

HAPPY JOYOUS AND FREE !

OCTOBER

01 Barbara L. 1yr.
 03 Suzanne H. 26yrs.
 07 Mike K. 2yrs.
 07 Marge 7 yrs.
 07 Dick H. 25 yrs
 08 Jerry H. 8yrs
 09 Claude 35yrs
 09 Rick S. 23yrs
 10 Lori F. 18mos.
 12 Malissa 18mos.
 17 Steve 2yrs.
 18 D.J. 2yrs
 20 Ed. 16yrs
 23 Jeff A. 9yrs.
 25 James H. 13yrs

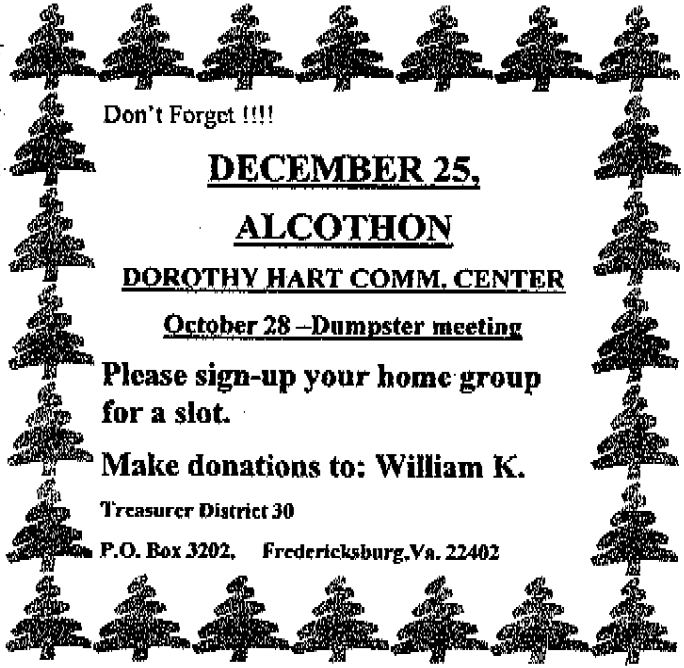
27 Dewey 9yrs.
 27 Ruth 18mos
 29 Pat C. 16yrs

NOVEMBER

05 Larry R. 31 yrs.
 15 Allen 3yrs.
 27 Clay O. 19yrs.

DECEMBER

01 Linda M. 4yrs
 01 Harry M. 4yrs.
 26 Kirstin G. 2yrs.
 28 Linda J. 5yrs.



Don't Forget !!!!

DECEMBER 25.

ALCOTHON

DOROTHY HART COMM. CENTER

October 28 -Dumpster meeting

Please sign-up your home group for a slot.

Make donations to: William K.

Treasurer District 30

P.O. Box 3202, Fredericksburg,Va. 22402

VAC FALL ASSEMBLY

Nov. 14-16, 2008

Holiday Inn, Koger center, Richmond \$84/night

YESTERDAY-TODAY-TOMORROW

There are

two days of the week about which we shall not worry, two days which should be free from apprehension.

One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control.

The other day we should not worry about is TOMORROW with it's possible adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or behind a mask of clouds—but it will rise. Until it does, we have no stake in TOMORROW for it is yet unborn.

This leaves only one day...TODAY. Any man can fight the battle of just one day. It is only when you and I add the burdens of those two awful certainties...YESTERDAY AND TOMORROW

that we break down.

It is not the experience of TODAY that drives men mad — it is the remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW may bring.

~ Anonymous Writer



EVENTS

WWW.SOBERCRUISES.COM

2008-2009

(800) 442-5895

Let us, t here fore ,live but one day at a time !!!

GRATRITUDE BREAKFAST (NVI)

Sunday , November 2, 2008 ———ADVANCE RESERVATIONS ONLY

Springfield Hilton, 6550 Loisdale Road, Springfield, VA

(703) 876-6169

Who says you can't have fun in Sobriety?

Back in my drinking days, life was very serious business. Between maintaining an adequate supply of booze, drinking it while avoiding detection, and carefully cultivating the illusion that life was just fine, I had little time for fun. I rarely laughed; when I did, it was only because someone else was doing so, and I didn't want to look like I didn't get the joke. I wore such an intense, serious expression that total strangers would tell me to smile. I was afraid of everything, including mundane things like driving and going out in public. So it was bizarre indeed that, when I got so-

ber, I feared my days of fun and frivolity were behind me. I just knew my sober life was going to be dull.

Imagine my shock when I walked into an AA meeting for the first time and heard of all things! - shrieks of laughter. These were absolute howls of genuine hilarity. I could not imagine what was so funny. Didn't these people realize they were alcoholics at a meeting of Alcoholics Anonymous? Didn't they know that they should be huddled together in shamefaced stoicism? What on earth was so funny about being a drunk?

Upon investigation, I learned that the knot of ten or so happy alcoholics who were home group members who had been sober for years. Their motto, taken straight

from the Big Book, was "We are not a glum lot." These revelers weren't ashamed of themselves at all, and they approached life in a light-hearted way. That I didn't understand in the least—but it began to grow on me as my own sobriety lengthened into weeks and months. Sure enough, my life began to change, but I was repeatedly surprised at the fun I was having.

First I started to laugh—genuinely laugh. I was both horrified and delighted the first time I did it because the sound of my own laughter was foreign to me.

I have been sober for a little over four years now. This is how the sober life is—how life is meant to be, I think. Is it always a cheerful experience? Well no. Has all my days been a fun-filled delight? Of course not. I can say this much for certain, though: My worst days sober are a lot more fun than my best days drunk

Sandy S.
GRAPEVINE

INCOMING DISTRICT OFFICERS

CONGRATULATIONS !!!

DCM Mike S.

ADCM Clay O.

SEC Lisa B

TREAS....MIKE C.

★ **MANY, MANY, THANKS TO** ★

★ **OUR OUTGOING OFFICERS** ★

★ **FOR A JOB WELL DONE !!!** ★

★ SHARON D, MIKE S, DORIS G, ★

★ **AND MARTHA** ★

★ PLEASE VOLUNTEER FOR COMMITTEE POSI- ★

★ TIONS. ★



HALLOWEEN DANCE

FRIDAY, OCTOBER 31!

6PM-11PM

DOROTHY HART COMM

CTR.

408 CANAL STREET

FREDERICKSBURG



THIS NEWSLETTER IS ALL ABOUT
AA AND OUR RECOVERY!

- PLEASE SUBMIT ALL ANNAVERSARIES, EVENTS, OR ARTICLES TO YOUR GROUP GSR

OR

LINDA J—LRJ540@COMCAST.NET

(540) 287-2273

FREDERICKSBURG DISTRICT #30

AA NEWSLETTER

HOTLINE (540) 737-2028

