



FRIENDS of BILL W.

District #30

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, thank you again and again, as always, for all of your submissions to this local publication. Without your written contributions and hand-drawn additions, this entertaining literary endeavor would remain barren and boring. We here at Newsletter HQ hope you all enjoy this month's issue. If you would like send in your own personal story or drawing, please reach out to us at:

Newsletter@aadistrict30va.org

DISTRICT 30 ANNOUNCEMENTS

More will be revealed.

EVENTS

Pre-Picnic Pizza & Speaker in the Park

July 3, 4:30pm Pizza, 6:30PM Speaker @ Loriella Park
10910 Leavells Rd, Fredericksburg, VA 22407

4th of July Picnic

July 4, 10am - 4pm @ Loriella Park
10910 Leavells Rd, Fredericksburg, VA 22407
- Speaker Meeting at 1PM
- Hamburgers, Hotdogs, & Drinks provided.
- Bring a dish to share!

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

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

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

August 4, 12PM @ American Legion Annex
120 American Legion Rd, Fredericksburg, VA 22405

SERVICE OPPORTUNITIES

District 30 Vacancies: *No experience required!*

- Workshop Chair – We are looking for help planning our upcoming workshops! If you would like to head one of the workshop committees, or just lend a hand, please let s know!

Contact: DCM@aadistrict30va.org

DISTRICT 30 CORNER

District business, DCM reports, Officer Reports

DCM Report:

Happy Summer District 30,

I am so excited for all the events coming up. The 4th of July picnic. My trip to the Summer meeting to help plan the Fall Assembly. I cannot believe this will be my last summer meeting and after the Fall Assembly there will not be much more for me to do as your DCM. This coming September we will be having elections for District officers. How exciting is that! If you are interested in standing for an Officer position, please reach out to me (DCM@aadistrict30va.org) or one of the other officers. Also, if you have any questions about elections please reach out.

I am also pleased to announce that as of June we are bringing meetings into the Rappahannock Regional Jail again. If you are interested in bringing meetings in, please reach out to (Corrections@aadistrict30va.org).

I was able to go visit the Archives Open House. There were people from all over Virginia. What a great experience. There were four speakers who spoke about VAC history and AA history. In case you have not heard Virginia has a new AA history book that you can order from the VAC website. If you would like to visit the Archive you can reach out to (Archives@aavirginia.org)

Thank you for the opportunity to Serve as your DCM.

TW

DCM@aadistrict30va.org

EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

Perseverance

My battle with alcoholism was a profound personal struggle that tested my resilience. Initially, alcohol seemed like a refuge from stress and anxiety, but it gradually took control, affecting my health, relationships, and career. Recognizing the need for change, I sought help and embarked on the challenging journey of recovery.

Admitting my problem was the first crucial step. With the support of friends, family, and Alcoholics Anonymous (AA), I found the strength to confront my addiction. The 12 Steps of AA became a cornerstone of my healing process. These steps provided a structured path for self-reflection, accountability, and spiritual growth.

Through regular meetings and the guidance of a sponsor, I worked through each step, making amends for past wrongs and learning to live a life of honesty and integrity. Embracing a healthier lifestyle, I adopted regular exercise, a balanced diet, and new hobbies to fill the void left by alcohol. My journey is ongoing, and every day presents new challenges. However, each day of sobriety reinforces my commitment to living a better life.

My experience with alcoholism and recovery has taught me the value of perseverance, the power of support, and the importance of self-awareness. It's a journey of continuous growth and resilience.

Thank you for letting me share.

“Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”

– Twelve Steps and Twelve Traditions, p. 70

Newfound Peace

My journey to sobriety felt like a long, uphill battle. For years, I wrestled with alcohol, its grip tightening until it controlled every aspect of my life. I felt lost, isolated, and powerless against the cravings. Then, I found AA. Walking into that first meeting was a turning point. The understanding, support, and shared experiences I found there were unlike anything I'd encountered before. AA provided me with the framework and tools I craved. Working the steps wasn't just about overcoming addiction; it was a deep dive into personal accountability and growth. By confronting my past mistakes and building amends, I found a newfound peace in my relationships. The program's emphasis on honesty and service to others has transformed my daily life. Today, I wake up feeling present and engaged, ready to tackle challenges with a clear mind and a grateful heart. AA gave me back not just my sobriety, but the joy of living a meaningful life.

