



DISTRICT #30

FRIENDS of **BILL W.**

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Statement of Purpose: "Friends of Bill W." is the newsletter for A.A. District #30 in Virginia. It provides a VOICE that will cultivate the SPIRIT of our district's common welfare and A.A. unity. Opinions or content in articles and letters are solely those of the contributor. The editorial team reserves the right to edit materials for length and content. Quotations from A.A. literature are copyrighted and reprinted with permission from its source.

In The Spirit of Service

Dear Readers,

Hello out there to all friends of District 30 and beyond. In the spirit of service, my commitment as District 30 newsletter chairperson has arrived. This is a new adventure for me. An important lesson I have learned is I do not need to do this alone. Asking for, and accepting help, support, and guidance is a cornerstone of my sobriety. This newsletter is OURS; our experience, our strength, and our hope. I need your stories, your funnies, your anecdotes, and your ideas. Submissions, anniversaries, event notifications, comments, and ideas can be sent to me through the newsletter address: newsletter@aadistrict30va.org. We thank Antoinette B. for her service to the newsletter for the past two years. Her guidance has already proven invaluable to me.

– ILS,

REFLECTIONS

God is the driver, I am the passenger, and the only baggage I need to carry are the steps and the tools.



You know you've been in AA a few 24 hrs. when.....When you meet someone for the first time and embrace them before shaking their hand.

SERVICE OPPORTUNITIES

Hot-Line Volunteers Needed: Call **(540) 752-2228** or email to hotline@aadistrict30va.org

Jail Meetings: If you are interested in and qualify* for joining a Rappahannock Regional Jail meeting please email corrections@aadistrict30va.org. Women can call at (540) 654-5520. Women's meetings are held weekly on Tuesdays from 7-8pm and Thursdays from 2-3pm. Currently, we have openings for interested women to join the Tuesday night jail meeting. Men's meetings are weekly on Monday, Wednesday, and Friday at 7pm. Applications can be found on the District 30 Website.

**Qualifications: 1. One or more years of sobriety 2. Two years since you have been an inmate in the visiting facility.*

Newsletter: Email newsletter@aadistrict30va.org. Help needed with obtaining anniversary/event information and articles.

ANNIVERSARIES

EVENTS

April 13 – 2018 Spring Assembly, Hyatt Regency Dulles, Herndon, Virginia.

June 30-July 2 – VSCYPAA (VA State Conference for Young People in AA) 2018, Hilton Richmond Downtown Hotel, Richmond, VA

DISTRICT 30 CORNER

District 30 has voted to support SERCYPAA (Southeast Regional Conference of Young People in Alcoholics Anonymous) if Fredericksburg hosts the conference in 2019.

EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

Surrender

"We must let go of the life we have planned, so as to accept the one that is waiting for us."

-Joseph Campbell

I first came into the program when I was 18 years old. I was able to put together 3 years. At that time not only was I confronting my addiction, but I started the journey of healing from the trauma of my childhood. I wish I could tell you that I went to counselling, stayed in the program and got my life together, but that didn't happen.

I think it is important to share that I decided I didn't have a problem with alcohol, that I just had a drug problem. I was so wrong! I spent the next 15 years drinking myself to death. Within that time span I got married and had four kids. I came back into the program in 2009 after my second DUI with my children in the backseat. Needless to say I was facing some serious consequences. After a stint in a 30 day rehab I came home and began the journey once again to face addiction and deal with the trauma from my past. I was able to put together 3 years sober again.

In 2012 I relapsed and spent the next 3 years relapsing and spiraling out of control. I kept thinking "why can't I get this?" I was going to therapy, meetings, had a sponsor, and was trying to work the steps. The truth was I couldn't deal with my feelings and I had no coping skills on how to deal with my feelings.

In 2015 I went to rehab again. This time I wanted to go. I was so scared of myself and it felt like there was quicksand all around me. While I was there I was diagnosed with bi-polar disorder and PTSD. Recovery finally began happening for me. I'll never forget my moment of surrender. It was when my husband and kids came to visit me in rehab.

When they were leaving they started to cry because I couldn't come with them. I realized in that moment that although they hadn't endured the type of trauma I did, I was still repeating the past of abandonment, abuse, and chaos. I decided to break the cycle and give everyone the chance at a better life. I also will never forget the moment when freedom came. It was when I made the decision that my past wasn't going to be any different and I couldn't change it, but I could do something about the future one day at a time.

"Do one thing every day that scares you"

-Eleanor Roosevelt

Thanks for letting me share.

God's Plan

Once again I am reminded that it is not my plan, but God's plan. My life makes little sense. Some of you may recall that, as a teen, I was convinced that I would not live past the age of 32. I tried pretty hard to make that a reality. When it didn't happen, I spent the better part of a decade in limbo, basically waiting for the end. I can only account it to divine intervention that, one fateful night, I decided to do something different. I did not change everything overnight; it was a series of small (sometimes not so small) changes, and more divine direction, that led me here. Another decade later, and I'm about to board a plane and head to Rome where we will be accommodated in a suite at the Waldorf Astoria for a week. Then we will board a luxurious craft and cruise around the med for a week prior to sailing back to the United States. Do I deserve any of this? No? If I follow my best plans, I'm dead. The trick now is to appreciate it, enjoy it, and live in the moment. Moments are all we really have. [My spouse] and I have worked hard to get to this point. That being said, God (or the universal energy of your choice) definitely had a hand in it. Lest I forget in the business of the day, Thank You (God) for all the blessings!