



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. 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. This newsletter is OURS .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.

xxx

SERVICE OPPORTUNITIES

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

Jail Meetings: If you are interested in and qualify* for joining a Rappahannock Regional Jail meeting please email corrections@aadistrict30va.org or reach out to xxx.

Women's meetings are Tuesday and Thursday from 7-8pm. Men's meetings are Monday, Wednesday, and Friday from 7-8pm. Applications can be found on the District 30 Website.

**Qualifications: 1. One or more years of sobriety 2. If you have ever been an inmate of RRJ, two years must have passed since your release.*

12 step calls/Bridging the Gap: Contact your group GSR

DISTRICT 30 CORNER

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

January 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

Enter the Grapevine Annual Photo Contest

Each year, Grapevine holds a competition for photographers to be featured in our Wall Calendar. We'd love to see your most striking photographs that reflect the joy of living, serenity, and other sobriety themes. Contributors of selected photos will receive a complimentary copy of the new Wall Calendar in which their photo appears and a Grapevine Pocket Planner.

You may enter as many photos as you wish. **ENTRIES MUST BE RECEIVED BY DECEMBER 1, 2018.**

Digital files must be high-resolution—300 dpi minimum. Submit digital images at www.aagrapevine.org/photocontest.

New Book: Grapevine has published a new book titled, "*AA in the Military: Stories of experience, strength and hope from Grapevine.*"

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

REFLECTIONS

If God is your co-pilot, switch seats.

xxx



You look in the window of the local coffee shop and know 90% of the customers

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Our Gratitude. We want so badly to convey to newcomers the gratitude we feel, but it seems that our language lacks the superlatives to describe it. When we share with tears in our eyes, when we choke up and can't talk at all--these are the times when our gratitude speaks most clearly. We share our gratitude directly from our hearts; with their hearts, others hear and understand. Our gratitude speaks eloquently, though our words may not.

Submitted by xxx from Just for Today

EVENTS

July 27-28 - VAC Summer Meeting, Best Western, Radford, VA

Oct 12-14 – VAC Fall Assembly, Doubletree by Hilton, Richmond, VA

Oct 26-28 – 2018 VSCYPAA (VA State Conference for Young People in AA) Holiday Inn, Virginia Beach, VA.
<https://aavirginia.org/event/vscpaa-2018-virginia-beach/>

Nov 16-18 - Southeast Regional Forum, Washington Dulles Marriot Airport

ANNIVERSARIES

JULY

For anonymity purposes names omitted

AUGUST

For anonymity purposes names omitted

EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

God's Peace

Ask God to give you comfort. Go find a place – a quiet place. Talk to God, like you would a friend. He won't turn you down or turn you away. When you start building your prayer life you'll feel more and more of His presence in your life. The peace that God gives us when our focus is on Him is unexplainable. This peace makes you stop worrying about everything else that is troubling you. He reminds us that He loves you and will take care of us and comfort us.

xxx

Unlearning of the Crap (Or so I thought)

We are born to be who we are, but through the years we collect a load of crap; crap that bogs us down. Recovery helps rid us of this crap to reveal our true being.

I didn't realize it but I grew tired and weary of carrying this crap and had learned that drinking alcohol got rid of the crap, or so I thought. In reality the oblivion promised by alcohol added to this crap making its weight unbearable.

I took the drink away and was immediately better and my problems were solved, or so I thought. I was baffled; despite removing the agent of oblivion I was still the same person. I heard in meetings that the same person will drink again. I did. I went to the depths of despair, again.

I took the drink away and I tried 90 meetings in 90 days. This was my first taste of willingness to go to any lengths to get better. The first layer of crap has been shed – I will not die from misery if I go out and mingle with the people for an hour a day. I

was going to meetings and working the first three steps INDEPENDENTLY which was the key to success, or so I thought. But, I was baffled and still had problems. This time though I did not drink; I was not the same person. My willingness was revealed in those first 90 days and has persisted.

I took the drink away, attended 90 meetings in 90 days, got a home group and started making coffee for my home group. The crap of isolation was lessening. I became interested in my fellows and developed relationships with people in my home group. This service work was such a self-less act, surely I must be recovered, or so I thought. My problems were still quite glaring, I was still baffled, but I did not drink.

I took the drink away, attended 90 meetings in 90 days, got a home group, started making coffee for my home group and got a sponsor. We worked the steps together. I learned about my defects (I prefer my self-preserving defenses) which no longer provided for me valuable purpose, admitted to another these defenses and made amends for my wrong-doings. I was enlightened and allowed others to help me. I was recovered, or so I thought. I was still baffled, I still had problems, but I did not drink.

I took the drink away, attended meetings, served my home group, worked the steps with my sponsor, accepted help from my fellows and developed a relationship with my higher power. I came to a cross road. I came to believe that I needed the help of a higher power. I stood alone at this cross road and I realized I had to decide which path to take. The one path was already exceedingly familiar – it was the path of total independence, self-reliance and self-will along which, I knew with certainty, I would find alcohol to drink. The other path was unknown and scary but my fellows have shared their experience that this path is beautiful and has rewards I could not fathom. I embarked down the scary path and figured it won't get better than this, or so I thought.

I do not drink alcohol, I attend meetings, I serve AA, I work the steps with my sponsor and my sponsees, accept help from my fellows and maintain a relationship with my higher power. The inevitable result from these simple actions is the removal of my crap and acceptance of other's crap. I am slowly becoming the person I was born to be. Or so I thought... Anonymous