



# Fredericksburg District #30



Volume 2, Issue 2

CARRYING THE MESSAGE THROUGH SERVICE

January 2010

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.

AA: [www.aa.org](http://www.aa.org) VAC: [www.aavirginia.org](http://www.aavirginia.org) Grapevine: [www.aagravevine.org](http://www.aagravevine.org) [web@aadistrict30va.org](mailto:web@aadistrict30va.org)

## District Meeting News....

The Candle lite meeting has found a new home!!!!  
Open Door Community Church @ 565  
White Oak Road Saturday night at 7pm.

**Step 1:** We admitted we were powerless over alcohol and that our lives had become unmanageable.

**Tradition 2:** Our common welfare comes first; personal recovery depends upon A.A. unity.

**Concept 2:** Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.

## Anniversary?

If you would like your anniversary listed, please let your GSR know so they can pass your information along to our editor or email

[newsletter@aadistrict30va.org](mailto:newsletter@aadistrict30va.org)

### ANNIVERSARIES

- **January**
- Cowboy Tom 38 years
- John G 22 years
- Traci 5 years
- **February**
- Alison 21 years
- Mike S 6 years
- Skip 24 years
- Christina G 2 years
- Chris B 9 years
- Diane D 1 year

Before you judge another, walk in his shoes for a month.

## February Events

12th-14th -Virginia Beach  
34th Oceanfront Conf.  
Box 66173, Virginia  
Beach, VA 23466-6173.  
Email: [gamiff@cox.net](mailto:gamiff@cox.net)

### Sponsors are the Best Listeners:

"I have bored my sponsor to tears and she has never once complained. She just let me go on and on."



### GSR and AGSRs

Name	Position	Group
Dave S	GSR	Donut Group
Jack K	GSR	Sunday Serenity
Brenda	GSR	Fresh Start Group
Paul C.	GSR	Stafford Big Book
Rodger	Alt	Steady Step 12&12 Study
	GSR	Bowling Green Group
	GSR	Bowling Green Group
	GSR	Midtown Group
	GSR	Early Bird Group
	GSR	Keep It Simple
Lisa B	GSR	Sober & Happy
Robert H	GSR	Living Serious
	GSR	Welcome Group
	GSR	College Heights Group
	GSR	No Excuses
Mike	GSR	Chancellor Big Book
	GSR	Fredericksburg Group
Steve j	GSR	Beginners Meeting
	GSR	Latino Meeting
	GSR	Follow Our Path
	GSR	Tuesday Nite Misfits
	GSR	Living In The Solution
Donna	GSR	Women's Sun Porch
.Bob	GSR	Over The Hump
	GSR	Change Of Heart

### DISTRICT OFFICERS

DCM—Mike S.  
ADCM— Robert.  
Secretary—Lisa B.  
Treasurer—Mike C.  
Archivist—Open  
*Please respect our Anonymity!*



Last Chance by Jim M. a.k.a. Ham and Turkey

The coming of a new year is a good opportunity to reflect on our respective journeys thus far. The first month of the year always brings us back to the beginning as the first page in the next chapter of sobriety. In keeping with these themes, I'd like to take a minute to tell the story of how I came to take the first step on my path of recovery. It all started with a last chance.

I was sitting in my jail cell back in the summer of 2007. As the date of my court case drew near I delved ever further into desperate "foxhole" prayers. I was praying to be admitted into a treatment program, again, still with no thought of actually wanting to live a sober life. All I wanted was to get through the current crisis I was in. As I prayed over and over, bargaining with God over what I would be willing to sacrifice in exchange for not being sent to prison for a couple of years, suddenly the thought came to me, "what about my drinking." This thought crowded out all else. This was not the first time this thought had come to me, I had sworn off several times before. This time, however, I knew that God meant business. I felt that I had better not answer right away. So I sat back on my cot and reflected over my career of drinking and using drugs. I came to the sober realization that if I were to pick up anything ever again that I could look forward to many more jail cells in my future, hell I had been there eight times in the two years prior. I remembered the times I had cried out in agony for someone to help me please. I turned back to God, resigned, I had surrendered.

In court the judge asked me what I wanted to have happen, he had already sent me to one program which I left prematurely. The prosecutor had his own ideas that were in stark contrast to my own. I told him that I would like to a chance to go to Serenity Home up in Fredericksburg and that I wanted to live clean and sober, I actually meant it this time. After a pause that seemed an eternity he said, "all right let's try it." No one needed to tell me, this was my last chance. I came to Serenity Home on July 25, 2007, I have not found it necessary to drink or drug since. Thank God for the gift of life.

**GSR and AGSRs**

Name	Position	Group
Jeff K	GSR	Starting Over
Tim B	GSR	Lake Anna Group
McKenzie	GSR	Back To Basics
	GSR	Unity Group
	GSR	Women's Candlelight Group
Cindy B	GSR	Serenity Shores Group
	GSR	Chancellor Group
	GSR	Snow Step Study
Brian	GSR	Just For Today
Tina O	GSR	Rainbow Group
	GSR	College Heights Group
	GSR	Spotsylvania Group
	GSR	Happy Hour Group
	GSR	2 Clicks Off
	GSR	12&12 Study Group
H E W	GSR	New Beginners Meeting
	GSR	It Works
	GSR	One Page At A Time Group
D j & JIM	GSR	Candle Lite Group
Bob W	GSR	Brooks Park (Noon Meetings)
Caroline	GSR	No BS Group
	GSR	Misfits
<b>Cornelius</b>	<b>GSR</b>	Progress & Recovery
<b>Cindy o</b>	<b>GSR</b>	Together We Can
	<b>GSR</b>	Lake Of The Woods Big Book

Just in... the Women's Correctional Meeting is on again!

Come out and be of service.

Women's AA Meeting @RRJ  
Every other Monday afternoon @ 1:30 p.m.

Interested woman, please contact Lisa Thomas 540 207-2333 or [lisathomasinvirginia@gmail.com](mailto:lisathomasinvirginia@gmail.com)

**Short Takes**

Experience is not what happens to a man. It's what a man does with what happens to him.

We are always looking for stories, cartoons, anecdotes, and announcements. If you would like to send in some material, please send it to: [newsletter@district30va.org](mailto:newsletter@district30va.org)

**Quit Horsing Around**

"You can't make horse drink water if he still prefers beer or is too crazy to know what he does want. Set a pail of water beside him, tell him how good it is and why, and leave him alone.

"If people really want to get drunk, there is, so far as I know, no way of stopping this--so leave them alone and let them get drunk. But don't exclude them from the water pail, either."

Bill W.

**FREDERICKSBURG AA HOTLINE**

**(540)-373-2028**