



Fredericksburg District #30



Volume 3, Issue 12

CARRYING THE MESSAGE THROUGH SERVICE

December 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

FROM THE GRAPEVINE

One day a stranger asked a citizen of the town: "How will I get to the railroad station?"

"You drive down this block -- no, they're tearing up that street. You turn to the left at the next corner -- no, they're moving a house down the middle of that street. Say, if I were going to the railroad station I wouldn't go from here."

Silly as all get out, isn't it? But not a whit sillier than a lot of things a lot of people do, or the mental spasms by which they "think" and "plan." To say: "Gosh, if only I'd started this thing yesterday, how much further I'd have been toward succeeding."

But you can't start yesterday. Every second and every mental process you go through figuring on what it would have meant to start from where you were yesterday, rather than where you are today, is so much waste. You can't go anywhere except from where you are.

R.M. Mar., © AA Grapevine 1954

It sounds like acceptance is the key to taking the first step in a good orderly direction.

From Waterloo, Iowa in the February 1948 AA Digest (an early department of the Grapevine Magazine that published excerpts from group publications around the country):

Remember, someone needs us for a friend. Let us be that friend. Remember always those who were good to us in those dark days at the start while we were still picking up pieces of our personality and trying to fit them into new and lasting forms. Once we do that, we have cast off the old shell of self-pity and self-interest and we begin to care deeply about what happens to others. When we learn to be happy in their happiness, hurt with their hurt, we are delivered from all indifference to others. Thus AA lights the lamps and charts the sea so unhappy, distressed folk can find the way to a higher, joyful life of sobriety.

From Garden City, N.Y., September 1948: "Fulton Oursler tells a story from Cape Cod which suggests a reason for the alcoholic's plight and a reason for the 2nd, 3rd and 11th Steps. It seems that every morning over a long period of time a telephone operator was asked for the exact time by one of her subscribers. Finally, curiosity compelled her to ask the reason for the daily call. The calling party said that he didn't mind telling her, that he was the man who blew the noon whistle, and he wanted to be sure he always did it exactly on time. The operator chuckled a little and said, 'That's funny, that really is. You see, every day I set my clock by your whistle.' Mr. Oursler goes on to bring out that anyone wanting the correct time will check with a clock that has been set in reference to the heavens and similarly that anyone wanting the 'right time' in his life will refer to a Higher Power."

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HISTORICALLY SPEAKING

- ◆ **December 6, 1979:** Akron Beacon Journal reported the death of Henrietta Sieberling.
- ◆ **December 7, 1949:** Sister Ignatia accepts Proverello Medal of St. Francis from the College of Steubenville, Ohio on behalf of AA.
- ◆ **December 11, 1934:** Bill W. takes his last drink and enters Towns Hospital, NYC.
- ◆ **December 12, 1934:** Bill has "spiritual experience" in Towns Hospital and the mental obsession with alcohol is removed.
- ◆ **December 12, 1937:** Bill meets with Rockefeller Foundation in hopes of raising money.
- ◆ **December 16, 1982:** Nell Wing, Bill's secretary and AA's first archivist retires but continues as an ambassador-at-large for AA and a passionate advocate of AA history.
- ◆ **December 23, 1934:** Bill and Lois start attending Oxford Group meetings with Ebby.
- ◆ **December 27, 1893:** Rev. Sam Shoemaker was born. He was head of the Oxford Group in the US and minister of the Calvary Church in NYC.

Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

TWELVE TIPS ON KEEPING YOUR HOLIDAY SEASON SOBER AND JOYOUS

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober – an idea we would never have dreamed of, wanted or believed possible when drinking. Here are some tips for having an all-around ball without a drop of alcohol.

1. *Line up extra AA activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a central office, speak, help with dishes, or visit the alcoholic ward at a hospital.
2. *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take on someone to a diner and spring for the coffee.
3. *Keep your AA telephone list with you all the time.* If a drinking urge or panic comes – postpone everything else until you've called an AA member.
4. *Find out about the special holiday parties, meetings or other celebrations* given by groups in your area, and go. If you're timid, take someone newer than you are.
5. *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put that talent to good use. No office party is as important as saving your life.
6. *If you have to go to a drinking party and can't take AA with you, keep some candy handy.*
7. *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.
8. *Worship your own way.*
9. *Don't sit around brooding.* Catch up on those books, museums, walks and letters.
10. *Don't start now getting worked up about all those holiday temptations.* Remember – "one day at a time."
11. *Enjoy the true buty of holiday love and joy.* Maybe you cannot give material gifts – but this year you can give love.
12. *"Having had a ..."* No need to spell out the Twelfth Step here, since you already know it.

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DISTRICT ANNOUNCEMENTS

2012 Alcathon (Around the Clock Food, Fellowship and Fun)

Where: 408 Canal Street, Fredericksburg

When: December 24, 25 and 26

Times: Open 10am on the 24th and close at 6pm on the 26th

Speaker Times:

December 24 - 12:15, 4:15 and 8:15

December 25 - 12:15, 5:15 and 8:15

December 26 - 12:15 and 4:15

Christmas dinner served at 2pm on the 25th.

Monetary donations are needed. Please make check payable to AA Entertainment Committee, with Alcathon in the Memo
Side dishes and desserts are needed throughout the event.
Donated turkeys and hams, fully cooked, sliced and on a disposable platter are needed.



Corrections

Support is needed to bring meetings to area correctional facilities. There are applications available to volunteer at the diversion center. Must have valid driver's license, have not been in jail for 2 years and have 1 year sobriety

Hotline

Volunteers are needed to give callers rides to meetings.

Archives

The District Archives need group histories; there are only two on file. Please have your group complete a group history form (found on the District 30 website).

Newsletter

The District 30 Newsletter needs you!! Please submit by the 5th of each month anniversary information, articles and stories to newsletter@aadistrict30va.org.

Anniversaries

Carolyn A. December 26 1 year

Fredericksburg AA Hotline

(540)-373-2028

For an online list of meetings:

aadistrict30va.org/meetings/meetings.htm

