



March/April 2018

DISTRICT #30

FRIENDS of **BILL W.**

www.aadistrict30va.org

newsletter@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. 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.

– ILS, XXXXXXX.

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 XXXXXX. at (XXXXXXXX). Women's meetings are held weekly on Tuesdays from 7-8pm and Thursdays from 2-3pm. Currently, we have openings for 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. If you have ever been an inmate of RRJ, two years must have passed since your release.*

GSR position: Chancellor Group starting in April 2018

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

REFLECTIONS

If you want to lift yourself up, lift up someone else.

XXXXXX.



You know you've been in AA a few 24 hours when..... You know someone's life story but not their last name

XXXXXXXXXX

An Identifiable Change – Now, thanks to God, good strong sponsorship, and a great AA group, my attitude regarding amends is no longer negative. I've learned that to make an amends is a positive experience, not just putting a check mark on a list to fill a square. Just filling a square is not growth; it is just filling a square, the way I did when I was drinking. Growth is characterized by an 'identifiable' change in attitude, for the better. It is apparent in the way we conduct ourselves, in the way we express ourselves, in our actions. Fortunately, it comes in many ways.

Submitted by XXXXXX., from

MAKING AMENDS

Finding a new freedom

AA Grapevine

Page 10 Real Men Don't Make Amends – Do They?

October 1984

N. D. Omaha, Nebraska

ANNIVERSARIES

Blank due to anonymity

DISTRICT 30 CORNER

February 2018 - District 30 has voted to utilize the \$987.43 prudent reserve overage in the following manner:

1. \$220.00 - print additional meeting lists through 2018.
2. \$300.00 - send the Corrections and Treatment Committee Chair to one assembly in 2018.
3. \$150.00 - sponsor a workshop
4. \$100.00 - donate to the American Legion.
5. \$217.43 - purchase pocket big books for Micah/shelter residents and print more meeting lists if needed.

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.

GROUP ANNOUNCEMENTS

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

EVENTS

March 23-25 - Serenity Weekend in Williamsburg, VA
<http://serenityweekend.net/>

April 13-15 – 2018 Spring Assembly in Herndon, VA
<https://aavirginia.org/event/2018-spring-assembly/>

June 30-July 2 – 2018 VSCYPAA (VA State Conference for Young People in AA) in Richmond, VA at the Richmond Hilton Downtown Hotel.
<https://aavirginia.org/event/vscpaa-2018-virginia-beach/>

EXPERIENCE STRENGTH AND HOPE

An Inspirational story from District 30

THE EASIER AND SOFTER WAY

Before I found the rooms of A.A., life was much more difficult for many reasons. One of the biggest reasons was my inability to get along with, and communicate effectively with, other people. I often felt like people didn't understand me; this feeling resulted in arguments, hurt feelings, and damaged

relationships. Why didn't people understand me? Why were people so rude, so pushy, so... whatever? It was rarely my fault, and I was often angry and upset.

Life was also difficult because I felt overwhelmed by life much of the time. I spent money I didn't have, I was often late to commitments (if I showed up at all), and I often looked to others to bail me out of trouble. One prime example of this irresponsible behavior was when I used the emergency credit card given to me by my parents when I was in college. I purchased cigarettes, alcohol and whatever else I felt like buying at the time. When I finally maxed out the credit card it was taken away from me. I was angry and could not understand why the card was taken from me.

Fear ran my life prior to coming into the rooms. I was scared of just about everything and everyone, and I used alcohol to sedate that anxiety. I used it to help me cope with the stress that I had created by ignoring my responsibilities and letting self-will run my life. I thought I needed alcohol to help me to be more sociable, or funny, or interesting. I believed that I needed alcohol to function the way I thought "normal" people did.

Alcoholics Anonymous has taught me so much more than just how to stay away from that first drink. I have evolved into a better human being, a better employee, a better son, a better sibling and friend. Because I don't drink alcohol to run away from life anymore, my life is manageable and runs fairly smoothly. Bills are paid on time, I show up for work and other obligations, and I make an effort today to avoid self-will and ego. I can honestly say that I am happy most of the time today. I have serenity today, I have healthy relationships with friends and family, and I owe it all to the rooms of A.A. I know that no matter how much sober time I accrue, I will always need meetings and other recovering alcoholics if I want to stay sane and serene. For me, this is truly the easier and softer way of life

XXXXX.