



# 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 received many lovely submissions for this issue of the newsletter. We appreciate the courage and humility it takes so send in a piece of your experience, and we encourage everyone to give it a try. As always, submissions are anonymous. Also, a special thank you to our Newsletter Co-Coordinator for stepping in to help out more and more every month. If you would like send in your own personal story or drawing, please reach out to us at:

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

## DISTRICT 30 ANNOUNCEMENTS

### EVENTS

**South East Regional Conference of Young People in AA**  
Aug 29 – Sept 1 @ Sheraton Norfolk Waterside Hotel  
777 Waterside Dr, Norfolk, VA 23510

**Fresh Start's Eat'n Speak'n Meeting (Potluck/Speaker)**  
September 1, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

**Virginia State Conference of Young People in AA**  
October 4-6 @ Holiday Inn Roanoke Airport Conf. CTR  
3315 Ordway Dr, Roanoke, VA 24017

**Fresh Start's Eat'n Speak'n Meeting (Potluck/Speaker)**  
October 6, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

### Kickball Tournament!

October 13 @ Loriella Park  
10910 Leavells Rd, Fredericksburg, VA 22407

### VAC Fall Assembly

October 18-20 @ Falls Church Marriott Fairview Park  
3111 Fairview Park Dr, Fall Church, VA 22042

## SERVICE OPPORTUNITIES

*More will be revealed*

## DISTRICT 30 CORNER

*District business, DCM reports, Officer Reports*

### DCM Report:

Howdy District 30,

Can you believe summer is almost over? We have had so much fun. The 4th of July picnic and pizza speaker meeting was a hit. Great job team.

I have attended 3 delegate report-backs including our own this summer. So many exciting items came out of the conference. The new Plain Language Big Book: A Tool for Reading Alcoholics Anonymous is expected to be released in November 2024 for \$11. They also approved to create a new pamphlet for transgender members.

I was able to attend the VAC convention in Aug with over 408 members with sobriety ranging from 1 week to 46 years. The speakers were amazing. Being able to meet new people seeing familiar faces: Wow!! This was my first and won't be my last.

Also, this coming September are elections. We will be electing new officers for the district. Please encourage your GSR to attend the District meeting on September 25<sup>th</sup>.

District 30 is in process of planning our 2nd workshop of the year which will be on October 12th. The committee meets on Mondays at 5pm on Zoom. The information is on website under "district service tab". The district will also be having inventory in October instead of a business meeting. It will start at 6:30 on October 16th. Then the following weekend is the Fall Assembly in Falls Church.

Grateful and Thankful,

TW

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

## EXPERIENCE STRENGTH AND HOPE

*Inspirational stories from District 30*

### Courage

I was in a meeting the other day and the topic was courage. By the end of the meeting I realized how courageous we are! I had never before thought about it in all the many ways we exhibit courage. It takes courage to walk in a room of Alcoholics Anonymous. It takes courage to admit we are alcoholic. It takes courage to be willing to turn our lives over to God. I had never thought of myself as having courage until the end of the meeting. It was then I realized that keeping quiet when I want to say things that are none of my business takes courage. I need to stay in my own lane and mind my own business. There are times when I still think I know best. History has proven that I don't know best and my best thinking took me down. I have a little over 8 years sobriety and by coming all the way in and sitting all the way down I have found serenity, contentment, happiness and self-love. The promises do come true. My hope is that everyone who steps into the rooms stay until the miracle of a psychic change takes place. I promise it will if you keep coming back. I think I'll keep coming back and taking the easier, softer road. I give thanks to God every day!

"In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living."

– Twelve Steps and Twelve Traditions, p. 71

## Chronicles of Early Sobriety

I'm seeing through clear eyes once again. I find myself having time for all of the things that have been placed at the back of my to do list. I'm ready to take on what's next and I feel the veil of my insecurities falling away. I sleep comfortably at night knowing that my conscience is clean. The funniest thing happened the other night: I dreamt I went to a meeting! I was plagued by nightmares of getting drunk but now I'm dreaming of the exact opposite. What a difference just a short amount of time makes. Of course, I still try and convince myself that I don't need to dedicate an hour to my meetings but when I sleep my subconscious knows exactly what I need. I will continue to pray to my higher power to help me fight my ego and listen to my inner voice. A voice that tells me I need a support system, I need a tribe, I need AA.

