



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>

Breaking the Multi-generational Cycle of Alcoholism - Our Children Need a Safe Environment



Early in my first marriage I could easily rationalize all of my alcoholic behaviors. These things meant nothing to me, at the time, but that all changed the day that I became a father. It didn't change my behavior but it did affect my conscience.

From that day forward I felt guilty about my inability to be a good father and as the result, my only son developed problems as bad as, or worse than mine. My wife and I separated and were divorced within two years of his birth and I got sober one year after that and have been sober ever since.

My current wife of forty eight years and I have done everything we could to be supportive of my first wife and my son from a distance and as he turned ten years old, she asked us if we would take custody of him, since she was still having difficulties of her own and we understood and gladly accepted her offer. This was the right thing to do but it didn't solve my son's problem.

He was damaged and the die was cast. He struggled with drugs and alcohol problems

into his late forties and is now in the program, sober for seven years and doing well.

From this experience and from the observation of the newer members that come to us in the midst of a divorce or a marriage influenced by alcohol or drugs, the children are often emotionally damaged and have very little chance of evolving into healthy adults.

Some of the symptoms I've read about are as follows: Children of alcoholics endure chronic and extreme levels of tension and stress. At times, children of alcoholics may begin to feel as though they are responsible for the problems and are likely to develop problems with drugs and alcohol themselves. These are just a few of the things that I and my family have experienced firsthand and it was not a pretty sight.

There were many sleepless night in sobriety wondering where my son was and fearing the worst. It took many years of

anguish before he finally surrendered and we finally had some peace of mind. My experience concerning this situation is to give some perspective on this matter in order to minimize the emotional damage to the children when the parents either divorce or reconcile their marriage.

Divorces are messy with the pain and disappointment of a failed relationship and my divorce was no different. Fortunately for us, I realized that my child would be witness to how I treated his mom and from that day forward I have not been critical about her in or out of his presence. I only talk understanding and compassion and I taught him that same principle, and in time, she came around to the same way of thinking, and we all moved on with grace.

When my grandson was born, the same thing happened when his mom and dad separated and my wife and I had the chance to provide virtually all of his day-care, and we had the opportunity to shield him from most of the trauma by

(continued on page 2)

(con't) providing him with a safe environment, with love and comfort.

We begin by explaining to him that they were good people but they have problems and we cannot judge them but we can help them when they are ready. The main thing was the safe environment part. We had the opportunity to walk him through these things with compassion and understanding.

I am happy to say that he just completed

his first year of college at the age nineteen with virtually no signs of emotional damage, no drugs or alcohol, no smoking of any kind and very mature. He talks to us freely about any and all subjects.

We can break the cycle but we must get our priorities straight as soon as possible, consider the damage to our children, put the past behind us and we must be strong enough to forgive. Every minute counts if we want to break the cycle.



<https://www.aacle.org/breaking-the-multi-generational-cycle-of-alcoholism/>

Step Eight: Making a List How I Levelled the Playing Field

When I first surrendered and came to Alcoholics Anonymous, I did not have a clue about the depth I would have to delve into my past behaviors to free myself from all the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits.

When faced with the 12 Steps, I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as, *“Okay for you, but not necessary for me.”* I did not think my problems were about mental, emotional, and spiritual matters. I thought that, if I could just stop drinking, things would be just fine.

It didn't take me long to realize what was meant about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years. I was one of the fortunate ones that lost the obsession to drink from the very first day in AA, so that was never a problem for me.

I had taken Step One. I dismissed Steps Two and Three as being okay for religious folks, but I could do without them. Steps Four, Five, Eight and Nine were the ones that I did not want to face.

But by the time I was sober for about two years, I finally let down my guard and did Steps Four and Five. The relief I got from being fearless and thorough about these two Steps gave me the desire and courage to proceed through Steps Six and Seven. Those steps will never be finished, as they are basically about spiritual growth concerning my thoughts and actions.

Then came Step Eight and the need to identify those people I had harmed in the past, and I would owe amends. Can they be serious? I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless.

With that thought in mind, I delayed doing Step 8 until I settled down and came up with an understanding that I could start my list and see where it would lead.

As I started to remember all of those drinking buddies, bartenders and girlfriends through all those years, I had to be realistic about it. To do this, I could spend the rest of my life chasing people down to apologize, and that is when I had to step on the brakes.

Thinking that I would need to find all of those ships in the night was what held me back from doing it. What I finally did, was first, be sure that I no longer did those regrettable deeds of yesterday so I was not being hypocritical.

Then I handled the ones that were *“renting room”* in the front of my brain box. I began with the people I let down the most, such as my first wife, my son, my siblings, my mother, and my closest friends, who were like family to me.

After that, I spread outward to the people I worked with or played with, such as golfing and fishing friends.

As time went on, I found the occasion when I would run into an old friend, and if I had anything left undone, I would ask him, *“Have you ever done something that you really regretted?”* His answer is usually, *“Hell yes, who hasn't?”* Then I would say: *“Can we talk?”*

This leveled the playing field. Who can fault a person who has made mistakes, but then corrected them, made restitution and lives an honest unselfish life? None of us are perfect. Do not be bogged down by overthinking Step 8. But on the other hand, be prepared to jump at the opportunity when it arrives.

<https://www.aacle.org/step-eight-making-a-list/>

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

On the 8th Step...

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style. And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus –“To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . .”

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself. The definition continues: “. . . to change or modify in any way for the better; to recover from illness.” It was written for us!

We have often heard that our sobriety should be founded on “unselfish selfishness”, that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us. When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the speci-

fications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to “handle” alcohol and it seemed then that the step we were taking was at least in part –a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that “unselfish selfishness” was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength. The principle of “unselfish selfishness” is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that –recalling the definition of the word –we may “change . . . for the better” and “recover from illness.” The alternative is retrogression. If we fail to “repair”, we can only impair.

<https://bigbooksponsorship.org/articles-alcoholism-addiction-12-step-program-recovery/aa-history/aa-oldtimerson-eighth-step/>

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

The Spiritual Principle of Step 8 is Love: Love is the unselfish deep concern for others. In our disease, we hurt others and do things to them that we would never wish upon ourselves. We practice love in Step 8 by taking responsibility for the harm we have done to others and cultivating the willingness to make it right.

<https://12steppers.org/wp-content/uploads/2022/05/Spiritual-Principles-of-AA-PDF.pdf>

How To Rebuild Relationships

If your relationships have been strained or destroyed due to drinking or addiction issues, keep in mind that there are ways you can rebuild your relationships as you walk your road in recovery. It's pretty common for loved ones to be casualties when it comes to an alcoholic's behavior, so know that others have certainly been in your shoes. The good news is that you can rebuild bridges over time with some insight and effort.

Offer a sincere apology: Whether you've stolen money from your parents or emotionally abused your partner, at some point, both will require that you offer a heartfelt and sincere apology. They may or may not be willing to accept your apology right now, but at least you can offer it. This lets them know that you are sincerely sorry for your behavior and any pain that you've caused them. It most likely will not be nearly enough for them to begin trusting you right away, but it is a start.

Remain sober: Another thing you can do to continue rebuilding bridges is to remain sober. Chances are you've told your loved ones over the years that you will stop drinking and then you started drinking again. That type of action makes it difficult for loved ones to believe you. If you stay sober, they are more apt to believe that you are really making the effort to get

your life together and be more willing to trust you.

Make amends: Apologizing is one thing, but go one step further (actually, the 9th step!) and make amends where you can. If you've stolen money, repay it if you can. If you've damaged property, replace it. Maybe you can meet with those who you've really hurt face to face in order to let them know how sorry

you are. If you're in doubt whether making an amends is appropriate, ask your sponsor or support group. There is also such a thing called living amends. This is where you make amends through an alternative way. For example, maybe you stole money from your grandmother, but she has passed on. You could donate money to an elderly group or organization.

Be patient: Not everyone is going to just let you into their lives again. It might take time for those that you've hurt to heal and trust you again. Be patient. If you get angry and act out, that just goes to show that you're not really doing internal work. Your goal is not just to stop drinking, but also to change from the inside out.

Keep yourself on track: Your loved ones want to see you successful in every area of your life, so do your best to work on yourself. If you attend 12 Step meetings, work on each step consistently and go over them with your sponsor. Create some goals for yourself and work towards them regularly. As you grow in your own life, rebuilding bridges that have been burned will become easier.

<https://www.aacle.org/how-to-rebuild-relationships-destroyed-by-alcoholism/>



It Happened in August



August 1: 1946 – Washington Times-Herald (DC) reports on AA clubhouse, to protect members anonymity, withholds address

August 3: 1954 – Brinkley S. gets sober at Towns Hosp after 50th detox

August 8: 1879 – Dr Bob S. is born in St Johnsbury, Vermont

August 11: 1938 – Akron & NY members begin writing stories for Big Book

August 15: 1890 – E. M. Jellinek is

born, author of The Disease Concept of Alcoholism and the Jellinek Curve

August 16: 1939 – Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio

August 18: 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia

August 19: 1941 – 1st AA Meeting in Colorado is held in Denver

August 25: 1943 – AA group donates

Big Book to public library in Quincy, MA

August 26: 1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated

August 28: 1954 – 24 Hours a Day is published by Richmond Walker

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

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1981 – Sales of the Big Book passes 3,000,000.

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



WHO WAS BRINKLEY SMITHERS?

Brinkley Smithers Gets Sober at Towns Hospital After 50th Detox. Became a personal friend of Bill, Lois and Marty Mann ...described as "one of his closest friends, a great philanthropist. Chartered the Learjet that took Bill to the Miami Hospital in a last ditch effort to save him.

Christopher Duncan Smithers was one of the founders and major stockholders of IBM. His son, R. Brinkley Smithers, was born

30 July 1907, in Glen Cove, New York. The young Smithers was painfully shy during his developmental years, but discovered the liberating effects of alcohol while studying medicine at John Hopkins University. When it was evident that Brinkley's love of alcohol far exceeded devotion to his studies, his father withdrew him from the University. Brinkley then worked as an investment banker through the Wall Street crash of 1929 and went on to work as a salesman at IBM. His business success was accompanied by an escalation in drinking that led to Brinkley's decision to retire at the age of 30. The retired life proved very conducive to his advancing alcoholism, which continued through his service in World War II. Following his discharge from military service, Brinkley operated a successful auto franchise, but was admitted more than fifty times for discrete detoxification at the Charles B. Towns Hospital in New York City.

In 1952, Brinkley created a philanthropic foundation to honor his father, who had died earlier that year. Originally chartered to support a wide variety of charitable activities, the mission of the Christopher D. Smithers Foundation was changed following R. Brinkley Smithers' recovery from alcoholism in 1954 and his attendance at the 1956 Yale School of Alcohol Studies. Ironically, it was through an employee he had once fired for drinking and who later found sobriety, that Brinkley was linked to Yev Gardner and to the beginning of his own recovery from alcoholism.

Gardner was a recovered alcoholic who was, at the time he met Brinkley, working as Marty Mann's assistant at the

fledgling National Committee for Education on Alcoholism. It was an auspicious meeting for both Brinkley Smithers and the alcoholism field. The new mission of the Foundation was to address alcoholism as a public health problem. Over the next half-century, the Smithers Foundation would provide more than \$13 million to alcoholism-related projects, with more than double that amount contributed to such projects by members of the Smithers family.

The role of the Smithers family and the Smithers Foundation in the history of alcoholism treatment and recovery in America is difficult to depict because of the length and breadth of its scope. This support included enhancing the development of nearly every area of the alcoholism field from support in building its organizational infrastructure, to support for public and professional education, policy advocacy, research, treatment, and prevention. The Smithers Foundation provided crucial financial support to the National Council on Alcoholism and Drug Dependence (NCADD), both in terms of the operations of the national office and in providing seed grants to nurture the development of more than fifty local NCADD affiliates. It also provided financial support to such key institutions as the Center of Alcohol Studies (in its transition from Yale to Rutgers), the North American Association for Alcoholism Programs, the North Conway Institute, and the American Society of Addiction Medicine. Smithers' actively supported the spread of occupational alcoholism programs within business and industry and provided a \$6.7 million gift to Cornell and Rutgers Universities to establish the R. Brinkley Smithers Institute for Alcoholism Prevention and Workplace Problems. The Smithers Foundation also supported the development of many prominent treatment institutions including Hazelden Foundation.

In the early 1970s, Brinkley Smithers provided a personal gift of \$10 million to Roosevelt Hospital in New York City to

open the Smithers Alcoholism Treatment and Training Center. In addition to financially supporting journals (such as the Quarterly Journal of Studies on Alcohol) and seminal books in the field (such as E.M. Jellinek's The Disease Concept of Alcoholism), the Smithers Foundation published and distributed its public information and professional education materials on alcoholism. Particularly significant was its support in getting alcoholism books, pamphlets and treatment resource guides into the nations libraries.

R. Brinkley Smithers' legacy transcends the financial resources that he infused into the alcoholism field and crucial points in its modern history. From the early days of his recovery from alcoholism, R. Brinkley Smithers remained personally involved in leadership roles a chairman and president of the NCADD board. In addition, he founded the Long Island Council on Alcoholism and was co-founder of the Alcoholism Council of New York. He personally involved himself at critical times in the field's history.

For example, when the most critical piece of legislation in the history of modern alcoholism treatment in the United States (the 1970 Hughes Act) had passed by both houses of Congress, but was not supported by the president, it was R. Brinkley Smithers who rallied the political forces that reached President Richard Nixon on 31 December, and persuaded him to sign the act into law only hours before it would have died by pocket veto.

R. Brinkley Smithers died at the age of 86 on 11 January 1994. He dedicated his life and financial resources to the proposition that alcoholism was a treatable disease. That legacy continues today through the Christopher D. Smithers Foundation under the leadership of Brinkley's wife, Adele C. Smithers-Fornaci, president of the Smithers Foundation and the chair of the board of the National Council on Alcoholism and Drug Dependence.

<https://www.facebook.com/groups/3178475942431844/permalink/4035888553357241/>



Lands Meditation Zoom

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



Mildred F. Toronto, ON Can
takes us through the book
Came to Believe

Wednesdays
10:00 - 11:30 am CT
6:00pm UK 10:00am PT 9:00am PST
Starting November 20, 2024

Zoom ID: 826 9431 0797
PW: 124145



AA Zoomaholic

Daily morning meeting at 8:00 a.m. est.

ID: 828 570 920
PW: 239551

www.aazoomahoilc.com



DARKNESS INTO LIGHT GROUP
AA CLOSED MEETING

ID -457-3945-203
PW- Serenity
Saturday night
6.30pm Irish&UK
10.30am PST
12.30pm CST
1.30pm EST



Closed Group - invite your friends! ❤️

AA Zoom Global Lists

A private directory of international Alcoholics Anonymous Meetings on Facebook



Manhattan Daily

Every Day at 9.15pm EST * Central 8.15pm * Pacific 6.15pm * NSW VIC QLD 11.15am * NZ 1.15pm

Zoom ID 895 0664 0809 No Pass reqd



Daily Meeting of The Pulaski Group
AAO ALIAGA AA

Daily Eastern 11am * Central 10am * Pacific 8am * UK 4pm * France Spain Germany 5pm

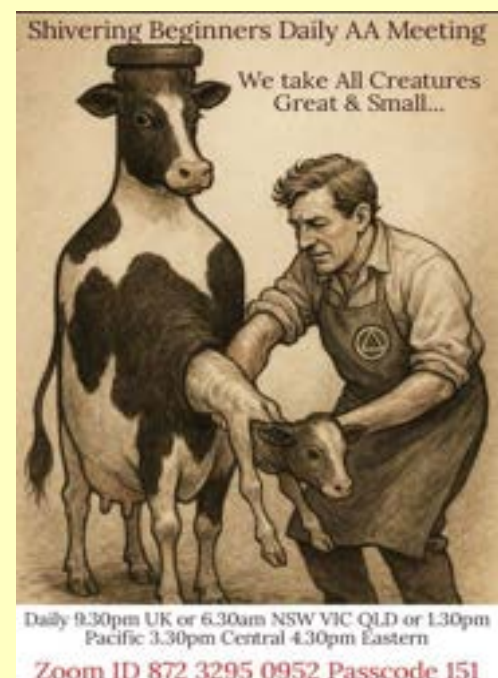
Zoom ID 889 131 0346
Passcode 085607



11:30 pm (PT) Truth or Share

InsomniAA

ID: 921 921 2024 All Welcome!



Shivering Beginners Daily AA Meeting

We take All Creatures Great & Small...



Daily 9:30pm UK or 6:30am NSW VIC QLD or 1:30pm Pacific 3:30pm Central 4:30pm Eastern

Zoom ID 872 3295 0952 Passcode 151

AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 Kevin M., 30 yrs, 4 Keeping It Green Jeanette W., 5 yrs, ODAAT Sherry B., 43 yrs, Tracys Landing	5	6	7	Kevin A., 4 yrs, Harmony	8	9
10 Beth H., 22 yrs, Living Sober Willie S., 40 yrs, Bobby U., 34 yrs, and Bill B., 15 yrs, Solomon's	11	12 Billy G., 3 yrs, Holly- wood	13 Betty C., 4 yrs, Blue Top @ Noon Aaron S., 4 yrs, Grateful Alive (Huntingtown)	14 Chuck M., 3 yrs, Harmony Kelly M., 4 yrs, Basic Text	15	16
17 Suzie L., 4 yrs, Ray C., 4 yrs, and James C., 5 yrs, Never Too Late	18	19	20	21	22	23
24 Emme J., 22 yrs and Taylor T., 7 yrs, ODAAT	25	26	27 Annie R., 6 yrs, Blue Top @ Noon Tina F., 2 yrs, Battled and Rattled	28 Brian O., 1 yr, Poplar Hill Mark A., 10 yrs, Almost Normal	29	30
31 Mike M., 10 yrs and Curtis B., 4 yrs, KISS						

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	7	8 Estelle, 1 yr, Today	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22 Lauren, 1 yr, Today	23	24
	25	26	27	28	29 Marilyn D., 23 yrs and Dan- ielle M., 7 yrs, Today	30
						

Spotlight on Service: Help Carry the Message — Chair the Gratitude Dinner!

In Alcoholics Anonymous, we learn that one of the best ways to stay sober is by helping others. Whether it's pouring coffee at a meeting, chairing a home group, or simply picking up the phone when another alcoholic calls, these acts of service connect us to something bigger than ourselves — and help keep us sober one day at a time.

One of the most joyful and impactful service opportunities in our Tri-County area is coordinating SMIA's **Annual Gratitude Dinner** — a treasured celebration of recovery, fellowship, and giving back. SMIA is currently looking for a dedicated member to chair this year's event, and we hope you'll consider stepping up.

If you've ever attended a Gratitude Dinner (or its springtime cousin, the Serenity Breakfast), you know how special it is. Great food, compelling speakers, raffles, door prizes, and — most importantly — a room full of gratitude, laughter, and hope.

These events don't organize themselves. Behind every successful Gratitude Dinner or Serenity Breakfast is a committed chairperson who rallies the troops, tracks the details, and ensures it all comes together.

If that sounds overwhelming, don't worry — **you won't do it alone**. Here is a general guide that tells what's involved to help you make an informed decision.

What Does the Chairperson Do?

The chair's role is to oversee the big picture — ensuring the major moving parts are covered, recruiting volunteers, and keeping things on track. Here are the core tasks:

- **Secure a venue** (centrally located, capacity for 160–200)
- **Recruit cooks and kitchen staff** (3–4 cooks, 4–6 kitchen helpers, 2–3 dishwashers)
- **Organize committees** for things like:
 - Ticket sales/Promotion
 - Menu Planning/Supply Purchasing
 - Table setup/Decorations
 - Beverage Station (coffee, tea, sodas)
 - Speaker/Entertainment/Program
 - Cleanup/Restroom Maintenance
 - Door prizes/Silent Auction
 - 50/50 Raffle

Oversee the event schedule — from doors opening at 5:30 PM to the sobriety countdown and speaker, all the way through door prizes and clean-up

You'll work with the Intergroup and fellow trusted servants who've been through it before and can help guide you.

What's in it for You?

Besides helping carry the message and raising funds to help carry the message in the Tri-County area, coordinating this event is a **powerful form of 12th Step work**. It's an opportunity to connect, give back, and stretch your service muscles.

The Gratitude Dinner isn't just a meal. It's a celebration of recovery. It's a chance to show the newcomer what sober fun looks like. It's a night to remember why we're grateful — and to give thanks to the Fellowship that saved our lives.

If you feel a nudge in your heart right now — follow it. If you're not ready to chair but still want to be involved, there are plenty of ways to help. We're also looking for trusted servants to lead or join committees. Many hands make light work. If you're willing to serve in any capacity, please reach out.

To learn more, volunteer, or throw your hat in the ring, contact SMIA Vice-Chair Lorraine J at 410-474-1058 or via email at smia.vicechair@somdaa.org. Say yes to service. Say yes to staying sober. Say yes to the Gratitude Dinner.

District 36

Grapevine Committee Workshop

Learn How To Tell "Your" Story In Writing! [or any sobriety topic]



Patuxent Presbyterian Church
(downstairs)

23421 Kingston Creek Rd.
California, MD 20619

POC: Rick K. GRAPEVINE materials available
240-538-6412 for purchase during event



Sunday
Aug 10, 2025
1pm ~ 3pm



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

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



August 22-24, 2025, Virginia Beach, Virginia

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

RESERVATIONS

Room rates through July 29, 2025:

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

Breakfast is not included.

To make reservations,

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

REGISTRATION

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

Registration is transferable by **NOT**
refundable.

- Register online at www.SEWomantoWoman.org
- Complete attached registration form and mail registration form and check payable Southeast Woman to Woman to

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

CONFERENCE CONTACTS

Chair: Tracy U.	(757) 381-4124	sew2w2020@gmail.com
Co-Chair: Natalie S.	(757) 348-8459	Natalie_sew2w25@gmail.com
Registration: Rebecca M.	(757) 515-3684	sew2w2012@gmail.com

AREA 29 MARYLAND

PUBLIC INFORMATION &
COOPERATING WITH PROFESSIONALS



Joint PI/CPC
meets
monthly
3rd Sunday

Aug 17th
@ 3pm EST
Alex W.

Delegate - Area 09
CPC Updates from
the 75th General
Service Conference

July 20th
@ 3pm EST
we welcome
Sam C. Job
Presentation to
Professionals

ID 862 7457
8272
pw 199887

A29cpcpi@gmail.com

SESSIONS BY THE SEA REGISTRATION HOTEL INFORMATION

SIXTY-EIGHT ANNUAL Sessions by the Sea



OCEAN CITY MARYLAND
SEPTEMBER 2-7, 2025

REGISTRATION WILL OPEN MAY 9TH!

REGISTRATION



& SERVICE STIRRING THE POT OF UNITY

CHILI COOK-OFF | SPEAKER PANEL | GAME SHOWS | FELLOWSHIP

SATURDAY 9.20.2025 | 10:00 AM - 2:00 PM
SEVERNA PARK UNITED METHODIST CHURCH
731 BENFIELD ROAD, SEVERNA PARK, MD 21146

BRING YOUR FAMOUS CHILI!

Prize awarded for the best chili as voted on by participants.
Voting and lunch at 11:00 a.m.!
Award announced at noon.



GAMES FOR ALL!

Service BINGO, AA Anagrams,
Mad Libs: Trusted Servant Edition.
As well as **two big games** for everyone's enjoyment.



SPEAKERS FROM WORLD SERVICE & INTERGROUP

What does service do for them personally?
What does intergroup do?
Do you need both in your group?
1 hour panel with 4 speakers.

COME HUNGRY, LEAVE INSPIRED!

FELLOWSHIP, FOOD, AND SERVICE - ALL IN ONE SPICY SATURDAY!

Need more information?

Email: district31md@gmail.com

Contact: Ginger A. - 410.903.2363

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

DISTRICT 36
Snow Hill Park
26582 S. Sandgates Rd
Mechanicsville, MD
piscobaby82mf@gmail.com
Contact: Mary F.

September 21
noon - dusk

SUMMER BEACH BASH

Waterfront Pavilion
Beach Access
Playground
Fishing Area

Bring Side Dish or Dessert

Parking FREE

2nd Annual Chili Cook-off & Bonfire Meeting

5-7 pm
7-8 pm

OCT 11 2025

Hosted by District 36
Refreshments & Hot Dogs Provided

Bring your Chili, Dessert or a Side Dish

Bring Your Own Chair

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

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

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.
Leonardtown, MD 20650

Contact Mary F.
piscbaby82mf@gmail.com



RHC

A-29 Accessibilities E-Blast

August 2024

MGS Inc. Area 29

MarylandAA.org

How Accessible is your group?

Take your group's accessibilities inventory!



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

Next, update your status!



Ensure that your meetings' accessibility status is correctly listed in your local intergroup directories. The intergroup directories are where The Meeting Guide app pulls its information from. Use this QR code to locate your local intergroups contact information. Correct listings ensure that those with disabilities can accurately choose what meetings will work for their needs. Note that any wheelchair accessible meeting will also be walker accessible.

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

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

Help the Area 29 Accessibilities Committee!

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

HELP WANTED

12 STEPPERS

Duties: Carry the AA Message

Location: St. Mary's County Detention Center

Qualifications: 1 Year Sobriety

Benefits: Spiritual Fitness & Slip Insurance

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

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

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!



CLEAN AIR GROUP

The Clean Air Group

Is in need of support

And home group members

Come on out and check us out

Friday nights 6:30pm.

St. Andrews Episcopal Church

44078 St. Andrews Church Rd.

The living Sober Group

Come one come all

To the living Sober Group's

New location

The Callaway Baptist Church

20960 Point Lookout Rd.

Callaway Md

Sunday 4:00pm.

SUPPORT YOUR
LOCAL GROUPS?



Service Opportunities



Area 29 Maryland PI/CPC
PUBLIC INFORMATION
AND COOPERATION WITH THE
PROFESSIONAL COMMUNITY
COMBINED 2025 COMMITTEE

Table Exhibitions
Give presentations about AA to schools and organizations, and set up exhibitions at professional events
Audio, PSAs, Internet
Ensure local media has accurate information about AA, through PSAs, anonymity protected interviews and digital press kits

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

ON AIR

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

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

WWW.MARYLANDAA.ORG
A29CPCPI@GMAIL.COM



Maryland Deaf Access Committee (MDAC)
Alcoholics Anonymous
Visit our Website!
<http://mdacAA.org>

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

PayPal QR code >>>



✓ We follow all of AA's 12 Traditions

✓ We 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

Grapevine Meeting!

4th Tuesday of each month 6:30 pm

Did you know that The Area 29 Grapevine Committee is a traveling literature store? We have a large variety of AA Grapevine books for sale. Please reach back out if your group, District, or intergroup is hosting an event or workshop and would like us to come and sell literature.

Join Zoom Meeting:

<https://us02web.zoom.us/j/85217774704>
pwd=TVhEdFpKdmxSRINvNnJHU1pYWDVaQT09

Meeting ID: 852 1777 4704 Passcode: 019347

Brandi D., Area 29 Grapevine Committee Chair

For more info: grapevine@marylandaa.org

Group and District GVR's encouraged to attend, all are welcome!

Are you looking for a fun service position?

Please join us and find out more! All are welcome to attend!



Area 29
You Are Invited
GSR ORIENTATION

First Monday of Every Month
7:00 pm - 8:00 pm

Zoom ID: 845 5904 4220
Password: GSR

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

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

OPENING : The Serenity Prayer

BOARD MEMBERS PRESENT:

Todd M., Chair; Paul S., Parliamentarian and Shaara W., Secretary.

GROUPS & COMMITTEES REPRESENTED:

Andy X., Keeping it Green; Bill L., Harmony Group/Web; Pat S., Charlotte Hall/NTL; Fay S., We Are Not Saints; Roy B., Solomons/D36 Corrections; Buddy F., Basic Text/Bookstall; and Keith H., Almost Normal/Lifeline. New Member(s)/Visitor(s): None

SMIA Chair Report: QR Codes. At District meeting the PIP/PPC representative Brenea W. did a presentation on QR Codes. She had suggestions for jackets and sleeves for groups to use in their meetings using cards with a QR code that links to a website with all the literature on it. Doing this would be a way to streamline getting the message out. Of course, one needs a phone to use. Buddy brought in a general guide for putting on a gratitude dinner or serenity breakfast. Take a photo of it and make it available to your groups. It's a job vacancy announcement. It's also in Lifeline.

Vice Chair Report: No report.

Secretary Report (corrections/additions): Motion to accept the June 14 meeting minutes as posted on the SMIA Website. Second. All in favor.

Treasurer Report (corrections/additions): Motion to accept the June Treasurer's Report as submitted. Second. All in favor.

COMMITTEE REPORTS:

Corrections/Treatment Calvert. No report. Charles. No report. St. Mary's. Roy B. reported that meetings at the St. Mary's Detention Center are ongoing with good participation. He was able to distribute back issues of the Grapevine, especially

SOUTHERN MARYLAND INTERGROUP ASSOCIATION MEETING MINUTES 7/12/25

the prison issues, which were well received. He also had Grapevine paperbacks which we also distributed. He has one new volunteer who was approved and is still seeking volunteers. He introduced the Foundation Format to the inmates to get back to basics. He has a new sponsee on the inside. Also, he plans to attend the Second Annual Area 21 Corrections Conference in October. It is open to all AA members.

Public Information/PCP: Calvert- No report. Charles: Todd M. mentioned the QR code concept as something to think about. St. Mary's- No report.

Telephone: Total Calls 18. Calvert 1, Charles 4, St. Mary's 3, Not Specified 10. Total time 35 mins.

Where & When: No report.

Lifeline: Keith H. reported everything is good and requested that flyers and notices for publication be in .pdf format.

Events: Serenity Breakfast- Pat S. reported she has all the receipts and the financial report as well as the turnover file. Handed to the Secretary. There were a few items left over from the silent auction that can be used as speaker gifts or raffle them off.

Picnic: Buddy F. reported the picnic went well but was sparsely attended. Total expenses were \$878.47.

Gratitude Dinner: We are still looking for a chair. Planning and venue have yet to be determined.

Workshops: Buddy F. is planning an all-day Big Book study. More to come. Also, Todd M. reported that District 29 is having

"The Heartbeat of AA: The Home Group" workshop on October 4 at 11:30 a.m. at Peace Lutheran in Waldorf.

Bookstall: eight orders. Two for PCP/IP committees. \$306.10. Total of \$172 received. Also received a \$100 donation from the Harmony Group to give to the Treasurer.

Website: Visits: Main site – 2568 – down 14% Bookstall – 1050 – down 4%. Five Most Frequently Visited Pages were Home Page (2962), Where & When Calendar (231), Where & When Search (115), On-Line Meetings (111), and Announcements (89). Site Updates and Changes: No significant updates or changes. Meeting Status: There are 134 meetings in our service area - 125 meetings are in-person; six are hybrid and eight are on-line only. Document Posts & Updates: Lifeline posted (7/2/25); Finance Page updated (7/1/25) and SMIA Minutes posted (6/23/25). Phishing Attempts: Bill cautioned that Board Members may receive e-mails that appear to come from IONOS, the domain host. Please do not open, forward or click on any content in them. Just delete them. Any domain related information will come from him.

OLD BUSINESS: 1. Serenity Breakfast financials have been submitted. 2. The job description for the chair of the Gratitude Dinner has been developed and is being distributed.

NEW BUSINESS: None.

FOR THE GOOD OF THE ORDER: Pat S. mentioned that the committee for the last Serenity Breakfast would like to continue for the next one.

CLOSING – Motion to close. Second. All in favor. The meeting ended with the Responsibility Pledge.

August 2025

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

\$665.60

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

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

Assets	
Primary Business Checking	\$ 3,879.61
Primary Business Savings	\$ -
Prudent Reserve	\$ 4,453.00
PayPal	\$ 425.90
Bookstall Cash on hand	\$ 100.00
Total Assets	8,858.51
This Month's Expenses	
Bookstall Purchases	\$ -
Liability Insurance	\$ -
Lifeline Printing	\$ (130.70)
Misc	\$ -
Phone Answering Service/1-800#	\$ (60.70)
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (139.92)
Where & When	\$ -
Picnic	\$ (553.22)
Travel	\$ -
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ -
Bank Charges and Fees	\$ (16.00)
Other - Tax Filings	\$ -
Total Expenses	\$ (1,050.54)

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

		BUDGET Shortfall
Year to Date Income		
Contributions	\$1,987.12	78%
Bookstall Sales	\$ 468.00	87%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ -	100%
Total 2025 Income	2,455.12	83%
Year to Date Expenses		
Bookstall Purchases	\$ (154.53)	96%
Liability Insurance	\$ -	100%
Lifeline Printing	\$ (360.74)	62%
Misc	\$ (104.74)	0%
Phone Answering Service/1-800#	\$ (173.52)	47%
Post Office Box	\$ (120.00)	0%
Rent	\$ (450.00)	75%
Webmaster	\$ -	100%
Website	\$ (253.80)	70%
Where & When	\$ -	100%
Picnic	\$ (773.22)	23%
Travel	\$ -	100%
Workshops	\$ -	100%
SMIA Archives	\$ -	100%
Office sup (coffee, postage & faxing)	\$ (120.00)	33%
Bank Charges and Fees	\$ (32.00)	68%
Other - Tax Filings	\$ -	0%
Total 2025 Expenses	\$ (2,542.55)	86%

Total of Checking, Savings and PayPal Allows us a financial Runway of	2.90	Months
Number of Months of Fiscal Year Remaining	9	Months
For our 2024-2025 planned expenses, we currently have a	\$ (9,053.49)	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 CONTRIBUTIONS:

**Lexington Park Big Book
Waldorf Group
Early Risers**

**Way of Life
Emotional Sobriety**

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#gmlf>. 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?

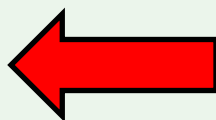
1) All contributions can be made online:

www.somdintergroup.org/donate.php

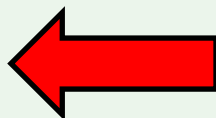
2) Or they can be mailed to the appropriate office location:

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)

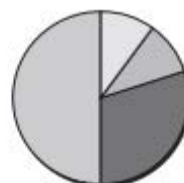
Your Group Service # _____

(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

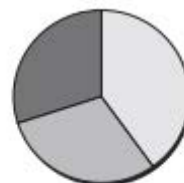
OR



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 CALVERT 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: D35I2025

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:

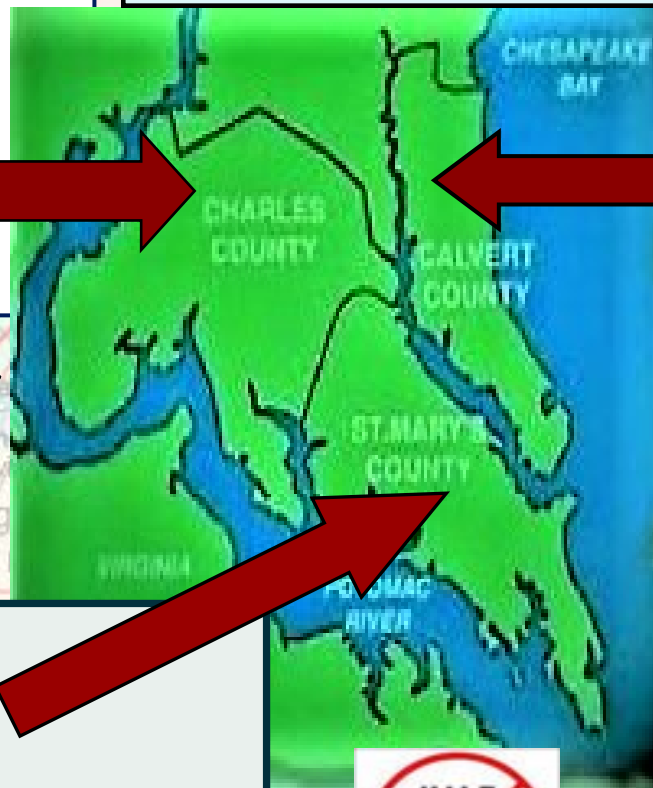
7 PM, 3rd Monday

St. Paul's Episc.
Church

Prince Frederick, MD
District 1 Trust Fund

PO Box 234

Barstow, MD 20610
www.calvertaa.org



**SERVICE KEEPS
US SOBER**

DISTRICT 36

ST. MARY'S COUNTY

PO Box 1334, California, MD 20619

www.district36mdaa.org



Please send any updates for the Where & When to:

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, September 13 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](https://zoom.us/j/99982597908?pwd=QzVLcUZrVHdacFlrYUNZN21tdkluQT09)