



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 VAC: www.aavirginia.org Grapevine: www.aagravevine.org web@aadistrict30va.org

'Anonymous' tells what we are now like - members of a fellowship dedicated to service without personal gain; seeking no public acclaim or limelight; offering our work as well as our will to a Power greater than self.

Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3: The only requirement for A.A. membership is a desire to stop drinking.

Concept 3: To insure effective leadership, we should endow each element of A.A. - the Conference, the General Service Board and its service corporations, staffs, committees, and executives - with a traditional "Right of Decision."

ANNIVERSARIES

February

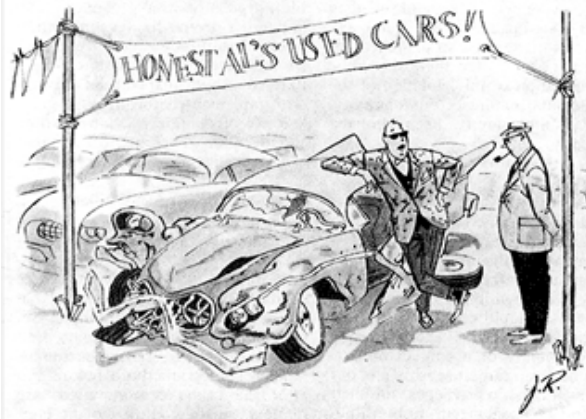
- Alison 21 years
- Mike S 6 years
- Skip 24 years
- Christina G 2 years
- Chris B 9 years
- Diane D 1 year
- Daniel 7 years
- Dan C 8 years
- Chuck S 5 years

March

- Daniel S 18 months
- Lisa B 6 years
- Laney 6 years
- Randy 5 years
- Big John 11 years
- Gary M 4 years
- Painter Charlie 25 years

For every prospect attracted by a person publicly announcing his affiliation, a hundred alcoholics in need of help may be repelled.

"Phil, truly, I appreciate your sponsorship, but I gotta tell ya, this rigorous honesty deal has caused a big downslide in sales!"



SPREAD THE LAUGHTER, SHARE THE CHEER; LET'S BE HAPPY WHILE WE ARE HERE! Rule #62: Don't take yourself too damn seriously!



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

GSR and AGSRs

Name	Position	Group
Dave S	GSR	Donut Group
	GSR	Sunday Serenity
Jack K	GSR	Fresh Start Group
Brenda	GSR	Stafford Big Book
	GSR	Steady Step 12&12 Study
Paul C.	GSR	Bowling Green Group
Rodger	Alt	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

[PROMISES OF STEP THREE]

Big Book page #63.

- More and more we became interested in seeing what we could contribute to life.
- As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter.
- We were reborn.
- An effect, sometimes a very great one, was felt at once.

Big Book page #68.

- At once, we commence to outgrow fear.

Big Book page #70.

- We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people.

DISTRICT OFFICERS

- DCM—Mike S.
- ADCM— Robert.
- Secretary—Lisa B.
- Treasurer—Mike C.
- Archivist—Open

Please respect our Anonymity!

I COME FOR THE PROMISES by Bonnie C. February 2010

My name is Bonnie, and I am an alcoholic. My sobriety date is August 26, 2007. My home group is the Four Minute Speaker Meeting (best meeting in town!) Two weeks in a row I was at the Sober and Happy Group, and the topic was the same. I have given it a great deal of thought since then, and when asked to write decided what better to write about than this topic that made a lasting impression on me. The question was asked, "Why do you come here?" I come to AA because I don't want to be THAT person again. I don't want to feel that pitiful and incomprehensible demoralization ever again. And I know that I don't have to, as long as I participate in my recovery one day at a time. I have found the God of my understanding in the rooms. I have found faith and hope, love, acceptance and fellowship in the rooms. You guys told me when I came in that it would get better. You told me not to quit before the miracle happened. And I listened to you. I listened to your promises, telling me that I would know a new freedom, and a new happiness, and I do. You told me that my whole attitude and outlook upon life would change, and it has! You told me that I could have all of this if I just did not drink, one day at a time, and took the twelve steps. It was beyond my comprehension that any of this could be possible. I truly believed that it had happened for you. But I did not believe that God would allow me to be happy. This was what I had come to believe prior to my AA life. I thought that the horrific things that had happened to me were unique to me, yet in the rooms I have found at least one person, and in some cases many, that has faced every situation I have ever been faced with in my lifetime. And faced the situation without finding it necessary to take a drink. In the rooms I have found a family, a motley crew that has welcomed and loved me until today when I can finally love myself. As few as three years ago, my life consisted of seeking oblivion in the bottom of a bottle on a daily basis. I sought to drown my pain, and my daily prayer was that I would lie down to sleep at night and never wake up again. I woke up each morning cursing God because I woke up. Today, I have hope that no matter what happens, God's got it. Today, I am happy, and am beginning to know peace. I met my best friend in the program, and we have been married for almost 18 months. It is a blessing that I get to share my recovery with my husband. I try daily to practice the principles in all my affairs. Note I said trying! We are not saints. Today, my daily prayer is not that I will die, but instead the 3rd step prayer, offering myself to God so that I can be of service to others, and asking that His will, and not mine be done, cause He does so much better at directing my life than I EVER could!

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
Mike B	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
Cornelius	GSR	Progress & Recovery Together We Can
Cindy o	GSR	Lake Of The Woods Big Book

Many Enter A.A. Un-sponsored

May 1948

In these days of rapid growth and broader public enlightenment, a fair proportion of newcomers enter Alcoholics Anonymous un-sponsored. This is especially true of the large cities, where a member is often lucky to know the man sitting next to him, let alone some suffering cave-dweller two miles and 900,000 people away.

And, of course, a sponsor is not necessary. A man is as much and as good a member of A.A. who weaves his lonely way into his first meeting, admitting only that he has an alcoholic problem, as his neighbor who is endorsed and shepherded by three group chairmen and the man who passes the plate.

Still and all, there is much to be said for the sponsorship system. It's friendly, for one thing, and unselfish. It strengthens the ideal of brotherhood within A.A. Moreover, it's just plain common courtesy.

How many prospects do you know, who got to the door of their first meeting and then turned away, terrified to face so many strangers?

How many newcomers rush from their first meeting to a bar, because they are confused and nervous and, in spite of what has been said from the platform, friendless?

How many questions are left unanswered by even the best meeting?

Among the many true things that Bill has said, perhaps the truest is that the most important guy at any meeting is the guy who is just coming in the door for the first time. He should not be alone.

It makes little difference if the sponsor and newcomer are not acquainted, if they come from different walks of life, if they have little besides alcohol in common, or even if their contact does not ripen into companionship. The sponsor has his sobriety to offer, while the newcomer offers the opportunity of a 12th Step job. The score is even.

March 26-28 Williamsburg, VA
Keystone Group Serenity Weekend Box 832,
Midlothian, VA 23113.
Website: www.serenityweekend.net

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

FREDERICKSBURG AA HOTLINE
(540)-373-2028