

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>



THE POWER OF 90 IN 90: A STRONG FOUNDATION

Recovery from addiction is a lifelong journey. The early days of recovery can be some of the most challenging. One of the most well-known recommendations in 12-step recovery programs like Alcoholics Anonymous (AA) is “90 meetings in 90 days.” This structured approach helps individuals establish a strong foundation for long-term sobriety.

But what exactly is “90 and 90”, and why is it so effective? Let’s explore how this commitment can help those new to recovery build support, stay accountable, and develop healthy habits.

What Is 90 Meetings in 90 Days?

The concept of “90 meetings in 90 days” is simple: attend one meeting every day for the first three months of sobriety. This approach is highly encouraged for

those new to recovery because it provides:

- Daily accountability** – Regular meetings help individuals stay focused and committed.

- Consistent structure** – Developing new habits is easier when attending meetings becomes part of a daily routine.

- Strong support network** – Connecting with others in recovery reduces feelings of isolation and increases motivation.

For many, “90 and 90” serves as a critical stepping stone to long-term success, helping individuals navigate the early days of sobriety when cravings and emotional struggles are at their peak.

Why 90 Days?

The first three months of sobriety are often the most difficult. The body and mind

are adjusting to life without alcohol and many people experience sobriety fatigue, anxiety or emotional instability. Attending 90 meetings in 90 days provides the support necessary to manage these challenges and develop healthy coping mechanisms.

Studies suggest that it takes about 90 days to form a habit, making this timeframe crucial for establishing a routine that supports long-term recovery. Daily meetings reinforce key principles of sobriety, helping individuals build resilience against relapse.

Benefits of 90 and 90

- 1.**Creates a support system** – Attending meetings regularly allows individuals to form connections with others in recovery, providing encouragement and accountability.

- 2.**Builds a new routine** – Addiction often disrupts daily life. Committing to 90 and 90 helps replace old habits with positive ones.

- 3.**Reduces the risk of relapse** – The early days of sobriety come with intense cravings and emotional struggles. Having a daily check-in helps individuals stay on track.

- 4.**Provides access to sponsors and mentors** – Meeting experienced individuals in recovery makes it easier to find a sponsor who can offer guidance and support. *(continued on page 2)*

(con't) **5. Encourages emotional healing** – Recovery isn't just about quitting substances; it's about addressing the emotional and psychological aspects that are the roots of addiction. Daily meetings provide a safe space to process these feelings.

How to Stay Committed to 90 in 90

Committing to 90 and 90 can feel overwhelming, but with the right mindset, it's entirely manageable. Here are some tips to stay on track:

- Plan ahead** – Look up local meeting schedules or explore virtual options to ensure accessibility.

- Try different meetings** – Not all

groups are the same. Find the ones that resonate with you the most.

- Use a meeting app** – Many recovery programs have apps or websites that list nearby meetings.

- Find a meeting buddy** – Attending with a friend or accountability partner makes the process more engaging.

- Stay open-minded** – Some meetings may feel repetitive, but each one offers valuable insights.

Beyond 90 Days: What's Next?

Completing 90 meetings in 90 days is a major accomplishment, but recovery doesn't stop there. Many of us continue to attend meetings regularly, several times

per week or daily depends on our needs. The key is to remain engaged in the recovery community and continue building a strong support system. Long-term recovery is a journey, and staying connected with a supportive community is essential.

Building a Lasting Foundation: This approach is a powerful tool for early sobriety, providing structure, support and accountability during one of the most critical times in our lives. If you or a loved one are starting this journey, remember that you're not alone. Embracing 90 meetings in 90 days can help lay the groundwork for a fulfilling, sober life.

<https://www.legacyfreedom.com/the-power-of-90-meetings-in-90-days-building-a-strong-foundation-for-sobriety/>

It Happened in September



September 1: 1939 – 1st AA group founded in Chicago.

September 5: 1907 – Nancy Flynn, author of "Independent Blond" born.

September 11: 2001 – 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack. 2001: Father Mychal J., died sober in the World Trade Center attack.

September 12: 1942 – U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.

September 13: 1937 – Florence R, 1st female in AA in NY.

September 13: 1941 – WHJP in Jacksonville, FL airs Spotlight on AA.

September 17: 1954: Bill D, AA #3 dies.

September 19: 1965: The Saturday Evening Post publishes article "Alcoholics Can Be Cured – Despite AA". 1975 – Jack Alexander, author of Saturday Evening Post article, dies.

September 21: 1938 – Bill W & Hank P form Works Publishing Co.

September 24: 1940 – Bill 12 steps Bobbie V who replaced Ruth Hock as his secretary in NY.

September 30: 1939 – Morris Markey runs story on AA, Alcoholics and God in Liberty Magazine.

September 30: 1975 – **Bill W**, a biography by Robert T is published.

September 30: 2003 – Searcy W. died today, sober 20,962 days in a row.

Other significant events in September for which we have no specific Dates:

1930: Bill wrote 4th (last) promise in family Bible to quit drinking.

1939: Group started by Earl T in Chicago.

1940: AA group started in Toledo by Duke P & others.

1940: Journal of Nervous and Mental Diseases gives Big Book unfavorable review.

1946: Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.

1946 – 1st AA group in Mexico City is formed.

1948: Bob writes article for Grapevine on AA "Fundamentals – In Retrospect".

1948: 1st issue of Grapevine published in "pocketbook" size.

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



Steps 8 & 9 in Practice: Making Amends in Real Life

Literature tells us how to make 12-Step amends. But as we quickly learn, simple instructions aren't necessarily easy to execute. Although human relationships will always be complicated, doing our best to repair the damage restores our self-esteem and helps the other person resolve their hurt around the issue.

Step 8: We learn that step 8 is about becoming willing to make amends.

Most working the program will construct a simple list of who they harmed and how. Additionally, this can include potential ways to remedy the situation.

Step 9: During Step 9, the person in recovery begins actively making amends. Remember, we are here to clean "our side of the street" or address our wrongs to the best of our ability. The other person has every right to feel the way they do about a previous conflict.

Curb Your Expectations

Sometimes, the person is still hot about the issue. Accept that you may be yelled at or otherwise rejected. Even with exemplary conduct on your part, things can still go poorly. Some people's greatest wish may be that you remain sober and continue recovering. Others may prefer never to speak again or even wish you ill on the way out of the door. The future of your relationships is never guaranteed, but you will feel better knowing you have done your best to remedy your part.

The 12-Step amends approach can

be constructive for you and the other party. This is particularly true if you've been out of contact or have reason to question whether it is appropriate to make the amends. Above all, we must not be selfish. The complexity of individual situations is why consulting with sponsors can assist greatly in your recovery process. Nobody has perfect judgment on their own.

Step 9: Discern Whether Amends Are Safe and Appropriate

Step 9 acknowledges that 12-Step amends aren't necessary when making them places you or the other person in danger. Some cases are obvious—a woman clearly should not contact an abusive male stalker, even if she has learned about her role in the resentment from an honestly approached 4th Step inventory. Any situation that risks your or another person's physical safety is one to avoid. There may be a safer, alternate activity to perform in lieu of a traditional conversation. Situations involving abuse, for example, may be better addressed by writing a letter you do not send but instead share it with your sponsor. Other times, we cannot make direct amends, such as if the other person has passed away or a business has closed. Sometimes, we have no choice but to make living amends. If you stole something from someone you cannot reasonably return the item to, you could simply resolve not to steal again from others as part of your long-term recovery goals. A

"living" solution is one that we practice in our wider lives, such as avoiding the temptations of manipulation and behaviors that harm others.

Sometimes we may feel emotionally unsafe in making amends. If this is the case, seek a sponsor's advice .

Don't Make Amends or Promises You Cannot Keep

When we make amends, we must keep in mind not only what is correct, helpful, and kind but also what is practical and reasonable. Financial amends, for instance, aren't always appropriate to offer, especially if you do not yet have money to pay the individual back. In these situations, leave the person on your Step 8 list. Next, develop a specific plan for raising the necessary funds.

If you're still in treatment, it could be some time before you can obtain a job and save enough to return a substantial amount of money. Some situations, such as those involving the custody of children, other legal matters, or multiple complex issues at play, may be best to pre-game with the appropriate professionals. Recognize that there are limits to the things you are personally able to control. Keeping your word about matters you can control is vital.

Amends for many of us will remain an open or ongoing process. Some of us have caused a great deal of damage to those we love the most. It's helpful to practice the principles life-long. Remember, we cannot control the other person. But we do get to feel more freedom. Willingness and determination to clear away the havoc of our past lives pave the way for our new lives.

<https://www.sperorecovery.org/steps-8-9-in-practice-making-12-step-amends-in-real-life/>

Step 9: The Best 5 Tips for Living Amends

Have you ever heard the phrase, “make amends”? It’s not one we use too frequently in our everyday language, but it still holds significant meaning. To make amends means to apologize for something you have done or for wronging someone in some way. It means mending, or (quite literally) fixing, the relationship.

When held in the bonds of an addiction, it’s not uncommon for many relationships to feel strain, or to fall apart together. The beautiful part of recovery, especially when done in conjunction with the Twelve Steps of AA (Alcoholics Anonymous), is the chance to not only mend the injured relationships but to take it a step further and turn your apology into living amends.

What does living amends mean? Step Nine of the Twelve Steps of AA states, “Made direct amends to such people wherever possible, except when to do so would injure them or others.” The purpose of Step Nine is to acknowledge the harm caused during active addiction and to make it right with the people involved, as much as possible. Even though they have similarities, living amends are different than making amends. While making amends is apologizing, living amends

means living a completely new, sober lifestyle, and being committed to that lifestyle for both yourself and those you’ve harmed in the past. It means that you’re not just using your words to show a change, your actions are proving this change as well.

5 tips for living amends: It’s really hard to apologize to those you’ve hurt — it takes courage and humility and requires a deep, intense look at yourself. It follows, then, that Step Nine is a challenging step. Thankfully, there are tips you can take to help make your living amends permanent and lasting.

1. Rather than making apologies and then repeating old behaviors and re-opening old wounds, commit to living a sober and healthy life. This means refusing to ever go back to the old habits that originally hurt those close to you and remaining true to your word that you no longer wish to pursue that old, unhealthy lifestyle.

2. Fulfill a promise that you made to someone in the past, but failed to keep because of addiction. Perhaps you promised a

loved one to help paint a room, but your struggles with substance abuse made that promise go by the wayside. Living amends means showing up with a can of paint and paintbrushes, ready to paint that room.

3. Living amends means actively improving relationships in your life with a concentrated and focused effort. Visit relatives more often, mentor young people you know, teach people close to you skills you’re good at or make time for a regular date night with your partner.

4. Addiction is all about meeting the needs or wants you to have for yourself; a life free from addiction gives you the time

and space to fill the needs and wants of others, be they family members, friends or members of your community. You could volunteer at the library or animal shelter; you could offer to pet-sit while your friends are away; or you could help your mom with a home improvement project she’s been working on for years.

5. Don’t keep apologizing repeatedly for your past mistakes. It’s possible that you made apologies over and over when you were using, so your loved ones

have heard that before. Instead, stay focused on changing your behaviors and being of service to them. Offer to do chores or spend time with loved ones. Wash a car, mow a lawn, visit with an elderly relative or do anything else that’s useful and considerate. Actions speak louder than words.

Undoubtedly, you, too, have a list of ways in which you want to live out your living amends, and that’s great! The more personalized your lifestyle changes are, the more they’re going to resonate and stick with you.

Navigating Step Nine: Living Amends: Step Nine can leave you emotionally exhausted; it’s a difficult step to navigate. But the rewards you’ll reap from living amends can help make the challenges easier and more productive. Plus, you’ll find that as relationships heal and friendships are repaired, you’ll have more support and encouragement from those around you, and nothing is more helpful in recovery than a community of valuable family and friends.

<https://www.silvermistrecovery.com/step-9-the-best-5-tips-for-living-amends/>



Navigating Social Situations in Sobriety

them before and after events, discuss any concerns or anxieties, and lean on their understanding and guidance.

7. Practice Assertive Communication: Develop assertiveness skills to confidently express your needs and boundaries. Politely decline alcohol offers, assert your decision to remain sober, and redirect conversations away from drinking-related topics. Remember, it's okay to set boundaries and protect your sobriety.

8. Take Care of Yourself: Self-care is essential in sobriety, especially in social

Sobriety is a transformative journey that requires navigating various social situations while staying committed to a life free from alcohol addiction. Alcoholics Anonymous (AA) provides valuable guidance and support to individuals in recovery, offering practical tips for navigating social scenarios without compromising sobriety. In this blog post, we will explore essential tips from Alcoholics Anonymous on how to navigate social situations while maintaining sobriety.

1. **Prioritize Your Sobriety:** Maintaining sobriety should be your top priority in any social situation. Remember that it's okay to decline invitations or leave early if you feel uncomfortable or exposed to triggers. Prioritize your well-being and make choices that align with your recovery goals.
2. **Be Honest and Open:** Honesty and openness are crucial in social settings as a person in recovery. Share your journey with trusted friends and loved ones, helping them understand your commitment to sobriety. Communicate your needs and boundaries, and don't hesitate to ask for support when necessary.
3. **Choose Sober-Friendly Activities:** Engage in activities that support your sobriety. Explore hobbies, exercise, attend art classes, or join community groups aligned with your interests. By participating in sober-friendly activities, you can build a network of like-minded individuals who share your commitment to a substance-free lifestyle.
4. **Plan Ahead:** Before attending social events, plan ahead to minimize potential triggers. Consider the environment, the presence of alcohol, and the company you'll be with. Have an exit strategy in case you feel overwhelmed and ensure you have a supportive friend or sponsor to reach out to if needed.
5. **Bring Your Own Non-Alcoholic Drinks:** Bringing your own non-alcoholic beverages to gatherings can help you feel included while avoiding potential temptation. Have a refreshing mocktail or your favorite non-alcoholic beverage in hand to maintain a sense of normalcy and avoid unnecessary questions or pressure to drink.
6. **Lean on Your Support System:** Your support system, including your AA fellowship, sponsor, or sober friends, can be invaluable in navigating social situations. Reach out to

situations. Prioritize adequate rest, exercise, healthy eating, and mindfulness practices to maintain emotional and physical well-being. Taking care of yourself strengthens your resilience and equips you to navigate social situations with confidence.

9. **Explore AA Social Events:** AA often organizes social events that provide a safe and supportive environment for individuals in recovery. These events offer opportunities to connect with others who understand your journey, share experiences, and build a sober support network. Attend these events to enjoy socializing without the pressure of alcohol.
10. **Embrace the Joy of Sobriety:** Finally, embrace the joy of sobriety and the freedom it brings. Focus on the positive aspects of living a sober life, such as improved relationships, enhanced well-being, and personal growth. Surround yourself with people who support your sobriety and celebrate your achievements along the way.

Navigating social situations in sobriety requires intention, self-awareness, and a supportive network. By prioritizing your sobriety, being honest and open, choosing sober-friendly activities, planning ahead, leaning on your support system, practicing assertive communication, taking care of yourself, exploring AA social events, and embracing the joy of sobriety, you can confidently navigate social scenarios while staying committed to your recovery journey. Alcoholics Anonymous offers invaluable guidance and support, empowering individuals to thrive in sobriety and build a fulfilling life free from alcohol addiction.

<https://newcomerskeepcoming.org/newcomers-keep-coming/f/navigating-social-situations-in-sobriety-essential-tips-from-aa>



Tradition Nine: Organization and Service Aren't Mutually Exclusive

In the beginning, our founders really felt like we didn't need much organization and structure in the Fellowship, and then they went and created a bunch of it. "It is clear that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize workers to serve us. It is the difference between the spirit of vested authority and the spirit of service." (12×12, Page 174)

One of the best examples of this is if you should ever find yourself needing to reach out to GSO for their ideas on a specific issue that your group, District or Area may be

having; you can be relatively sure regardless of what you are asking about will garner a response that generally starts off with something like, "That's a great question. Our shared experience in A.A. is...." and they will offer suggestions of solutions from those that have gone before us to help you with your concern. They cannot tell us what to do, but they can help us. The organization of our Fellowship is crucial to our being able to carry the message to the still suffering alcoholic, but that structure is not there to govern, but to serve.

Step-Tradition Parallel: The first nine steps delivered us from the bondage of our past experiences with alcohol. We finally arrived at the place where we could say to ourselves, "I have totally faced my past. And there is nothing left in my past that I'm ashamed of. There's nothing left that hurts anymore. There's nothing left in my past that's painful. There's nothing left in my past I need to forgive or need to be forgiven for. I'm at total oneness and peace with my past." Well, that's a tremendous statement to be able to say. That's an enormous statement for any person to be able to say about their life. And that's what the first nine steps give us. And the ninth tradition assures me that once my ninth step amends have been made, I will be led to that profound place of peace I have always sought in my life: divine order. The ninth tradition not only contains the secret of divine order but also contains the personal principle that will keep an alcoholic like me in divine order. It is so simple. I give up control. I stop organizing myself. I stop trying to organize God into my limited ideas of order.

How does this ninth tradition relate to the ninth step? My life gets unimpeded flow of divine love in a triangle consisting of you, myself and God. Whenever the divine order of that relationship is disturbed, I can restore order by making the unmade amend that put my life out of order. The ninth step poses the question, "After making amends, how do I stay reconciled with you today?" The ninth tradition answers that question by implying that I remain in the divine order by not organizing you, myself or God and spontaneously being of service to you and God.

<https://take12.org/t9/>



"Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

Living with Wernicke-Korsakoff Syndrome

We've all heard about it. The way it's presented is as an affliction of alcoholics with the deepest of bottoms. They drank so much it affected their nervous systems. They are senile. Demented. Drooling idiots. Wet brains. Right?

30 years ago I was on my way to the liquor store when I saw Dean walking toward it. He walked like he was drunk but, there he was, walking in to the liquor store. I used to drink with him - at the time I thought he drank an outrageous amount. Here I thought -Wow. He's drunk so much it's affected his nervous system-. Fast forward 30 years. I have drunk so much it has affected my nervous system.

Wernicke-Korsakoff Syndrome is actually 2 conditions: The acute phase (Wernicke encephalopathy) is when, as a response to a vitamin B1 (Thiamin) deficiency, parts of the brain swell up. Symptoms of this include confusion, eye movement problems and ataxia (loss of muscle coordination, tremors and balance issues). However, with prompt (within 5 days) proper treatment, this is reversible.

Then Korsakoff happens. That's the shrinking of the brain. It can result in Korsakoff's psychosis, characterized by severe amnesia. Individuals may also experience hallucinations and personality changes. It is irreversible but, with active treatment, possible to live with. So the symptoms of WKS are three-fold: movement/ balance, vision and memory problems. If Korsakoff progresses, strokes, comas and death are very real possibilities. In my research, about 20% of all people with alcohol use disorder get WKS in some form. It is acknowledged as under diagnosed, especially in women. People with anorexia nervosa can get it. People who have had bariatric surgery for weight loss can also get it. The cause is not enough or the malabsorption of Thiamin. Vitamin B1. Treatment during the Wernicke encephalopathy stage is increased dosing of B1, usually by injection. There is no treatment for the Korsakoff stage except diet change, exercise and alcohol abstinence.

I am an educated middle-class woman who actively drank for 40 years - if I wasn't at work or in school, I was drinking. Toward the end I was drinking at work and got fired from multiple jobs. I was a government consultant doing systems analysis. My last job was selling tires for Sears. Yet I still drank for 10 years after Sears and as my condition worsened, I finally moved in



with my mother. She was not one to shrug off my continued falling and breaking bones, seizures, walking into walls, double vision affecting driving and reading. She wanted answers. They didn't come.



My primary care doctor had no explanation and sent me to a neurologist who asked if I drank. I said yes. Interview over. It wasn't until Mom finally took matters into her own hands and made an appointment with a neurologist in Glen Burnie that we finally got an answer. He ordered a full MRI scan and discovered atrophy of my cerebellum, the part of the brain responsible for balance and movement. I've lost control of all of my muscles – even my eye muscles. He didn't name the condition. But he did say to stop drinking, get lots of physical therapy and eat right. At the time I was using a walker, getting worse and still drinking. I spent 18 months in physical therapy and now use a cane. I'm still wobbly but I can do daily tasks most of the time. I can't work because I can't see very well even with glasses. I'm finally old enough to get Social Security so now I'm retired rather than just unemployable. I'm sober now. It feels normal to wake up and not reach for a bottle. I graduated from PT and go to the gym at least 4 times a week. My psych meds work. All is not well, however. I am still handicapped and no one will call my condition what it is: Wernicke-Korsakoff Syndrome. If I start drinking again, I will die like Dean. My mother will tell you that living with me is not easy. She listens for me falling all the time and we use LIFE Alerts now. I drank so I'd never be sober. Now I look drunk all the time without the benefit of the oblivion. But with continued sobriety and good eating and exercise I should be ok. Ok is on a cane. It could be a wheel chair or worse. My advice is this: if you have any reservations about recovery read this again. When the symptoms start – a fall here, a stumble there – it's too late.

Jenny W., Southern Maryland

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Joey T., 3 yrs, Early Bird
7 Frank J., 13 yrs, KISS	8 Estelle, 1 yr, Today JJ, 35 yrs and Jake T., 20 yrs, Awakenings	9 Bob W., 7 yrs, Hol- lywood	10	11 Tony S., 42 yrs, Almost Normal	12 Dave M., 2 yrs, Cove Point Michelle M., 3 yrs, Not Quite Right	13
14	15 Babe H., 41 yrs and Lanny H., 34 yrs, Har- mony Chris B., 13 yrs, Monday Nite Traditions	16	17 Maria H., 2 yrs, Awak- enings	18	19	20 Lynne B., 10 yrs, Early Ris- ers Abel, 19 yrs, Happy Hour Dave C., 35 yrs, Laurel Grove
21	22 Lauren, 1 yr, Today	23	24 Mike H., 2 yrs, We Were Drunks	25 Pete D., 7 yrs, Pop- lar Hill	26	27 Kelly B., 12 yrs, Kingston Creek
28	29 Marilyn D., 23 yrs and Dan- ielle M., 7 yrs, Today Linda M., 25 yrs, Monday Nite Traditions	30				

OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Keith H., 5 yrs, Blue Top @ Noon	3 Johnny B., 6 yrs, 231	4 Rev, 17 yrs, Early Bird
5	6 Michael B., 5 yrs, More Will Be Revealed	7	8	9	10	11 Jim M., 27 yrs, private celebration
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28 Kelly S., 1 yr, Blue Top @ Noon	29	30 Dan S., 17 yrs, and Joanie B., 3 yrs, Poplar Hill	31	

SIXTY-EIGHT ANNUAL Sessions by the Sea



OCEAN CITY MARYLAND

SEPTEMBER 2-7, 2025

REGISTRATION WILL OPEN MAY 9TH!

REGISTRATION

DISTRICT 31 PRESENTS CHILI

& 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

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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.



JEOPARDY!



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

DISTRICT 36 Snow Hill Park
26582 S. Sandgates Rd
Mechanicsville, MD
piscetababy82mf@gmail.com
Contact: Mary F.

September 21
noon - dusk

SUMMER Beach BASH

Waterfront Pavilion
Beach Access
Playground
Fishing Area

Parking FREE

Bring Side Dish or Dessert

END OF SUMMER COOKOUT THE NORTH BEACH GROUP



FOOD AND FELLOWSHIP!!!

SATURDAY SEPTEMBER 27, 2025

12:00 - 4:00

Bring a covered dish to share!

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

2nd Annual Chili Cook-off & Bonfire Meeting

5-7 pm

7-8 pm

Hosted by
District 36

Refreshments &
Hot Dogs Provided

Bring your Chili,
Dessert or
a Side Dish

Bring Your
Own Chair

OCT
11
2025



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

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

JOIN US FOR THE DISTRICT 10 UNITY PICNIC

Let Go, Let God - Let's Eat!

SUNDAY, OCTOBER 19TH

12:00 PM - 4:00 PM

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



Burgers, Hot Dogs, and Buns Provided
Bring a Drink, Chair, and a Dish to Share
Speaker at 2:00 PM

SMIA Gratitude Dinner



November
08, 2025

Info / Tickets

Calvert
Rob D.
240-619-6557

Charles
Sheri R.
301-848-3467

St. Mary's
Michele H.
240-298-8072

Tickets - \$25

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

**Doors Open
5:30 pm**

Immaculate
Conception Church
28297 Old Village
Road
Mechanicville, MD

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

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

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



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 (OTI) 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

Fall 2025 CONTRA Study

September 11, 2025 through December 18, 2025

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

Moderated by Past Delegates from

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

Zoom Meeting ID: 847 4641 4040

Passcode: 330331

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

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

Sep 11, 2025 – Registration & Orientation

Sep 18, 2025 – Traditions 1, 2 & 3

Sep 25, 2025 – Traditions 4, 5 & 6

Oct 2, 2025 – Traditions 7, 8 & 9

Oct 9, 2025 – Traditions 10, 11 & 12

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

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

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

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

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

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

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

Dec 4, 2025 – Concepts 4, 5 & 6

Dec 11, 2025 – Concepts 7, 8 & 9

Dec 18, 2025 – Concepts 10, 11 & 12

CONTRA Study Materials

(provided via email following registration):

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

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

AA Grapevine Traditions Checklist, July 2018 revision

Fall 2025 Contra Study Service Manual Questions

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

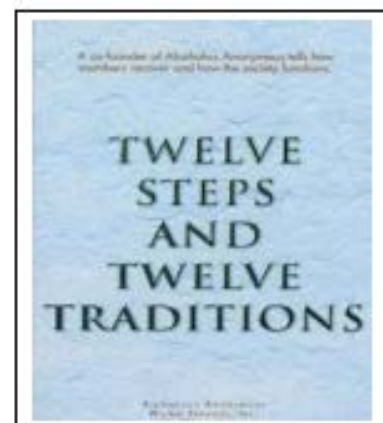
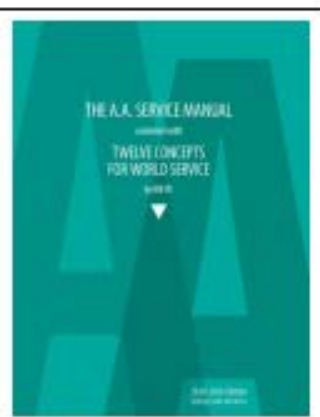
We will cover approximately three chapters of reading material per week, with associated questions. Only those who have read the assignment and have written answers to the weekly questions will be invited to read their answers to the group. All others are welcome to join the meeting and listen.

Presented by Past Delegates from

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

For more information, contact:

2025contrastudy@gmail.com



SOUTHERN MARYLAND INTER- GROUP ASSOCIATION MEETING MINUTES 8/9/25

OPENING: The Serenity Prayer

BOARD MEMBERS PRESENT: Todd M., Chair; Lorraine J., Vice Chair (remotely); Bruce O., Treasurer; Paul S., Parliamentarian and Shaara W-K., Secretary.

GROUPS & COMMITTEES REPRESENTED: Allan C., Big Book Prince Frederick; Bill L., Harmony Group/Web (remotely); Phil T., NTL; Jamie R., North Beach; Fay S., We Are Not Saints; Roy B., Solomons/D36 Corrections (remotely); Buddy F., Basic Text/Bookstall; Lynn T., Awakenings and Keith H., Almost Normal/Lifeline.

New Member(s)/Visitor(s) Introduction: Chris B., Traditions; Michelle, Traditions.

SMIA Chair Report: Todd M. reported he sat in on the Intergroup Liaison meeting on August 4. Discussion of new policy some Southern Maryland churches are implementing which require better handling of children, service dogs and pets in meetings and strangers around buildings, etc., leading to insurance concerns. The question was is any venue where meetings are held requesting insurance. Bruce, NE Intergroup Chair, stated that that intergroup had a rider for \$300 a year to meet the standard the church required. Another group in Frederick County had to pay \$500. What Todd M. came away with is if a group does not have intergroup affiliation but has to carry insurance; there are different places that sell it covering only the hour the meeting takes place. Area 29 Assembly is on August 16 at 9 AM in Severna Park. An agenda is available. **Vice Chair Report:** Nothing to report. **Secretary Report:** Motin to accept the July meeting minutes as submitted and posted on the SMIA Website. Second. All in favor. **Treasurer's Report:** Bruce reported there were \$665.60 in contribu-

tions this month which is higher than previous months. He has had the opportunity to review the financials for the recent Serenity Breakfast and the shortfall was covered. The picnic only used 75% of the budget. Buddy F. asked what the organization is paying for insurance. Bruce O. will check. Motin to accept the August Treasurer's Report as submitted and posted on the SMIA Website. Second. All in favor.

COMMITTEE REPORTS: Corrections/Treatment- Calvert- Lorraine J. reported things are going well. Orientations at the detention center are finishing up in August. There is interest from new volunteers. Charles- Todd M. reported that RCA is always looking for speakers, let him know. St. Mary's- Roy B. reported meetings at the St. Mary's Detention Center are continuing on Wednesdays at 7 PM. They are experiencing good participation from the inmates (up to 15).

Public Information/PCP- Calvert - Kenny G. is doing a fantastic job. Charles - No report. St. Mary's- The racks are full in the rehabs and halfway houses.

Telephone- Total Calls 31. With Calvert 4; Charles 7; St. Mary's 9; Not Specified 11; and Time 50 minutes. Melissa W. reported she is going to revamp the outgoing message to help the callers who are making no county choice. Possibly giving them an option 4 to speak with someone as callers may not be familiar with AA and how meetings/fellowship works and may have genuine questions.

Where & When- 1 box of printed Where & Whens remain. There are a lot of meeting changes in St. Mary's as a church closed so there will be a revision soon.

LifeLine- Keith H. reported everything is going well. Needs feedback on number of issues printed; always looking for articles. Some meetings forward the .pdf version to their members rather than distribute hard copies. Extras can go to rehab meetings.

Events- Serenity Breakfast: Todd M. reported they are still looking for a chair. There is a turnover file which sets out the nuts and bolts of running the event. There is a handout or vacancy announcement for event planning available and a notice will run in LifeLine. Picnic: Buddy F. was thanked for his service in bringing the successful picnic in under budget. Gratitude Dinner: Lorraine J. reported that we almost had a chair as a result of the announcement in the LifeLine but it was almost. Buddy F. stated one of the cooks from last year is willing to consider it and a woman suggested having it at the Seamen's School in Piney Point which isn't an appropriate location for an evening meeting due to distance from Calvert and Charles Counties. The Church is currently reserved for the 2nd week of November.

Workshops: Buddy F. reported the Big Book Study will be scheduled after the first of the year so he can get the speakers. Todd M. reported that on October 4 at 11:30 AM at Peace Lutheran Church in Waldorf a workshop called The Heartbeat of AA: The Home Group. There will be food and door prizes. A flyer will be available soon. Buddy F. reported that tomorrow (August 10) at Kingston Creek there will be a Grapevine workshop from 1-3pm.

Bookstall: Purchased Big Books - \$554.76; No. Orders - 10; Total Collected - \$442.00. Inventory looks good.

Website: Bill L. reported that for the period 6/14 -7/12/25 there were Main Site total visitors (initial visit) - 2568 (down 14%), Bookstall Site - 1050 (down 4%), 5 Most frequently visited pages: Home Page - 2962; Where & When Calendar - 231; Where & When Search - 115; On-Line Meetings - 111 and Announcements - 89. There were no significant site updates or changes. No meeting changes. Currently there are 134 meetings in our service area; 125 meetings are in person; 6 meetings are hybrid

(continued on page 15)

(con't) and 8 meetings on-line only. Life-line posted – 7/2/25. Finance Page posted – 7/1/25. SMIA Minutes posted – 6/23/25. He reminded the group that phishing attempts continue. Do not open anything from IONOS. Also noted that 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. Bill L. also mentioned he will be out of town August 11 and 12. Any updates will be completed the 13th.

OLD BUSINESS: An effort is ongoing to find information on alternative ways to disseminate brochures and other information to the home groups using QR codes.

NEW BUSINESS: Michelle asked if the events like the Serenity Breakfast and Gratitude Dinner are to make money or are they for the good of the fellowship? Todd M. replied 'both'. She asked that other counties be involved in the volunteer effort and other efforts be considered. Lynne T. asked who to contact to volunteer and was told it is generally on the flyer. Keith H. asked if funds can be reallocated from line item to line item as the need exists. Bruce O. said 'yes with a plan'. Paul S. suggested we rotate locations for the chairs of each event. Of course, we need volunteers. Buddy F. stated that instead of thinking 'chair' think 'committee'. Alan C. participated in a breakfast at Rod & Reel. It was a turnkey

operation where Rod & Reel did everything but bring in the speaker. It would be nice if there were a location central to the area offering that.

FOR THE GOOD OF THE ORDER:

Jaime R. announced that North Beach's end of summer cook out is set for September 27 at Unity Church. Bring a covered dish. Lorraine J. stated the District level is working on getting representation of all groups. Buddy F. reported a new men's group will be starting at 6:30 Mondays at Immaculate Conception Church. Motion to adjourn. Seconded. All in favor. Meeting closed with the Responsibility Pledge.

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



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

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

PayPal QR code >>>



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

Contributions accepted via PayPal@
MarylandDeafAccess@gmail.com

AREA 29 MARYLAND
PUBLIC INFORMATION &
COOPERATING WITH PROFESSIONALS



Joint PI/CPC
meets
monthly
3rd Sunday

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

Aug 17th
@ 3pm EST
Alex W.
Delegate - Area 09
CPC Updates from
the 75th General
Service Conf.

ID
862 7457
8272
pw 199887
a29cpcpi@gmail.com

September 2025

Southern Maryland Intergroup Association Inc

Treasury Report

Monthly Contributions:

\$310.60

www.somdintergroup.org/contribute

SMIA, PO Box 767, Charlotte Hall, MD 20622

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

Assets

Primary Business Checking	\$ 3,879.61
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	\$ (129.82)
Misc	\$ -
Phone Answering Service/1-800#	\$ (61.50)
Post Office Box	\$ -
Rent	\$ (150.00)
Webmaster	\$ -
Website	\$ (58.79)
Where & When	\$ -
Picnic	\$ -
Travel	\$ -
Workshops	\$ -
SMIA Archives	\$ -
Office sup (coffee, postage & faxing)	\$ (14.00)
Bank Charges and Fees	\$ (16.00)
Other - Tax Filings	\$ -
Total Expenses	\$ (430.11)

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

Year to Date Income

		BUDGET Shortfall
Contributions	\$2,297.72	74%
Bookstall Sales	\$ 605.30	83%
Gratitude Dinner	\$ -	100%
Serenity Breakfast	\$ -	100%
Total 2025 Income	2,903.02	80%

Year to Date Expenses

		BUDGET Left to Use
Bookstall Purchases	\$ (154.53)	96%
Liability Insurance	\$ -	100%
Lifeline Printing	\$ (490.56)	49%
Misc	\$ (104.74)	0%
Phone Answering Service/1-800#	\$ (235.02)	28%
Post Office Box	\$ (120.00)	0%
Rent	\$ (600.00)	67%
Webmaster	\$ -	100%
Website	\$ (312.59)	63%
Where & When	\$ -	100%
Picnic	\$ (773.22)	23%
Travel	\$ -	100%
Workshops	\$ -	100%
SMIA Archives	\$ -	100%
Office sup (coffee, postage & faxing)	\$ (134.00)	26%
Bank Charges and Fees	\$ (48.00)	52%
Other - Tax Filings	\$ -	0%
Total 2025 Expenses	\$ (2,972.66)	83%

Total of Checking and PayPal Allows us a financial Runway of	2.90	Months
Number of Months of Fiscal Year Remaining	8	Months
For our 2024-2025 planned expenses, we currently have a	\$ (7,569.16)	Shortfall

Remaining Service Committee Budgets
Budget Year 2024 (01May2025 - 30Apr2026)
As of 12JUL2025

Calvert
Charles
St.Mary's

C&T	PI/CPC
\$ 375.00	\$ 147.00
\$ 375.00	\$ 250.00
\$ 275.00	\$ 131.00

THANK YOU FOR YOUR CONTRIBUTIONS:

Monday Night Traditions

Monday Night Group

The Waldorf Group

Group # 000701067

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#gntf>. 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?

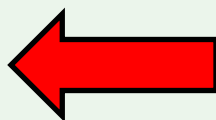
1) All contributions can be made online:

www.somdintergroup.org/donate.php

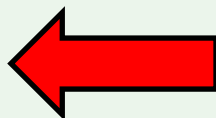
2) Or they can be mailed to the appropriate office location:

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)

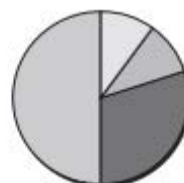
Your Group Service # _____

(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

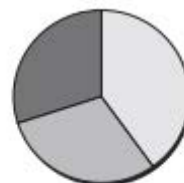
OR



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

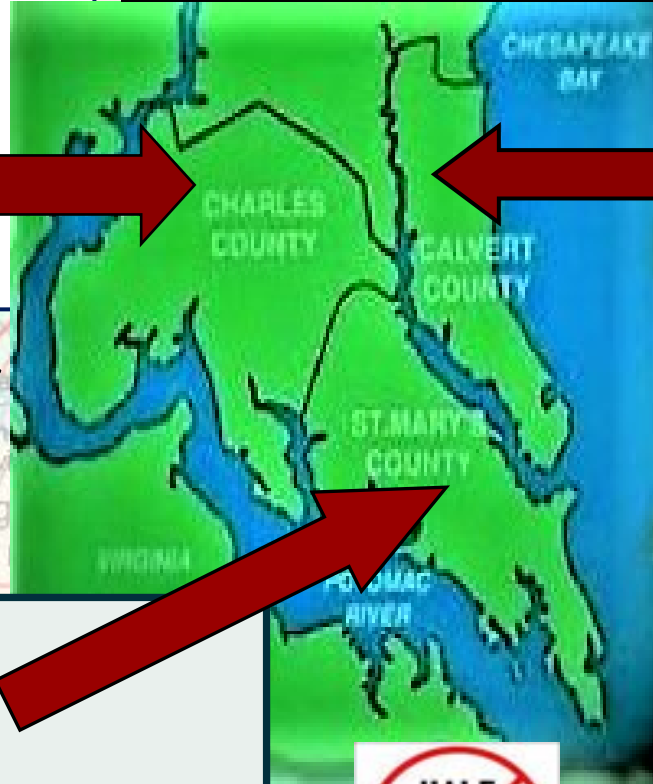
SERVICE OPPORTUNITIES

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, October 11 at 10:00 AM

Join us in person @

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

Or via Zoom @

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