



## 30<sup>TH</sup> DISTRICT NEWSLETTER

### FRIENDS of **BILL W.**

[www.aadistrict30va.org](http://www.aadistrict30va.org)

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Vol. 4, Issue 1

### District 30 - Birthdays & Announcements



Dec/27	Roger H. – Bowling Green	22 yrs.
Jan/04	Woody W. – Sober & Happy	12 yrs.
Jan/04	John L. - Brooks Park	41 yrs.
Jan/05	Cowboy Tom – Tues Night Misfits	44 yrs.
Jan/13	Toni R. – Lady Smith	29 yrs.
Jan/15	Karl K. - Wed/12:00 Brooks Park	40 yrs.
Jan/25	Antoinette B. – Sober & Happy	34 yrs.
Feb/3	Cheri P. – Wed/12 Brooks Park	27 yrs.
Feb/7	Jeff K – Brook Park.	9 yrs.



- VAC District 30 Business Meeting the 3<sup>rd</sup> Wednesday of each month, 7:00 p.m. at 1201 Caroline Street, Rappahannock Regional Library, Theater Wing.
- Alcathon Committee Meetings, Tuesday, 6:30 p.m. before Misfits Group meets.
- **2015 AA Alcathon: December 24, 25, and 26.** Join us for Around the Clock Food, Fellowship, and Fun. Located at 408 Canal Street, Fredericksburg. Bring a dish to share.
  - Speakers and Activities:**
  - 24<sup>th</sup>** 12:15, 3:30; 8:15 → Photo w/Santa@5:00 pm
  - 25<sup>th</sup>** 11:15, 5:15; 8:15 → 50/50 Raffle@4:00; Sobriety Countdown@4:30
  - 26<sup>th</sup>** 10:15; 1:15
- Christmas **Dinner** will be serve **2:00 p.m.** on the **25<sup>th</sup>.**
- **“New Years Eve Dance:** Come out and join us at the Promises Club sponsored by No BS and Friday Night meetings. Thursday 8:00 p.m. – 12:00; followed by a Midnight Meeting. Bring a dish.
- Feb. 11-14, International Women’s Conference in Norfolk, Virginia, visit [www.internationalwomensconference.org](http://www.internationalwomensconference.org).
- Feb. 19-21, 2016: 40<sup>th</sup> Oceanfront Conference, Norfolk, VA

### Letter From The Editor

I am filled with deep gratitude for the opportunity to be servicing as the new editor of the 30<sup>th</sup> District Newsletter.

Hopefully as a district this written form of communication will help to promote unity and the common welfare in District 30. This issue is the first publication with me as editor. We of the Newsletter team hope you enjoy reading the 30<sup>th</sup> District Birthdays and Announcements; a Letter from the Editor; 30<sup>th</sup> District Highlights; Amy’s Sober Reading Guide; 7<sup>th</sup> Tradition No Dues or Fees Basket; Tribute to John F.; An A.A. Christmas Story; The A.A. 12 Tradition for the Holiday; 12 Tips on Keeping Your Holiday Season Sober and Joyous; Dear Miss Gabby, and Cartoon “Friends of Bill W.”

I invite each of you in the 30<sup>th</sup> District to share in this miracle of spiritual growth that can happen as a result of this newsletter. In almost 34 years through the rooms of A.A. I have learned how not to take that first drink and how to become the loving caring person I have always wanted to become. I am reminded each time that I have the opportunity to do service for another person just how much A.A. has given me. So for that, I thank my Higher Power, A.A., and each and every one of you. Therefore, it is with deep conviction and humble enthusiasm that I welcome the opportunity to be of service as your 30<sup>th</sup> District Editor. Let us all remember that the power which brings us all together, also has the power to keep us together in unity and love. Let us find serenity and happiness as we walk hand-in-hand on the road of happy destiny.

*In Loving Service, Antoinette B., Editor*

### 30<sup>th</sup> District Highlights

The following are highlights from the **December 16, 2015** District Meeting: Leo B. has retired from his service position as the Editor of our 30<sup>th</sup> District Newsletter. This is our first District Newsletter with Antoinette B. as the Editor. And at this time, we would like to say thanks to Leo for all of his hard work and hours of self-less service to the entire 30<sup>th</sup> District of Fredericksburg, Virginia. Leo thank you very much! You will be greatly missed as Editor. Your shoes will be a difficult feat for us to fill. May God richly bless you Leo B. in the Sunlight of the Spirit as you continue to trudge this road of happy destiny.

### Amy’s Sober Reading Guide

Emotional Sobriety: The Next Frontier – GV17 [www.aagrapevine.org](http://www.aagrapevine.org) paperback, \$10.99. Oh, the title alone makes you flinch. Makes you think of that AA joke: “There’s good news and bad news. The good news is, you get your feelings back; the bad news is, you get your feelings back.” This is a collection of GV writings on emotions and

handling them in a whole new way. As I've read through this with my home group, I have yet to find a story that doesn't spark lots of sharing. Whether it's about talking too much (us?) or finding a sponsor that is the right fit for you, there is something in here for everyone. It has opened my eyes a bit more to find that my feelings are no different than the next person's; the difference was how I deal with them. I have found more common ground and have done more "comparing in" with my fellow AA's while reading this book. Good news (bad news?): there is a part two to this book, so stay tuned.

*In Loving Service Amy D.*

### **7<sup>th</sup> Tradition No Dues or Fees Basket**

<b>AS OF DECEMBER 16, 2015</b>		
	<b>Starting Balance</b>	<b>\$6,312.25</b>
<b>Debits</b>		
Jim C. - Delegate Expenses		<b>(\$30.00)</b>
Chris W - Delegate Expenses		<b>(\$30.00)</b>
ADCM Travel Expense		<b>(\$100.00)</b>
	Subtotal	<b>(\$160.00)</b>
<b>Credits</b>		
Early Birds Group		\$120.00
Couch Potatoes Group		\$25.00
	Subtotal	\$145.00
	<b>Ending Balance</b>	<b>\$6,297.25</b>
<b>Checking Account</b>		
	Starting Balance	\$6,297.25
Transfer to Savings		<b>(\$2,900.00)</b>
	Subtotal	\$3,397.25
<b>Savings Account</b>		
	Starting Balance	\$951.13
Transfer from Checking		\$2,900.00
	Subtotal	\$3,851.13
<b>Cash</b>		\$7,248.38
<b>Inventory - Chips and Literature</b>		\$3,033.00
	<b>TOTAL DISTRICT ASSETS</b>	<b>\$10,281.38</b>
<b>Prudent Reserve (PR) = Actual 2015 Expenses</b>		
		\$5,898.85
<b>CASH</b>		
		\$7,248.38
	Cash Coverage	<b>\$1,349.53</b>
		22.88%
	Monthly Cash Coverage	\$112.46
<b>Monthly Cash Necessary To Maintain PR Bal.</b>		
		<b>\$491.57</b>
<b>Excess Cash Rolled Over to PR Monthly</b>		
		\$112.46
<b>Monthly Cash Needed to Meet Prudent Reserve</b>		
		<b>\$379.11</b>

Hi, my name is Jeff K. and I'm an alcoholic. I am pleased to serve as your District 30 Treasurer. I want to thank all the AA Home Groups and members who have served and donated so generously to District 30 this year. Your donations have allowed the District to be of service in so many ways such as providing the "Where & When" Meeting Lists; taking the AA message to jails and treatment centers; running the AA telephone hotline; and sending our trusted servants to area meetings. Our District is active in so many ways thanks to the financial support from all of us through our contributions in the "7<sup>th</sup> Tradition No Dues or Fees Basket." Self-support

begins with me, because I am part of us. For instances, in my Home Group we pay our rent and utility bills, buy coffee, snacks and AA chips and literature. We support the Central Office, Area Committee, and the AA General Service Office. If it were not for those entities, many new people would die without ever discovering the miracles in the AA rooms of recovery just as I did almost 9 years ago.

The ideas I just voiced above are from our AA pamphlet called "Self-Support: Where Money and Spirituality Mix". Copies of this pamphlets can be found on the aa.org website, obtained from our District 30 Literature committee, or ordered directly from AA. Many local groups already have copies of this pamphlet, and I would recommend all groups and members consult it as they make their decisions about how to manage their group finances. It explains in simple terms how groups manage and use their money to pay their expenses and support AA at the state and national levels. It has recommended allocations of funds for the various AA service entities. All of this is to help us be the most effective in staying sober and helping the suffering alcoholic. In future editions of this newsletter, I will discuss more about the AA Self-Support made possible through the many generous contribution made in our 7th Tradition No Dues or Fees Basket.

*Peace and Blessings to you all! Jeff K.*

### **Tribute to John F.**

John F., better known as "Golfer John," was born March 18, 1934 and died sober November 28, 2014. He will be remembered for many things: being a state champion runner, a five-time club championship golfer at the Fredericksburg Country Club and the Sheraton Golf Club, an officer in the US Navy and a top salesman for Equitable Life Insurance for over thirty years. In addition, he was married for over fifty years to Cecile with whom he had five children.

Many people say they love their family, but on May 18, 1995, John proved his love for his family. In his own words, he was the guest of honor at an intervention for his alcoholism. Many prayers were said the night before his intervention, one of which came from his son, Michael. Michael made a deal with God that if his father went along with the intervention, he would get sober too, and join his father at AA meetings.

The intervention was a success, and the next day John went to a treatment center. Michael remembering that his father had always lived by the motto "a deal is a deal," made a decision the same day to attend an AA meeting. It was a life-changing day for the entire family. John completed his treatment program, returned to Fredericksburg, and proceeded with Michael to become a beloved member of the District 30 AA community. He attended meetings daily -sometimes two or more a day. He was warm and welcoming to both newcomers and established members in the fellowship.

Some of his favorite slogans were: "Think the drink all the way through"; "Keep It Simple"; "Step Zero"; "There are two types of people in this world: Those who charge your battery, and those who run it down"; and "Meetings are one hour of peace with the people I love." Many of these slogans were said by

other people, but they became associated with John because they were so important to him and his program of recovery.

His smiling face, his infectious laugh, and his quick wit will be forever missed in Fredericksburg AA meetings. His son, Michael, fondly remembers John telling him that he wore three hats: the “dad” hat, the “AA sponsorship” hat, and the “friend” hat. All these facets of John’s character and more will be missed by his family and his many friends in and outside of the rooms of Alcoholics Anonymous in Fredericksburg.

### An AA Christmas Story

'Twas the night before Christmas, we were all in the club, Enjoying a meeting, instead of a pub. The ashtrays were clean, and the coffee was made, The Big Books were out and then we all prayed. When out in the lot, there arose such a clatter, We all jumped up to see what was the matter. The Chair with his Big Book, and I with my smokes, Headed outside to find these two blokes. They came inside and sat at a table; And said that they'd chair, as soon as they're able. To start with, they said, "It's more than not drinking; It's doing your best to have God fix your thinking." "First Things First!" and the slogans we used, Help keep the newcomer from getting confused. Step 1 is a start, they said we should know, But after Step 2, we'll be all aglow. We make a decision when we got to Step 3, Step 4 was a bit tough, we all could agree. Step 5 is the one where we let it all out,



And after Step 6 and 7, we're left with no doubt. When we got to Step 8, we made our full list; And then with Step 9, we have to persist. After Step 9, more promises ring true; We didn't just make that up, right out of the blue.. After that, it's on with the rest; The things we must do, to be our best. Step 10 helps keep it clean whenever there's a rift, That's why it says "when we were wrong" and not "If". Step 11 tells us we pray for knowledge and power, And that we insist on enjoying life, we are not dour. Step 12 we carry the message of faith, love, and hope After having a spiritual awakening we no longer mope!

They put on their coats and got ready to leave; A very good end, for this Christmas Eve. As to their names, we only could guess; Must have been Bill W. and Dr. Bob S. The two men hopped into a '35 Ford, And as they pulled out, one of them roared: "We leave this message, for our sisters and brothers: Trust God, clean house, and be of service to others. And for all of you people, I just want to say: Have a nice holiday, and don't drink today!" **THE END** – Author Unknown -

### The AA 12 Traditions for the Holidays

**Tradition One:** Our common welfare should come first in the AA Community; our personal recovery at Christmas depends upon A.A. unity.

**Tradition Two:** As we come together for food, fun, fellowship and sharing; our ultimate authority and guide is a God who is loving and caring.

**Tradition Three:** The only requirement for Alcahthon membership is not based on intelligent thinking; participation

is based on getting safely through the Holidays without fighting and drinking.

**Tradition Four:** When AA, Al-anon and NA all attend the Alcahthon Meeting of Alcoholics Anonymous; this is one of the exceptions to each Home Group and Fellowship remaining autonomous,

**Tradition Five:** As we trudge through the Holiday passage, our primary purpose is still to carry Bill W. and Dr. Bob's AA message.

**Tradition Six:** We won't let pride, money, property, prestige or any reason, divert our hearts from the purpose of the Holiday season.

**Tradition Seven:** In order to remain fully self-supporting we put together money contributions; so that we can decline help from the City or any outside institutions.

**Tradition Eight:** AA 12-Step work is never paid for hire, but during the Holidays we call the professional Fire Department to put out a Christmas tree fire.

**Tradition Nine:** During the Holidays we may create special boards directly responsible to those they recognize; because as such we ought never to be organized.

**Tradition Ten:** We have no opinions on outside issues or conditions; hence the AA name should never be drawn into Religious beliefs or traditions.

**Tradition Eleven:** Our Holiday Celebration is based on attraction not promotion. The love of the fellowship is our attraction so don't get any manipulation notions.

**Tradition Twelve:** The spiritual principle of Anonymity, no name and no face; helps us spiritual principles over personalities to place. – Author Antoinette B.

### 12 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 one person 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 beauty 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. © Box 4-5-9, Reprinted with permission.

Hopefully these tips will help us to learn how to have an all-around ball during the Holidays without drinking one drop of alcohol.

**Dear Miss Gabby,**

I have been sober for 30 days now, I have decided to leave my husband of 20 years, quit my job after 15 years, and move to the Homeless Shelter or with my Boyfriend who I met in treatment. What do you think about my decisions?

**Hello Ms. 30 Day Wonder,**

The "Old Timers" suggested to me when I first made it to the Rooms of AA, January 25 1982, not to drink any alcohol, to get a sponsor, go to a meeting a-day for my first 90 days, and NOT to make ANY important decisions for my first year sober.

*Sincerely yours, Miss Gabby*

We would love to hear from our Readers regarding Miss Gabby and Ms. 30 Day Wonder's correspondence. Please email us our thoughts or give me your handwritten response to the conversation above so we can share your thoughts in our March/April District Newsletter.

If you have any announcements, stories, or you will be celebrating your Sobriety Birthday, please feel free to send all March and April postings to the email address below or give it to your GSR to bring to the District Meeting.

To post an announcement we need to know: What, When, Where or maybe Why or How Much? To post your birthday we need to know your name, celebration location, and how many years you will be celebrating. We look forward to hearing from you soon at [friendofbillw82@gmail.com](mailto:friendofbillw82@gmail.com) or [newsletter@aadistrict30va.org](mailto:newsletter@aadistrict30va.org).

**Newsletter Team**

- Danc'n Debbie: Birthdays & Events
- Lisa B: District Information
- Jeff K: 7<sup>th</sup> Tradition Baskets
- Karl and Marlene K: Memorial Story
- Amy H: Book Reviews
- Antoinette B: Editor Letter, 3 - Christmas Stories, Dear Miss Gabby, and Friends of Bill W. Comic Strip

