



# *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.

## **SERVICE OPPORTUNITIES**

### **Spring Dance Planning Committee:**

Every other Sunday, starting Feb. 18, 5:30PM, on Zoom.

- District 30 has begun planning the annual Spring dance. To get involved or find out more information, please visit the Events page on the District 30 website:

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

### **Safety Workshop Planning Committee:**

Every Thursday, 5:30PM, on Zoom.

- District 30 is partnering with District 15 to put on a "Safety in the Rooms" Workshop. Join the committee, listen in, and be of service. Committee information can be found on:

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

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

- Workshop Chair

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

## **DISTRICT 30 ANNOUNCEMENTS**

*More will be revealed.*

## **EVENTS**

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

March 3, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

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

April 7, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

### **District 30 Spring Dance!**

April 20, 5PM-9PM @ St. George's Episcopal Church  
905 Princess Anne St, Fredericksburg, VA 22401

## **In The Spirit of Service**

Dear Readers, we are well on our way into 2024 and our Newsletter crew has been grateful for all the stories and drawings submitted so far. These Newsletters are self-supporting through your submissions. Without all of you, this would not exist, and I am grateful that it does. Please send your story, drawing, or your group announcements to:

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

## **DISTRICT 30 CORNER**

*District business, DCM reports, Officer Reports*

### **DCM Report:**

Hello,

I attended the Winter meeting over the weekend of Jan 5-6 and we planned the Spring Assembly which is April 5-7 in Newport News VA. Hotel reservations are open now and emails have been sent out with links.

I attended the Archives committee, which I serve on. We found out they are printing one copy of the book "Sharing Our Common Wealth" to take a look at to make sure it looks good and then they will print the other 99 in hopes to have them available for the Spring Assembly. The final breakdown of cost will be \$15.00 a book. We are only printing 100 copies of the book then they will be available for print to order.

The Topics for all DCM's this year at the Winter Meeting was Safety in AA and we had to share on this. I told the VAC that our District was also talking about this topic and planned on having a workshop this coming spring after the Assembly. This piqued some interest from District 40 who reached out to maybe help via Hybrid. I think maybe we could see if any of the surrounding Districts would like to join together to put this on together.

I am looking forward to this next year, serving as your DCM. I cannot do this without all you wonderful people.

Grateful and Thankful.

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

## EXPERIENCE STRENGTH AND HOPE

*Inspirational stories from District 30*

### A Seed Had Been Planted

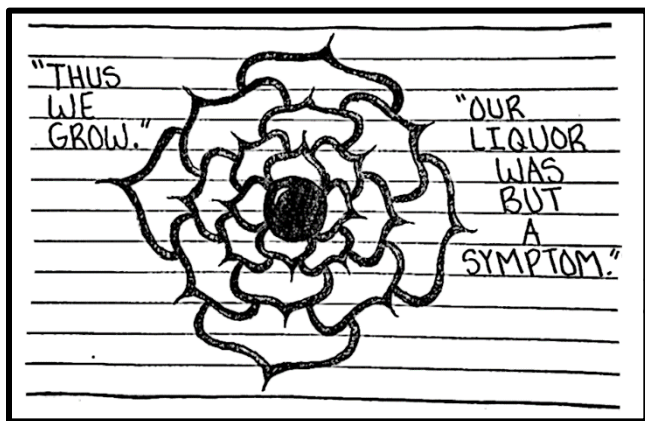
Over 35 years ago, I was involved with an interesting project dealing with the electronic distribution of a daily government document. This was before the Internet, when a big hard drive on a personal computer was 30 megabytes.

Some long-forgotten problem was plaguing the project. When I got home to my apartment, and downed several scotches, I was struck with a brilliant solution. After several phone calls, I reached another team member who worked on the 2nd shift at the office.

After explaining my proposed resolution for the issue, my coworker said it sounded like I had been drinking. After listening to my rationalizations, Don told me he had not had to do that (drink alcohol) for more than 13 years. For reasons I still cannot explain, I asked Don, "How did you do that?" He replied, "Alcoholics Anonymous." I hung up the phone, abruptly, and avoided him for the next several months.

A seed had been planted. My Higher Power was doing for me, what I could not do for myself. In April 1989 I entered a treatment program, and have not had an alcoholic drink since. I had the good fortune to show Don my 30-day chip.

The electronic distribution of government documents is now a common reality. My sobriety is a daily miracle.



## Smash The Idea

In one of my attempts at sobriety, I must have missed the part in the Big Book that says we must completely smash the idea that we can ever drink again. My husband and I jokingly said we'd have a bottle of champagne to celebrate the end of his child support obligation in 17 years...so far away in the future of my young mind. Did I think I would still be sober? Did I even think? Not really, I was going along with a joke. I also didn't fully understand the power of the allergy of alcohol and the trigger that sets off the delusional obsession that follows.

Fast forward 17 years, a disconnect from meetings and the fellowship, and a popped bottle of champagne after the final divorce court released my husband of his obligations. Nothing happened, so I thought. Little did I know, this insidious and cunning disease had its allergy triggered and wasn't about to go back to sleep after 17 years. I wasn't aware of the new techniques my alcoholism was studying to use on me while in its prison. It came up with a new and quieter way of talking to my unconscious while I was busy getting immersed in a new career, life without AA, and myself.

Soon after, I found myself sitting at a winery drinking multiple bottles of wine with a group getting loud and obnoxious and running into a colleague from work. The embarrassment was only enough to keep me from walking the hallways near her office. I needed five more years of destructive drinking before being blessed enough to get another chance that many others don't get spared.

My message today? I must smash the idea that alcohol will ever be safe for me: it is substance hell-bent on killing me, even when it's in sobriety prison. Only a Higher Power holds the key to that prison as my intended murderer sits on death-row waiting for an opportunity. I must stay close to my guardian Higher Power through Faith and by working the 12-Steps.

"If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol."

— Alcoholics Anonymous, p. 33