



FRIENDS of BILL W.

District #30

www.aadistrict30va.org

Hotline: (540) 752-2228 Español (540) 656-2882

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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.

In The Spirit of Service

Hello friends! First order of business this month is to thank XXX for the phenomenal work she did as our newsletter writer for the past year. XXX has moved on to serve as our Secretary for District #30. Thank you XXX! You stepped out of your comfort zone to tackle the newsletter for personal growth purposes, and you helped us all along the way.

Well done!

-Newsletter submissions, anniversaries, event notifications, and ideas can be sent to: newsletter@aadistrict30va.org.

XXX

SERVICE OPPORTUNITIES

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

Jail Meetings: If interested in joining a Rappahannock Regl Jail meeting, e-mail corrections@aadistrict30va.org, or contact XXX or XXX. Applications are on the District 30 Website.

DISTRICT 30 CORNER

June 2018 –Seed money for 4th of July picnic 2019 is fully funded.

October 2018 - District 30 has voted to support SERCYPAA (Southeast Regional Conference of Young People in Alcoholics Anonymous) if Fredericksburg hosts the conference in 2019.

ANNOUNCEMENTS

Stafford Women's 12x12 meeting: If schools are closed due to weather there will not be a meeting that day.

Fresh Start Group (noon every day at Stafford Am. Legion)
– First Sunday of each month is a potluck lunch 'eating meeting' with a speaker.

Over the Hump Group (Wed 7 pm at Peace United Methodist Church) – Third Wednesday each month is a potluck 'eating meeting.'

NEW MEETING! 11th Step Meditation Meeting – Sundays 7 pm at Hillcrest United Methodist Church, 2208 Lafayette Blvd, Fredericksburg.

EVENTS

CRYSTAL COAST ROUNDUP – March 22, 23 and 24, 2019, Double Tree by Hilton Atlantic Beach Oceanfront, 2717 West Fort Macon Road, Atlantic Beach, NC.
<http://www.crystalcoastroundup.org>

SERENITY WEEKEND, March 22-24, Clarion Hotel, 3032 Richmond Road, Williamsburg, VA.
www.serenityweekend.net

ANNIVERSARIES

FEBRUARY

Names omitted for anonymity

MARCH

Names omitted for anonymity

EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

Hi, my name is XXX. and I am an alcoholic. My story is similar to and yet different from other women. What always seems the same about our stories are the feelings associated with our behavior while drinking.

At the age of 18 months, my brother and I were taken from our family by the State of Minnesota due to our mother's drinking and unfit living conditions. There were 5 of us children, but the other 3 were much older. I still remember the day a big grey car drove up and a group of women got out and grabbed me and my brother. We were placed in an orphanage and then into a foster home. At some point between 18 months and 3 years old I was sexually abused. I was not at fault for that, however it did put an imprint way back in my mind that I carried with me.

Three years later a wonderful man and his wife came and took us to our new "forever home." Life was good, we had so much love, and yet deep inside I was so afraid to trust. Would I be swept up and taken once again? I was a good girl all during high school. However once I was off

to college, all things changed. I took my first drink of alcohol during Halloween weekend of my freshman year. Not just a small glass, not just a beer, but the biggest glass I could find. That was the start. I remember walking back to my dorm and being sexually assaulted by a man. I hid that fact, because I was so ashamed as if I was the abuser. This also taught me that alcohol made me available for "boyfriends" -- well one night stands. The girls in my dorm were doing it, so why not. My friends and I would cross over into Wisconsin where we could drink legally at 18 and the beer was plentiful. I also started smoking. Freshman year of college was great! No one cared if you went to class or not, and they never called my parents to report that I was not attending. I could drink up to the time I had to be back in the dorm, sleep in, and it became a big party. I was clueless as to the consequences of my actions. I was not invited back to college after my freshman year.

I moved back home for 2 weeks and knew that was not going to work for me, so off to the Twin Cities I went. I stayed there, worked and drank, until I moved to Chicago. Being the cunning alcoholic I was, lying to get a job was easy, keeping one was not. Eventually I got on an airplane and landed in Miami, Fl. My charm, looks, and lying landed me a job. I met my first "soon to be" husband there. I did not drink much when we got married, and when pregnant did not drink at all. At that time I could either drink or not drink. Now, all the other "isms" were there....more is better! That became true for husbands as well. I always wanted more, never loved, and worked on what I had.

Fast forward to Feb 3, 1989--Two husbands later, 3 children, and a great job. I went to sleep every night asking God not to let me wake up. I was drinking myself to sleep and then taking an upper in the morning to stay awake. I was sitting at my desk on a construction site where I was project coordinator and was feeling so uneasy...something was not right. I went home and poured myself a drink, and something in my heart said to call a crisis line. I told them I did not want to live, but did not want to kill myself. The lady on the other end asked if I drank...I stated "only socially" (1 bottle of gin or vodka a day). She then asked if I was drinking at that moment. As I drained my glass of booze down I lied and said no. Next she asked if someone from AA could call me. How strange, I thought, but I said ok. Someone would call soon. I paced and watched the phone, thinking it should have rung by now. Ok, so God has forgotten me once again. 4:30 pm the phone did ring. A lady said her name was Marie, she was an alcoholic, and she asked me to meet her at the Easy Does It Club at 7:00pm. At 6:50 pm I walked into EDI and expected a bunch of bag ladies to greet me. I heard a group in the back corner say, welcome XXX, come and sit. We sat, I talked, they listened. When the official meeting started and they asked are there any newcomers, my arm shot up and I yelled, I

AM XXX AND I AM AN ALCOHOLIC. A feeling of pins and needles ran from my toes to the top of my head. A peace came over me like none I had ever felt before. I have not thought about having a drink ever since. I heard the Promises and knew in my heart that one day they would come true for me.

What it is like now—ahh, the Promises did come true and continue to come true. I celebrate 30 years sober on Feb 3, 2019. I go to meetings, I have a sponsor, I sponsor other women, I am active in service work. I went back to school and was able to work in the field I always wanted to. During sobriety I have moved, lost both of my parents, I have had 5 major cancers, I have had a son go to prison, and yet, I have NOT had to drink. I am learning how to deal with life on life's terms. The God of my understanding and I have a relationship today. In my drinking I felt God had abandoned me, but no, He was always there or else I would not be here. Thank you for allowing me to be of service by sharing my story...May the God of your understanding keep you sober and allow you to also have a healthy and happy sober life.

XXX 2/3/89 Fredericksburg, Va