



# 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, keep up the great work! Keep sending us your stories, your events, and your drawings!

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

## SERVICE OPPORTUNITIES

### 4<sup>th</sup> of July Picnic

We are looking for a Chair and Co-Chair to help coordinate the 4<sup>th</sup> of July Picnic. If you would like the position, or you just want to get involved with the planning committee, please contact the District 30 Entertainment Chair.

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

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

- Workshop Chair

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

## DISTRICT 30 ANNOUNCEMENTS

*More will be revealed.*

## EVENTS

### District 30 Spring Dance: Dancing Through the Ages

April 20, 5PM-9:30PM @ St. George's Episcopal Church  
905 Princess Anne St, Fredericksburg, VA 22401

\*Recovery Meeting from 5:30-6:30PM\*

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

May 5, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

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

June 2, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

### 4<sup>th</sup> of July Picnic

July 4th @ Loriella Park  
10910 Leavells Rd, Fredericksburg, VA 22407

## EXPERIENCE STRENGTH AND HOPE

*Inspirational stories from District 30*

### My Way

Things do not always go my way. I like to believe that life would be easier and I would be happier if things did, in fact, always go my way. I would even settle for things going my way a little more often. Surely, that would at least bring me a little more happiness or make life a little bit easier.

Unfortunately, there does not seem to any way for me to mold the universe to fit "My Way." Science may one day accomplish this, but it has not done so yet. However, there is another solution to this problem. I heard a speaker once describe it as "not having a way." He went on to explain that if he could accomplish the difficult task of not having an opinion on how a situation turned out, his life got simpler. He was happier. He still had work to do, but he left the results up to God.

This is not a new idea. It can be found throughout all of our literature. Step 10 says we stop fighting everything and everyone, including alcohol. I fought for so many years, and even when I seemingly got my way, happiness eluded me. Indeed, the harder I fought, the more depressed I seem to become. I tried to shape reality through sheer force of will to match my mental version of how things should be.

My way did not work. My way got me drunk. My way was a bridge made out of cotton candy going over a deadly drop. My intentions were usually good, but the results were clear. If I got my way, it eventually led to depression, and if I did not get my way, it inevitably led to anger. There was no joy or peace to found down either path.

Now, I seek to not have a way. The goal is to accept whatever comes as God's way. For me, this is what it means to turn my will and my life over to God. His will, not mine be done. This is rarely easy, but there are moments when it comes as naturally as breathing.

Whether the journey to accepting God's way feels like a stroll through a meadow, or climbing a sheer cliff, the results speak for themselves. Life is better. I am happier. I know peace. This way works, it really does.

## EXPERIENCE STRENGTH AND HOPE

*Inspirational stories from District 30*

### My Spiritual Experience

I remember well my last desperate days of drinking. I had a copy of our Big Book and would read it hoping I could find some way I could pull myself out of the prison my life had become. I could relate to some of the characteristics and experiences I read about in the Doctor's Opinion and the stories, but when it came to the suggested solutions - especially finding a higher power and living a life based on spiritual principles - I didn't see how I could embrace what I perceived to be AA's system of beliefs.

When I was delivered into these rooms and a sponsor found me, I began to learn a different perspective. He suggested that I didn't have to adopt any system of beliefs, nor even have faith that any of the suggested steps would work. Instead, he told me, that if I was willing to do certain suggested actions, I had a chance. His first suggestions were simply that each day I not drink and attend an AA meeting.

He also suggested that I become a member of a home group and perform service work.

Frankly, I surprised myself by following his suggestions and I began to find hope based on experience and my relationships with members of my home group.

Eventually he suggested daily prayer in order to find willingness and a touch of humility. When I resisted this idea because I didn't believe in such things, he reminded me that saying a prayer is a simple action - speaking words - and didn't require me to believe in anything. For me the critical message was that action rather than belief was the spiritual basis of our program of recovery.

Today, after many years of following suggestions and trying to remain teachable, action remains the essence of my spirituality - simply my daily efforts to be guided in my choices and actions by a few simple spiritual principles. What I once tried to resist has become a wonderful gift which helps me each day to remain sober and try to be a better person.

## True Happiness

"The fear of people and of economic insecurity will leave us."

I came in with massive debt and I had a home but not much else. I had this inescapable fear that I'd be homeless yet again and it would wake me in the middle of the night in a panic. When I came into the rooms they told me to pray, so I listened, and over time I learned to put my trust in God (as I understood him). I just handed my will over every morning and it taught me to not be afraid anymore. Things got better over time, even when I was hungry and unsure of how to acquire food I somehow was fed; I took home leftover food from AA events at times, friends helped me find food banks and resources. I even found a whole new purpose through helping others in AA, today it has become my career to help those suffering from addiction. I have an amazing group of friends who support me, I don't have to do it alone anymore. Today I have built a whole new life around my recovery and I know true happiness, all thanks to AA.

