



FRIENDS of BILL W.

District #30

www.aadistrict30va.org

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

Vol. 6, Issue 2

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

Dear Readers, thanks for all the great newsletter input and suggestions! Please keep it coming! 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.

Sunshine Lady House and Boxwood Facility meetings: Sunshine Tue/Thurs 7 pm; Boxwood Wed 8 pm. Contact XXX or email treatment@aadistrict30va.org.

DISTRICT 30 CORNER

February 2019 – District 30 website protocol is in need of updates. The website committee will be meeting prior to the March 20th District 30 meeting. Look for updates and website news from this meeting in the next newsletter.

From the District 30 "Chippa" – Due to higher metal costs in the market, the price for bronze chips has increased to \$1.00 per chip for 1 year and greater medallions. The new price will affect 1, 3, 5, and 25 year chips immediately. All other annual bronze chips will continue to be offered at .85 cents while supplies last. Once supplies are depleted, the new price of \$1.00 will apply. Bronze 24-hr chips will be \$1.20 effective immediately. Aluminum 24-hr chips are still .50 cents.

ANNOUNCEMENTS

The Kitchen Group – Celebrating 30 yr anniversary, Pot Luck dinner, All Welcome! Sunday April 7th, 7 pm. Aquia Episcopal Church, 2938 Jefferson Davis Highway.

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.'

EVENTS

CRYSTAL COAST ROUNDUP – March 22-24, 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

2019 VAC SPRING ASSEMBLY – March 29-31, Marriott Newport News City Center, Newport News, VA.
<https://aavirginia.org/event/2019-spring-assembly/>

SAFETY AND AA WORKSHOP: Our common Welfare – May 4th, 1-4 pm. District 10 hosting. St. James Episcopal Church, 14 Cornwall Street NW, Leesburg, VA.

2019 VSCYPAA (Virginia State Conference of young People in AA) – July 5-7, Hilton Alexandria Mark Center, 5000 Seminary Rd, Alexandria, VA. <https://vscypaa2019.com>

ANNIVERSARIES

MARCH

Names omitted for anonymity

APRIL

Names omitted for anonymity

EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

–The Luckiest Girl in the World!

"I'm the luckiest girl in the world and today is the best day of my life...because I made it to today". In my first year of sobriety, I decided I needed a mantra. When I was going through my divorce, I ran a lot and I had a running mantra

which helped me to keep moving. I decided I needed a mantra to keep me moving in my recovery. I wanted the words to be a happy reminder of how very blessed I am to have each new day. I often hear people say they are blessed not lucky. And to that I say, I too am blessed (that goes without saying). I chose the word lucky because it is a word that sounds happy to me and makes me smile. When I was struggling to find my sober self, I needed words to self motivate which would make me smile. I needed words that were positive that would distance me from the ugliness of my drinking. Because sobriety and happiness are both self driven ventures, I thank my God for moving me to take the action of creating my mantra. I didn't always believe these words at first, but I came to believe. Today, I'm 3 years sober and I truly believe I'm the luckiest girl in the world and today is the best day of my life...because I made it to today!

–Anonymous

–Traveling in AA.

Going to AA meetings while away from home plate can be a great experience. Our twelve steps and twelve traditions ensure that AA groups the world over share a singleness of purpose, and there is much commonality in how we conduct our meetings. Nonetheless, there are also small regional and cultural differences in vocabulary, how meetings are opened and closed, or even a unique group tradition that we haven't seen before. Although these are small differences, you can sometimes collect a real gem

*You know you've been in AA a few 24 hrs when...
You get up from the kitchen table and stack you chair.*

that affords you a new perspective or renewed strength in your recovery.

While attending a meeting out of state, I encountered a tight-knit Big Book group, which closed each meeting by reading aloud together the last two paragraphs (page 164) before the Personal Stories section. If you haven't cracked that page in a while, it goes like this:

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you – until then. – (BB page 164)

Such a simple tradition, yet so very effective in unifying this group. It ties together for them the whole point of their presence at the meeting, what they read, what they discussed, what they learned, and how it relates to the "Great Fact." It winds them up and points them towards facing the challenges of life and recovery...until they meet again. I've found it works equally as well as a great close to one's own individual study and meditation. Makes sense – it is after all a great conclusion to our great gift from Bill and the gang. –Anonymous