



Fredericksburg District #30



Volume 3, Issue 11

CARRYING THE MESSAGE THROUGH SERVICE

November 2011

The Fredericksburg District Committee meets on the third Wednesday of each month at 7:00 pm at Rappahannock Regional Library, Theater Wing at Caroline and Lewis Streets, Fredericksburg, VA. All A.A. members are welcome and encouraged to attend.

CONTACT INFORMATION:

AA: www.aa.org VAC: www.aavirginia.org Grapevine: www.aagrapevine.org District 30: www.aadistrict30va.org Email: web@aadistrict30va.org

GRATITUDE: (N.) THE QUALITY OR FEELING OF BEING GRATEFUL OR THANKFUL.

ONE WOMAN'S EXPERIENCE

Halloween is over and many members of our fellowship are talking about how to get through the upcoming holiday season. In contrast to my attitude during my drinking days, I look forward to this time of year in sobriety. Fixing a holiday meal for my husband's family used to be a chore - I grumbled and suffered from perfectionism. It left me drained, angry with myself and others, and determined not to do this again for those ungrateful people. In sobriety, I first learned to work the Steps, then to make them my way of life. These holidays give me an excellent opportunity to "practice these principles in all my affairs." By studying the Traditions, I have learned to share the burdens, not have expectations of others, "go with the flow," and "don't sweat the small stuff." Of course, I time things so that I can get to a meeting before everyone arrives, too.

Thanks for letting me share.

- Contributed by Joanne F.

FOOD FOR THOUGHT

After Sept. 11th, 2001, I happened to call a man on business that I didn't know and will probably never talk to again. But on this particular day, he felt like talking.

He was the head of security for a company that had invited the remaining members of another company who had been decimated by the attack on the Twin Towers to share their office space. With his voice full of awe he told me stories of why these people were alive and their counterparts were dead. In the end, all the stories were just about the little things that happen to us.

For example: the head of the company got in late that day because his son started kindergarten. Another fellow was alive because it was his turn to bring donuts. There were other stories that I hope and pray will someday be gathered and put in a book. The one that struck me was the man who put on a new pair of shoes that morning, took the various means to get to work but before he got there, he developed a blister on his foot. He stopped at a drugstore to buy a Band-Aid. That is why he is alive.

Now when I am stuck in traffic, miss an elevator, turn back to answer a ringing telephone...all the little things that annoy me...I think to myself, this is exactly where God wants me to be at this very moment.

May God continue to bless you with all those annoying things.

- Contributed by Rick H.

ON GRATITUDE

- "When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude." --Elie Wiesel
- "If the only prayer you say in your life is "thank you," that would suffice." --Meister Eckhart
- "Find the good -- and praise it." --Alex Haley
- "Give thanks for a little and you will find a lot." --The Hausa of Nigeria
- "They are not poor that have little, but they that desire much. The richest man, whatever his lot, is the one who's content with his lot" --Dutch Proverb
- "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." --Melody Beattie
- "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." --Marcel Proust

ON GRATITUDE (CONT.)

- "Nothing is more honorable than a grateful heart." --Seneca
- "Gratitude is our most direct line to God and the angels. If we take the time, no matter how crazy and troubled we feel, we can find something to be thankful for. The more we seek gratitude, the more reason the angels will give us for gratitude and joy to exist in our lives." --Terry Lynn Taylor
- "Gratitude is the fairest blossom which springs from the soul." --Henry Ward Beecher
- "What if you gave someone a gift, and they neglected to thank you for it--would you be likely to give them another? Life is the same way. In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have." --Ralph Marston

HISTORICALLY SPEAKING

- **November 2, 1963:** The Rev. Samuel Shoemaker, Episcopal clergyman and head of the U.S. Oxford group which refined its principles and concepts for use by alcoholics to stay sober, dies.
- **November 3, 1975:** Nell Wing, Bill W.'s longtime secretary, formally opens the A.A. archives.
- **November 9, 1966:** President Johnson appointed Marty M. to the first National Advisory Commission on Alcoholism. Marty was an early A.A. member.
- **November 10, 1957:** Al-Anon bursts into public awareness when its story is featured on the Loretta Young Show.
- **November 16, 1950:** Dr Bob, cofounder of Alcoholics Anonymous, dies in Akron, Ohio.
- **November 26, 1895:** Bill W., cofounder of Alcoholics Anonymous, is born in East Dorset, VT.
- **November 27, 1939:** The Cleveland Plain Dealer runs first of series of articles on A.A. Cleveland A.A. will soon have more members than any other U.S. city.

SLOGANS

No is a complete sentence.
 Nothing is Going to Happen Today That God and I
 Can't Handle.
 No Whining.
 N U T S: Not Using The Steps.
 O D A T: One Day At A Time.
 Pain & Fear brought me into Hope and Love.
 Please be Patient, God isn't finished with me yet.
 People who Give up ___ often turn to reality.
 Powerless.
 Principles, Not Personalities.
 P R O G R A M: People Relying On God Relaying A
 Message.
 Progress Not Perfection.
 Protected by Smith & Wilson.
 Read the Book.
 Relax, God is in charge.
 Release.

Resentment Is Wanting the Past to Change.
 Resentment is Pickled Anger.
 Screw Guilt.
 Self worth begins on the inside.
 Serenity Happens.
 Serenity is Not a Destination, it's a Journey.
 Sick and tired of being sick and tired.
 S L I P: Serenity Losing Its Priority.
 S L I P: Some Lack In Program.
 Smith & WILSON University.
 Some Things Have to be Believed to be Seen.
 S P O N S O R: Serene Person Offering
 Newcomers Suggestions On Recovery.
 Sponsor: have One, use One, be One.
 Stay in recovery for Yourself.
 S T E P S: Solutions To Every Problem Serenely.
 Stick with the Winners.
 Surrender to become victorious.

REMEMBER: STUFFING IT IS FOR TURKEYS! HAPPY THANKSGIVING, YA'LL!!



EDERICKSBURG AA HOTLINE

(540)-373-2028

FOR AN ONLINE LIST OF MEETINGS:

<http://aadistrict30va.org/meetings/meetings.htm>