really hit me. With a few ODAAT's in the Fellowship, I certainly have experienced the joy of working with others, but it was a great reminder of the importance of giving away our precious gift (the process it takes to becoming a recovered (not cured) alcoholic). One of the women in our group shared right after me and she was talking about her experience of giving it away and she said something that hit

me even harder than the reading. She was talking about how the selfishness and self-centeredness of her illness can really screw up her peace of mind and have her believing all kinds of things that simply aren't true, things like "this meeting time is such an inconvenience for me", or "my sponsees are calling me at such an inconvenient time", etc. Then she laid this bomb on the room, **"I need to always let myself be inconvenienced by Alcoholics Anonymous."**



BOOM!!!! When she said that I could feel it (*because I could identify with it*). While I don't believe that it's in our first 164 pages (stated exactly like that), and while I've maybe heard that said before in the rooms – at that time, on that night, the visual of that sentence exploded in my head. I NEED to be inconvenienced into getting out of my head. I need to be inconvenienced into helping another alcoholic. I need to be inconvenienced into remembering what it says in the Foreword to the 12 & 12 when it states, "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

If you're an alcoholic like me, you will totally get that our selfishness and self-centeredness can take us to very dark places, but the moment that we allow our spiritual malady to be "inconvenienced" into doing something that can help another alcoholic – we get to experience that "personality change" Bill refers to on Page 567. We become different people than we were when we walked into the rooms. Practicing our spiritual principals as a way of life (in all my affairs – not just when it's convenient) has changed my life and I'm grateful for that beautiful reminder that she gave us that night! Thanks D!

<https://take12.org/inconvenienced-by-alcoholics-anonymous/>

KISTLER'S DOUGHNUTS, DR. BOB SMITH, AND EARLY ALCOHOLICS ANONYMOUS

Few Akron businesses occupy as unique a place in Alcoholics Anonymous history as Kestler's Doughnuts. Located on West North Street in Akron, Kistler's became far more than a neighborhood doughnut shop during the formative years of A.A. It served as an informal gathering place where recovering alcoholics, family members, and friends could meet for fellowship, conversation, and mutual support.

During the 1930's and 1940's, Akron was the birthplace of Alcoholics Anonymous. The fellowship began when Dr. Robert Holbrook Smith and Bill Wilson met in Akron in 1935. Their friendship and shared effort to help other alcoholics gave rise the movement that would become Alcoholics Anonymous. Early meetings were held in Dr. Bob's home on Ardmore Avenue, at local hospitals, and in various gathering places around Akron.

As the fellowship grew, members often gathered at local restaurants and coffee

shops after meetings. Kistler's Doughnuts became one of the favorite spots for these informal gatherings. In an era when many recovering alcoholics sought wholesome social settings free from alcohol, a doughnut shop provided a welcoming environment where newcomers could ask questions, hear recovery stories, and build friendships.

Many old-timers recalled spending hours over coffee and doughnuts discussing the spiritual principles that were shaping the new fellowship. These conversations reinforced the spirit of service, sponsorship and personal connection that characterized the Akron approach to recovery. While the official history of A.A. centers on Dr. Bob's home, St. Thomas Hospital, and the Oxford Group meetings, Kistler's Doughnuts became part of the everyday social fabric of early Akron A.A.

Dr. Bob himself was known for his humility, accessibility, and commitment to helping suffering alcoholics. He believed

that one alcoholic helping another was the foundation of recovery. Much of the fellowship's early growth occurred not only in formal meetings but also around kitchen tables, hospital bedsides, and coffee-shop counters where members shared experience, strength, and hope.

Today, Kistler's Doughnuts is remembered by many A.A. historians and Akron old-timers as one of the community landmarks connected with the fellowship's early years. Although it was never an official A.A. meeting hall, it played an important role as a gathering place where friendships were formed and the bonds of recovery were strengthened.

The story of Kistler's Doughnuts reminds us that the history of Alcoholics Anonymous was built not only in famous locations such as Dr. Bob's home, but also in the ordinary neighborhood establishments where recovering alcoholics found fellowship, encouragement, and a cup of coffee shared among friends.



Doughnut makers walk out at Kistler's

Kistler's doughnut plant was shut down today because of a strike by 49 employees who make the doughnuts that are sold in more than half of the vending machines in Akron.

Paul Kistler, president of the bakery at 375 W. North St., said Local 18, Bakery and Confectionery Workers, struck late Satur-

day night after failing to reach agreement on a new contract.

Kistler said he closed the plant "because I can't operate without them. They're the people who make the doughnuts."

KISTLER said the union's old contract expired last Oct. 1, "but we've been negotiating ever since. We held a contract meeting Friday afternoon but we're at an impasse now."

The union and the company "are not too far apart," Kistler said. "I hope it won't be a long strike." He said no bargaining sessions have been scheduled.

The union set up picket lines about 11:30 p.m. Saturday. Union officials could not be reached for comment today.

Kistler said 90 percent of the company's business is through vending machines and catering. He estimated that his doughnuts, sweet rolls, cookies and small cakes are sold in about 65 percent of the vending machines in Akron.

The company, which has about 40 other employees, also serves some school and hospital canteens, Kistler said.



Grief – Getting Past A Loss In Sobriety

A close friend died two days ago.

It was devastating personally, and I was with her when she passed. My sobriety was tested, because I could not shake the weight of this suffocating grief. A drink would have helped in those moments where I just wanted to ease that pain and hurt.

Now, I think I should disclose an important fact: my “close friend” was my dog. I had to put her down at the veterinarian clinic. I spent hours wondering if I could make it through the next moment without drinking or just killing myself. And then I heard John B speak about the death of a son – age 21. His son was driving home and speeding, lost control and hit a tree. Death on impact!

And Ron M talked about a fire where he lost a child and his wife. All of a sudden I realized that while it's always painful to lose a beloved pet, life can be very harsh for all of us, and my loss and grief was now measured against other men's experiences with moving past the deaths of close family. In that moment, my self-centered focus changed, and perspective invaded my senses. Once I focused on life outside of myself, I could move forward with sadness without the crushing weight of grief.

That is the beauty of fellowship. We can acknowledge life's struggles in ourselves and others without wallowing in egocentric, self-centered depression that grows larger and larger the more we focus on our own problems. So, yes, I had to euthanize a dog; John lost a son, and Ron lost his wife and daughter.

I went from suffocating grief to gratitude pretty fast. Yes, it hurts to lose a pet, but I have my life, health, family, financial stability and a stellar social circle. I will miss my sweet “Callie”, but today is a great day to be thankful for my blessings and an even better day to be sober. Thank You! Robert C

<https://aa-intergroup.org/stories/grief-getting-past-a-loss-in-sobriety/>

Thoughts on Tradition Ten

So where did the inspiration for this tradition come from? We know from the tradition essay that Bill was aware of the Washingtonians. This was a temperance organization in America that began in the 1840s. Although it focused on the personal recovery of alcoholics, there are more differences than similarities in how they encouraged alcoholics to achieve sobriety. The Washingtonians found significant success with a membership of over half a million at its height. They became involved in politics, specifically prohibition and the abolition of slavery. This divided them, diverted them from their primary purpose and they crumbled alarmingly quickly.

The Oxford Groups are another example of this failure to stay on message. The Oxford Groups were a very successful first century Christianity movement that enjoyed success internationally. Even the Archbishop of Canterbury praised them. At their core were the ‘four absolutes’; absolute honesty, absolute purity, absolute unselfishness and absolute love. Their leader, Franck Buchman, was active in promoting the Oxford Groups or, as they later became known, The Campaign for Moral Rearmament. After years of working with churches, Buchman realized that he could make more of difference if he were able to gain access to world leaders. He tried on a number of occasions to meet with Hitler in an attempt to put a halt to Naziism. In an interview after meeting Hitler he was quoted as saying, “I thank heaven for a man like Adolf Hitler, who built a front line of defense against the anti-Christ of communism.” This was actually a misquote, but it didn't win him any new converts and affected the reputation of the Oxford Groups internationally.

The Oxford Groups were also heavily involved in business and consequently their core message was eroded further. Today AA is known worldwide and the Oxford Groups aren't. Today they are very far from Buchman's original message and struggle to gain anything like their original traction. So from this experience we can again learn the value of keeping to our primary purpose and avoiding potentially divisive outside issues.

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 whatsoever.

<https://www.twelvetraditionsstudy.org/traditions/tradition-10>

Remembering, Serving and Sharing What Saved Us

The 12-step program of *Alcoholics Anonymous* (AA) 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—especially Step Twelve, which calls us to carry the message to others.

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 12 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.

The 12-step program of 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 is 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—friends, families, coworkers, and strangers—who may not know that a solution exists. Public outreach, done with respect for AA's principles and anonymity, 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.

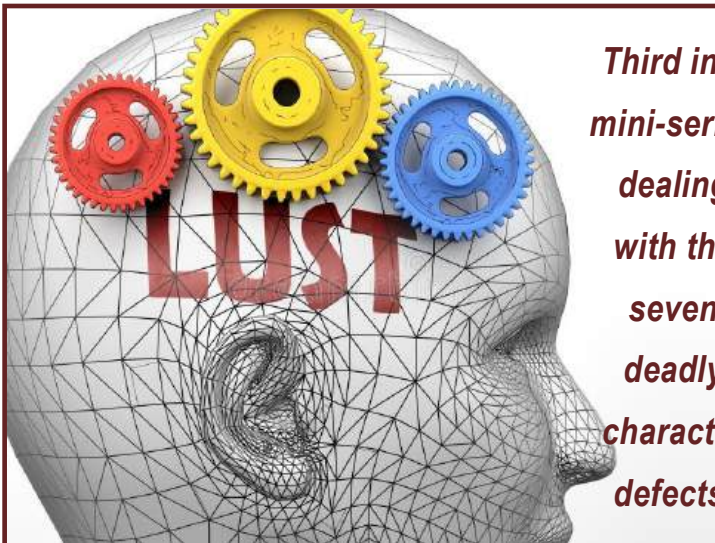
We were saved by a message someone was willing to share. Now it is our turn to ensure that message reaches as far and wide as possible. In doing so, we keep ourselves—and others—sober. AA gave us our lives back. To stay sober, we must never forget that—and we must pass it on through service, sponsorship,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

<https://www.aacle.org/remembering-serving-and-sharing-what-saved-us/?shem=aimgspe>,

Tradition Ten Discussion Questions

- Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The Government? Drug and alcohol legislation? Vitamins? Al-Anon? Alateen?
- Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
- What in AA history gave rise to our Tenth Tradition?
- When offering guidance or sponsoring, do I offer my opinion as if it is AA lore?
- What would AA be without this Tradition? Where would I be?
- Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

<https://www.twelvetraditionsstudy.org/traditions/tradition-10>



***Third in a
mini-series
dealing
with the
seven
deadly
character
defects.***

What has a lust to do with sobriety? One answer is that since it involves a powerful natural drive triggered by the mind, it can shatter a normally serene person. Down the ages, it has shattered nations as well as people.

Lust is not an exclusively sexual term. The word is defined as "an excessive drive ... Seeking quick and ruthless satisfaction, as, a lust for power; a passionate and inordinate desire for something." Nothing like that is secondary or minor. Just as liquor does, the wild urge can make many of us forget common-sense rules. It can fog the mind and judgment. When this happens to an alcoholic, disaster may be only an arm's length away. Thus, it behooves the sober alcoholic to be on guard daily.

Does this mean wearing a hair shirt or retreating from

life, hermit style? Of course not. Remember what Bill W. said about taking the middle course in all things, and recognizing that perfection may be light-years away. Yet right now is the time we have to consider, and by cooling lust early, we can strengthen sobriety.

Anything that can ruffle an alcoholic is deadly. The ruffled mind cannot think clearly, and most of us, even at our best, are likely to suffer from wrinkled thinking. There's nothing superior to lust as a disrupter of thought, and anyone around the program for a time has seen that the imperious urge is often followed by a spree.

This gets us back to the old question: How do we keep such a force under control, not to become perfect, but simply to make sobriety stronger today? One good way, judging by the experience of many, seems to be a hard look in the mirror and a little stocktaking. If we are honest, we will see danger coming. It then takes only goodwill and a bit of self-discipline to steer the straying carcass back into line. This calls for close attention to the program and often requires the help of a trusted friend. If ever there was need to lean on the Steps, it is here.

Once again, we need to move outward to combat one of the most muscular of the seven deadly character defects. Why? Oh, just to give ourselves a break, in this quest of the informed alcoholic for true sobriety.

<https://silkworth.net/alcoholics-anonymous/lust/>



An alcoholic found himself in a small row boat in the middle of the ocean. The boat contained one oar and one empty bottle. He picked up the bottle and rubbed it. A Genie appeared. The Genie said he would grant the man one wish. The man responded, "I thought I was supposed to get three wishes" to which the Genie replied, "Be thankful you're getting one". The man thought for a moment and said,

"I want you to make me a road so that I can walk back to land.

This ocean makes me sea sick". The Genie angrily replied,

"Do you know how deep this ocean is, and how far we are from shore? That request is impossible. Ask me for something reasonable".

Disappointed, the man thought for a minute and then said,

"I've always had trouble with my drinking. I cannot seem to have just one drink. As a matter of fact I cannot remember how I got out here in the middle of this ocean. I'm sure it's related to my drinking but I cannot remember. Could you make it possible for me to enjoy just one drink, and then leave it alone?"

The Genie relied, "Two lanes or four?"

So Daffy Duck and Elmer Fudd break into a distillery. Daffy turns to Elmer and says: "Is this Whiskey?"

Elmer says: "Yeth but not as whiskey as wobbling a bank!!"





It Happened in October

October 1: 1941 –
Local news reports
1st AA Group in
New Haven, CT
October 1: 1957 –

Alcoholics Anonymous book A. A. Comes of Age is published

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 6: 1941 – 900 dine at Cleveland dinner for Bill D, AA #3

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

October 10: 1970 – Lois reads “Bills Last Message” annual dinner in NY 1988 – Lois is buried next to Bill in Manchester, Vermont

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

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 suicide

October 24: 1942 – L.A. Times reports AA groups in 14 California cities. **Other significant events in October for which we have no specific dates:**

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

1944 – First non American branch started in Sydney, Australia by Father T V Dunlea & Rex.

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://toledoaaameetings.com/important-dates-in-alcoholics-anonymous/>



Woman shows up at AA meeting. She shares that she was just released from prison and is required to attend meetings. A man asks what she was in jail for. Killing her husband, she says. AA man says,”so you're single then?”



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

Service Opportunities!

SMIA needs a Treasurer

REQUIREMENTS:

- **Residence in Calvert, Charles or St Mary's county - Calvert county preferred.**
- **Minimum of 2 years of continuous sobriety. This is a 2-year term.**

Duties & Responsibilities:

The Treasurer maintains Southern Maryland Intergroup Association's (SMIA) corporate financial records, tax returns, detailed accounting of receipts and disbursements; and provides summaries and reports to the Intergroup at least quarterly. The Treasurer works with the Finance Committee to prepare the annual budget and present it to the Member Assembly for a vote. The Treasurer receives contributions and maintains SMIA's funds in an account in the name of SMIA. With approval of the Board, the Treasurer oversees and maintains any financial professional services.

Eligibility & Preferred Qualifications:

- A sober member of Alcoholics Anonymous
- Organizational skills for good record-keeping; accounting or bookkeeping experience
- Computer skills appropriate for the duties of the position, especially working with spreadsheets
- Must be at least eighteen (18) years of age.
- A sound understanding and appreciation of applying the Steps, the Traditions and the Concepts of Alcoholics Anonymous, along with a willingness to consult with others who have gained experience through applying these guiding principles successfully to problems.

This is an excellent opportunity to be of service at the District level.

Please join us at the next SMIA meeting, *Saturday September 12 at 10am*

Immaculate Conception Church,

28297 Old Village Road, Mechanicsville, MD 20659

Or via Zoom @

<https://zoom.us/j/99982597908?>

[pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09](#)

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Melissa W., 7 yrs, Basic Text	2 Keith H., 6 yrs, Beginner's at Noon	3 Clair T., 53 yrs, Kingston Creek Alkie Al., 30 yrs., Rev, 18 yrs, and Holly H., 1 yr, Early Bird
4	5 Jayson W., 1 yr, Monday Nite Mike B., 6 yrs, More Will Be Revealed	6 Will F., 2 yrs, Leonardtown Big Book	7	8	9	10
11 Roy B., 6 yrs, Solomons Glen G., 4 yrs, Never Too Late Jim M., 28 yrs, Private Celebration	12	13	14	15 Mary, 2 yrs, and Dave K., 1 yr, Daily Reflections	16	17
18	19 Jackie F., 1 yr, Monday Nite	20	21	22	23 Andy H., 8 yrs, Not Quite Right	24
25	26	27 Frank R., 4 yrs, Lexington Park Big Book	28	29 Dan S., 18 yrs Poplar Hill	30 Dave W., 25 yrs, and Gary E., 4 yrs, Cove Point	31 Guy A., 20 yrs, Early Bird

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 George B., 7 yrs, Patux- ent River	5	6 John K., 16 yrs, Cove Point	7
8	9	10	11	12 Bill L., 16 yrs, Freedom from Bondage (Beckley, WV)	13	14 Dennis G., 32 yrs, We Wuz Wurz
15	16	17 "Charlie" A., 40 yrs, Grapevine	18	19	20	21
22	23	24 Robbin E., 7 yrs, Lexington Park Big Book Casey M., 35 yrs, Private celebra- tion	25	26	27	28 JD M., 6 yrs, Saturday AM Breakfast
29	30					

The Area 29 Corrections Committee is proudly announcing the ...

Third Annual Corrections Day of Sharing!

All are welcome!

For more information or to volunteer please contact Jerry C. : corrections@marylandaa.org.

- Panels
- Discussions
- Information
- Institutional Knowledge relating to Corrections and A.A involvement in helping those inside the walls
- Fellowship with Members from Across Area 29

Where: Severna Park United Methodist Church.
731 Benfield Rd.
Severna Park, MD

When: Saturday,
October 10, 2026

Time: 9:00 A.M.
until 2 P.M



SMIA Temporary Events Guidelines Committee



Virtual Meeting Series

Help develop recommended guidelines to support future SMIA event planning and fundraising activities.

Any A.A. member may participate.



Meetings will be held via Zoom
VIRTUAL ONLY

10:00 AM – 11:00 AM

Saturday, August 22, 2026
Saturday, September 26, 2026
Saturday, October 24, 2026 (if necessary)

Zoom Information: _____



Seeking Past Event Materials

We welcome any documents, after-action reports, planning notes, flyers, budgets, checklists, timelines, or lessons learned from previous SMIA events. There have been many events over the years, and we hope to learn from that experience. If you have materials or insights to share, we would be grateful to hear from you.

Interested in participating and able to commit to three meetings?

Contact John W @ 760-622-4792 for the Zoom info.

Guided by unity, service, and shared experience.

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

NORTH BEACH 55 YEARS! NOVEMBER 14TH

8912 Chesapeake Ave, North Beach, MD

Please join us for Food and Fellowship

from 4:00 – 6:00

MEETING TO FOLLOW!



CLEAN AIR GROUP

The Clean Air Group
Is in need of support
And home group members
Come on out and check us out
Friday nights 6:30pm.
St. Andrews Episcopal Church
44078 St. Andrews Church Rd.



NOT QUITE RIGHT

The Not Quite Right Group

8:00pm. Friday Nights
Beacon of Hope - Suite 12
46940 South Shangri La Dr.

Lexington Park, Md.

Is in need of Support
and Home Group Members

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.!!!



"BLUE TOP @ NOON"

Lexington Park United Methodist Church

21760 Great Mills Road

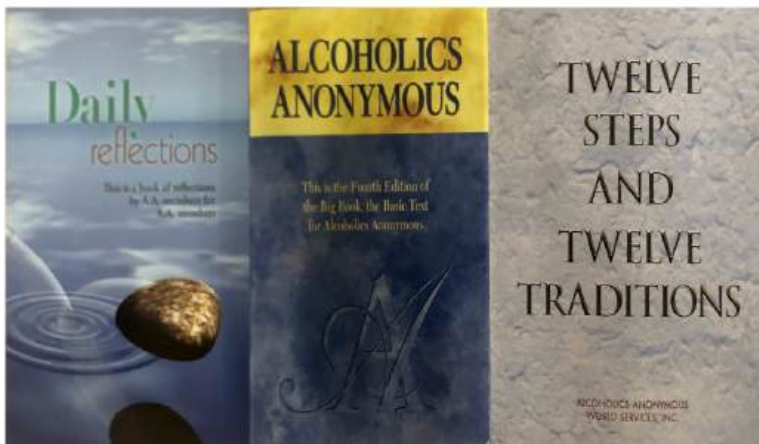
12:00 noon

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!



SOUTHERN MARYLAND INTERGROUP ASSOCIATION MEETING MINUTES 9/12/26

OPENING: The Serenity Prayer.

Board Members Present: Todd M – Chair/Acting Treasurer; Emme J, Vice Chair, Keith T, Parliamentarian; and Shaara W, Secretary.

New Member(s)/Visitor(s): Brigitte, Early Bird.

Groups & Committees Represented: Buddy F – Archives Chair/Bookstall; Keith H – Lifeline; Brandi T - St. Mary's County Corrections; Cindy C, Awakenings; Duke R, Basic Text; Suzi L, Never Too Late; Michelle C, Laurel Grove; Lorraine J, Bedouin; Chris B, Monday Night Traditions; and Roy B, Solomons.

SMIA Chair Report: Todd deferred to Brigitte F., Area 29 Intergroup committee liaison chair, who gave an excellent presentation on Intergroups' role in carrying the message. She provided a list of the current Area service committees and subsequent chairs and explained how they offer support to the Districts and individual groups. Discussion topics involved the goal of encouraging more young people to participate in service work and the rewards of service at the Intergroup level.

Vice-Chair Report: Emme gave the details for chairing the Serenity Breakfast to the Temporary Committee.

Secretary Report: Motion to accept the August 2026 Minutes as posted on the Web and in the Lifeline. Second. All in favor.

Treasurer Report: This position still vacant. Todd M, Chair, is working with the former Treasurer. Motion to accept the September 2026 report as posted on the Web and in the Lifeline. Second. All in favor.

COMMITTEE REPORTS

Corrections/Treatment/Public information/PCP

Calvert: Cindy reported that members of her home group are taking meetings to Avenues and the detention center. Peggy K is taking meetings to Avenues on Mondays/Thursdays and is taking names of

volunteers. PI has enough Where and Whens.

Charles: No report.

St. Mary's: Roy B. reported things are going well. The men are looking for volunteers to carry a 2nd men's meeting. Brandi T. reported that things on the women's side are going well.

Telephone: Still need a chair. Faye S. has been taking the calls since June 1 and will do it until the position is filled. Total calls 29, Calvert 4, Charles 9, St. Mary's 4, Not Spec. 12, Time 1:10.

Where & When: No report. There are plenty for distribution.

Lifeline: Keith H reported that things are going well. He welcomes any suggestions, feedback, etc., by the 27th of the month. He is especially looking for Home Group Histories. He included an article about the challenges that deaf members face in accessing effective support in AA.

Events - Temporary Events Committee: Had introductory meeting on 8/26. Set up a series of virtual meetings on 9/26, 10/24, at 10-11 a.m. Seeking participants and past events materials.

Serenity Breakfast: No report.

Picnic: No report.

Gratitude Dinner: Motion to cancel 2026 Gratitude Dinner for lack of participation. Second. All in favor.

Workshops: Buddy F. reported that the District 36 speakers meeting/Big Book Study on August 15 at Mt. Zion Church in Mechanicsville generated \$238 in sales of literature.

Web Report 8/8/26 – 9/12/26:

Site Analytics: Main Site Total Visitors (initial visit)

Bookstall Site 2905– down 20% 1551– up 5%

5 Most Frequently visited pages: Home Page – 2911 Where and When Calendar- 664 Where and When Search- 487 Announcements - 286 Where and When Documents - 259

Top 10 Visitor locations: MD, VA, WV, CA, IA, DC, DE, NC, OH, NJ

Site Updates and Changes: None.

Meeting Change Information: The Sobriety First Group (Charles County) terminated their Tuesday meeting. The Handicap Accessible designation was removed from

the Waldorf Group.

Meeting Status: Currently there are 134 meetings in our service area; 126 meetings are in-person, 6 meetings are hybrid, 7 meetings are on-line only, and one meeting is suspended.

Document Posts and Updates September Lifeline posted – 9/7/26 Financial page updated – 9/5/26 Where and When PDF updated – 8/28/26 3 Minutes posted – 8/16/25

Anniversary Submissions since last meeting: St. Mary's County - 12, Calvert County - 10, Charles County – 1, Other - 2

Phishing Attempts: These continue and have slightly increased. Remember, do not click on any links or reply to these attempts. Report them to the webmaster.

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. As a reminder, if your meetings are located in a separate building or obscure location at the primary address, please send us notes regarding the specific location.

Bookstall: No. Visits: 9. Total Collected: \$597.84. District 1 Balances: PI/PCP 230 Corrections/Treatment 375 District 36 Balances: PI/PCP 245 Corrections/Treatment 250 District 35 Balances: PI/PCP 230 Corrections/Treatment

OLD BUSINESS: Emme J. again proposed refining the Primary Purpose (Mission Statement) of SMIA. She proposed a draft which was later withdrawn pending additional research of those of other intergroups.

NEW BUSINESS: Lorraine proposed that SMIA board members have a contingency plan for when each is absent (specifically Zoom access). A discussion followed re the rising cost of publications.

FOR THE GOOD OF THE ORDER: Lorraine reported that the Southern Maryland Roundup website is up and running and accepting registrations. She brought a stack of flyers. Emme stated that, in accordance with Tradition 6, Southern Maryland Roundup is not affiliated with SMIA in any way.

Motion to Adjourn: Second. All in favor.

CLOSING: Responsibility Pledge..

October 2026

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

\$429.00

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

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

Assets	
Primary Business Checking	\$ 2,687.90
Prudent Reserve	\$ 3,700.00
PayPal	\$ 568.99
Bookstall Cash on hand	\$ 100.00
Total Assets	7,056.89

This Month's Expenses	
Bookstall Purchases	\$ (152.77)
Liability Insurance	\$ -
Lifeline Printing	\$ (102.74)
Misc	\$ -
Phone Answering Service/1-800#	\$ (61.38)
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (2.65)
Where & When	\$ -
Picnic	\$ -
Office sup (coffee, postage & faxing)	\$ (75.00)
Bank Charges and Fees	\$ (16.00)
Other - Tax Filings	\$ -
Total Expenses	\$ (560.54)

Southern Maryland Intergroup Association Inc Yearly Statement of Activity April 25, 2026 - April 24, 2027

		BUDGET Shortfall
Year to Date Income		
Contributions	\$1,485.98	89%
Bookstall Sales	\$ 1,258.70	64%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ (194.00)	139%
Total 2026 Income	2,550.68	86%

		BUDGET Left to Use
Year to Date Expenses		
Bookstall Purchases	\$ (2,387.54)	40%
Liability Insurance	\$ (352.00)	-17%
Lifeline Printing	\$ (680.13)	55%
Misc	\$ -	0%
Phone Answering Service/1-800#	\$ (306.72)	59%
Post Office Box	\$ (126.00)	-5%
Rent	\$ (750.00)	58%
Webmaster	\$ -	100%
Website	\$ (259.36)	69%
Where & When	\$ -	100%
Picnic	\$ (799.00)	20%
Office sup (coffee, postage & faxing)	\$ (75.00)	58%
Bank Charges and Fees	\$ (80.00)	60%
Other - Tax Filings	\$ -	0%
Total 2026-2027 Expenses	\$ (5,815.75)	67%

Total of Checking and PayPal Allows us a financial Runway of	2.25	Months
Number of Months of Fiscal Year Remaining	7	Months
For our 2025-2026 planned expenses, we currently have a	\$ (6,893.11)	Shortfall

		C&T	PI/CPC
Remaining Service Committee Budgets	Calvert	\$ 375.00	\$ 187.00
Budget Year 2026 (01May2026 - 30Apr2027)	Charles	\$ -	\$ 230.00
As of 30September2026	St.Mary's	\$ 375.00	\$ 250.00

THANK YOU FOR YOUR CONTRIBUTIONS

Leonardtown Big Book
Don't Louse it Up
The Waldorf Group
Beginners At Noon

We Wuz Wurz
Monday Night Men's Meeting
Happy Destiny
Ladies Recover Too

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/wwwsearch.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?

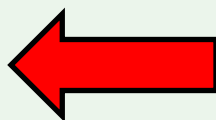
1) All contributions can be made online:

www.somdintergroup.org/donate.php

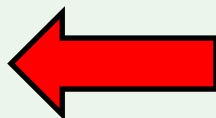
2) Or they can be mailed to the appropriate office location:

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)

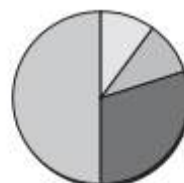
Your Group Service # _____

(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

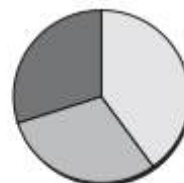
OR



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: Emme J.

Secretary: Shaara W.

Treasurer: VACANT

Parliamentarian: Keith T.

Web: Bill L.

Bookstall: Buddy F.

Lifeline/Archives: Keith H.

Telephone: Faye S.

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

Alternate DCM

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.marylandaa.org/
organizer/district-36-6](http://www.marylandaa.org/organizer/district-36-6)



**Check out our
NEW WEBSITE!**

**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.**

DISTRICT NOTES

**The next SMIA Meeting will be held on
Saturday, November 14 at 10:00 AM**

**Join us in person @
Immaculate Conception Church,
28297 Old Village Road, Mechanicsville, MD 20659**

**Or via Zoom @
[https://zoom.us/j/99982597908?](https://zoom.us/j/99982597908?pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09)
[pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09](#)**