

# FRIENDS of BILL W.

District #30

[www.aadistrict30va.org](http://www.aadistrict30va.org)

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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

Dear Readers, we are pleased to announce the position of Newsletter Co-Coordinator has been filled. A willing volunteer has stepped up, not just to assist with the work, but to provide a new perspective and voice to our ongoing newsletter project. Thank you to everyone for your service and your support. To have your story or drawing included in a future issue, please contact us at:

[Newsletter@aadistrict30va.org](mailto:Newsletter@aadistrict30va.org)

## SERVICE OPPORTUNITIES

**District 30 Vacancies:** *No experience required!*

- Workshop Chair

Contact: [DCM@aadistrict30va.org](mailto:DCM@aadistrict30va.org)

## DISTRICT 30 CORNER

*District business, DCM reports, Literature*

### DCM Report:

Happy Holidays District 30,

Wow, here we are at the end of our first year and what a great job we all did. Give yourselves a big pat on the back. I will be heading to Richmond in January for the VAC Winter Meeting to plan and schedule the Spring Assembly which is April 5<sup>th</sup> through 7<sup>th</sup> in Newport News.

I am looking forward to the new year. Keep ears open for information on our first Workshop on Safety coming in the spring.

Thank you for letting me serve as your DCM for District 30. It has been a blast and an honor.

[DCM@aadistrict0va.org](mailto:DCM@aadistrict0va.org)

## DISTRICT 30 ANNOUNCEMENTS

*More will be revealed.*

## EVENTS

### District 30 Alcathon 2023

December 24, 10AM – December 26, 12PM

\*Event is open and ongoing for the full 50 hours.

Dorothy Hart Community Center

408 Canal St, Fredericksburg, VA 22401

See Events page on website for full Schedule:

[AAdistrict30VA.org/wp/events/](http://AAdistrict30VA.org/wp/events/)

### New Year's Eve Party

December 31, 8PM – 1AM @ Fredericksburg Baptist Church

1016 Caroline St, Fredericksburg, VA 22401

*Please use Caroline St Entrance*

### Fresh Start's Eat'n Speak'n Meeting (Potluck/Speaker)

January 7, 12PM @ American Legion Annex

120 American Legion Rd, Fredericksburg, VA 22405

### Fresh Start's Eat'n Speak'n Meeting (Potluck/Speaker)

February 4, 12PM @ American Legion Annex

120 American Legion Rd, Fredericksburg, VA 22405



## EXPERIENCE STRENGTH AND HOPE

*Inspirational stories from District 30*

### Blessed

Everything I've not lost, and everything - absolutely everything - being added or restored to my life today is a gift of the steps, the fellowship and the program of Alcoholics Anonymous. I am grateful for all I had to lose in order to become entirely willing to do the work to overcome alcoholism and survive. Today I consider myself of all men most blessed. For had I not turned once again to sincerely work this program, I would have lost everything and almost certainly be spiritually dead, and physically dead or dying now. It has taken 10 years for me to achieve nearly 28 months of continuous sobriety, though that delay was entirely mine...not the fault of this program!

I've known remarkable professional accomplishments and blessings (this is true for many alcoholics); however, the profound loss and loneliness in this life eventually overwhelmed me. Being spiritually disabled by my character defects from dealing with life serenely as my God could and would enable me (when sought), I addressed life's pain by seeking solace in an ever-shifting pursuit of addictions: work, exercise, food and, especially damaging, I turned to alcohol in middle age. I've known the pitiful and incomprehensible demoralization many of us face, but turning to alcohol late it seems I'd reached that point before I began my drinking career - and went only a year before being forced to make my first attempt to get sober.

Though our literature says these steps are "suggested" as a program of recovery, we're convinced there is simply NO other way to successfully defeat alcoholism than the proven program of AA. I recovered by becoming entirely honest, open-minded and willing, and getting a sponsor who I called regularly, along with other men in AA. Putting in some momentarily uncomfortable work has produced a peace and joy that I've never known before. AA provided me the working framework to apply the spiritual knowledge I'd had since childhood in a way that made it real and powerful in my life. My higher power, whom I know as God, was always waiting lovingly to transform my pain into serenity and contentment...and today he uses others in this program to speak peace and direction into my life. Being restored to a real and living relationship with the God of my youth through the framework of AA has saved my life. Today I express my unending thanks to God for prayers answered, and most especially, prayers unanswered in His infinite grace and wisdom.

I'll keep coming back, will you as well that we may love and serve the one who is still sick and suffering?

## The Little Miracles

It's the little things, in life, that I appreciate more than most. Whether it would be a compliment, a laugh, a helping hand, a gift, learning a lesson, a hug, a simple gesture of caring. The list goes on. The little things are what I have lived for. It has greatly defined who I am, as a human being, and how I pass it on to others. It's the Little Miracles that can matter the most.

When I made my way back into A.A., I was a disaster. I was utterly defeated from The Chaos that I had come to rely on, and the failures of managing my life based on my own self-will. I struggled for years trying to work on my future, but increasingly neglected taking care of myself in the present. It led to frustrations and pain, in life. It led to alcohol, to disconnect from that pain. To the point where I stopped caring about the little things too. There wasn't any willingness to reach for help. There wasn't living for today, nor was there anything to care for anymore. The self-will led to the drinking until there was nothing but Oblivion. I was spiritually broken.

I've been in the program for a year now. Coming back into A.A., and working the steps, I have started noticing the little miracles again in my day-to-day. The other day, I was having a rough day at work. It was late and I was overwhelmed with a mountain of things to finish. I was tired, my back was hurting something fierce, and I was still reacting to the back-handed compliment that my boss gave to me earlier. The only thing that I could do was pray and ask my Higher Power to help remove any resentments that I had in the moment, and to continue being there for others. Then a customer asked me for help. After finding the product together, I could tell that she was upset about something. I asked if she was okay. She fell into tears, and immediately told me about the bad day that she was having. After talking to her for a while, and having a good laugh together, I gave her a hug and assured her that everything was going to be okay. She thanked me, and told me that she needed that.

Where we were once filled with troubles, we were suddenly rid of them. That's a Little Miracle.

"Being wrecked in the same vessel, being restored and united under one God, with hearts and minds attuned to the welfare of others, the things which matter so much to some people no longer signify much to them. How could they?"

– Alcoholics Anonymous, p. 161