



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; 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.

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SERVICE OPPORTUNITIES

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

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 Kemp F. or Kelly Y. Women's meetings are held weekly on Tuesday and Thursday from 7-8pm. Men's meetings are weekly on 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

REFLECTIONS

The difference between TRY and TRIumph is a little UMPH!

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You know you've been in AA a few 24 hours when..... You can't look at a turnover without thinking of your Higher Power.

Leigh D. and Anna P.

My Words. What words do I use in front of my parents, my children, my grandchildren, and you, my brothers and sisters in this fellowship? I only slip and use 4 letter words when I am resentful, upset and/or, too lazy to think of a word that describes how I really feel. Even when I am upset I can Pause, Breathe, and Pray. I can try to remember to pray for my words to come from a place of love.

1. Is it truthful?
2. Is it kind?
3. Is it necessary?

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DISTRICT 30 CORNER

District 30 Treasurer – this elected position is open. Persons interested contact the DCM at DCM@aadistrict30va.org.

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

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.

EVENTS

July 18 – Delegate Report, American Legion, 7pm

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/vscypaa-2018-virginia-beach/>

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

ANNIVERSARIES

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EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

CAME TO LEARN

I came to AA to learn how to stop drinking; I had no idea at the time the type of journey upon which I was about to embark. I felt completely broken, and at my absolute worst. What a tragic thing I was doing ... asking for help, and admitting defeat. Little did I know, that through what I believed at the time to be my biggest failure, that this tragedy would catapult me into a new reality.

Not to sound as if it is easy or anything, because it most certainly is not. Some days, I feel as if I may come out of my own skin. Early sobriety is a rollercoaster of emotions and pain, but through surrender and acceptance, I have come to believe that this perceived weakness has a far greater universal purpose; a purpose designed for the evolution of my soul. These pains I feel are not accidents, they are not “bad”, but utilitarian in nature.

Today I use my suffering as sign posts, all pointing directly to my spiritual condition, and the developing relationship with my Higher Power. It is within my suffering that I find the grace needed to face another 24 hours. This program continues to help crack open the years of mental imprisonment and self-inflicted separation from my Higher Power. At only 6 months sober, I

know that this program works and for that, I am eternally grateful. One day at a time, I continue to remain willing.

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The Necessity of Connectivity

It wasn't long after arriving in AA that I heard, “AA is a Spiritual Program”. Since, I am reminded of this fact routinely and it comes as no surprise as the words “spiritual”, “God”, and “Him” appear 124, 138, and 31 times, respectively, in the Big Book; “spiritual program” appears 3 times. Based on this and my own experiences, I believe AA is designed for us to establish, or perhaps reestablish, connectivity with a God and then develop it.

Early on I heard and repeatedly I hear and echo the following “suggestions”: 1) don't take a drink, 2) go to meetings, 3) pray, 4) get a sponsor, 5) work the steps, and 6) do service work. Through each of these activities, I directly and indirectly experience my God and have opportunities to enhance our relationship. Although these suggestions are simple, they are not easy primarily due to my prideful nature.

When I go to meetings, I experience God indirectly through the Fellowship of AA. When I pray, I create opportunities to experience God directly. I firmly believe we can and often do experience God through other people especially when we surround ourselves with “healthy” people or people that are “good” for us. So when I work with a sponsor or with people in my network, I experience God's love and care through them. In my step work, either with my sponsor or alone, I experience God indirectly through the Program of AA. When I am moved to do service work either in or outside of AA, I experience God through contact with His people as I am serving as a conduit of His love. In part, God expresses His love through the charitable actions of his creatures.

These many forms of connection to God are a necessity in my recovery because “selfishness-self-centeredness” “is the root of our troubles.” (*Big Book*, p. 62) “Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!” (*Big Book*, p. 62) “We had to have God's help” in doing this. (*Big Book*, p. 62) This connectivity is vital in providing me opportunities to initially convert my countless pounds of selfishness into ounces of caring and giving and thus the miracle starts to happen.

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