



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, I am sad that my time as Newsletter Coordinator has come to a close, but I am grateful for all the opportunities it has given me these last 2 years. I have gotten to read so many stories from readers like you, I've gotten to have the first laugh at every comic we've included, and most importantly, I've been a link in the chain that carries this message to other Alcoholics. I hope you all continue to read, write-in, and draw your way into a happy, joyous, and free future filled with many more volumes of this publication.

May God bless you and keep you until then.

Newsletter@aadistrict30va.org

DISTRICT 30 ANNOUNCEMENTS

EVENTS

District 30 Alcathon

December 24-26 @ Dorothy Hart Community Center
408 Canal St, Fredericksburg, VA 22401

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

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

VAC Spring Assembly

April 4-6 @ Holiday Inn Virginia Beach
5655 Greenwich Rd, Virginia Beach, VA 23462

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

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

SERVICE OPPORTUNITIES

Spirit of Rotation!

All of the District positions will be changing hands at the end of this year. If you are interested in helping the District by serving as one of our committee chairs. Here are the available Chair positions:

- Finance & Budget
- PI & CPC
- Service Manual

Many of the other Chairs will also be looking for Co-Chairs to share the responsibilities. If you are willing to serve, or would like more information, please reach out to:

DCM@aadistrict30va.org

DISTRICT 30 CORNER

District business, DCM reports, Officer Reports

DCM Report:

Happy Holiday's District 30,

I would like to start by thanking everyone for all the hard work they have done in the past two years to help keep this district active and full of life. Thank you to all the past trusted servants who said yes when I asked for help. Thank you to my Officers for standing by me through it all. Thank you for the opportunity to Serve as your DCM for the past two years, it has been a humbling and overwhelming experience I will be forever grateful.

Good luck to you all as you trudge this road to happy destiny. If at any time you every need anything, please reach out.

TW

DCM@aadistrict30va.org

EXPERIENCE STRENGTH AND HOPE

Inspirational stories from District 30

Service: A way to give back

“Is your glass half empty or half full?” someone once asked me. I wasn’t quite sure what that meant at the time but before I came into Alcoholics Anonymous, my glass was half empty. I could never quite get enough attention, accolades, success – you name it – to overcome the shame and guilt I felt about myself. Alcohol numbed the pain but even my glass of beer was always half empty – I could never get enough. I was not ignorant to service work because whenever a friend had a job and asked for help I would gladly help out, depending on which friend asked and how much ‘liquid refreshments’ would be available.

Shortly after getting sober, it was suggested that when asked to do something in AA, I should do my best to say yes. For me, AA service work started by helping with whatever was needed. When I set up chairs and tables for a meeting, no one praised me for how straight they were lined up. Instead, they thanked me for helping with the meeting set up. I started to get the courage to say yes to other service positions. I have had the honor to serve as the treasurer for my group, its Group Service Representative, and I was asked to serve as a District Officer for District 30.

I have grown and matured through service work and have learned a level of humility I didn’t know before. My sobriety is stronger because of service work. I learned that my opinion mattered, even when the majority of the group thought otherwise. I soon realized that I was giving back to the Fellowship that so freely gave sobriety to me. My glass is half full and I know I have something to give back to AA.



On The Road of Happy Destiny

Being a trusted servant and recovering alcoholic in A.A. has returned so many rewards that a mere short story cannot cover all them in detail. I will describe a few that top the list.

A.A., all its steps and principles, has taught me that love and tolerance is our code. Progress and not perfection reminds me that in times of fears, setbacks, frustrations, resentments, anxiety, and the like, that I can pause, hand it over to my higher power. Through faith and trust everything is and will be OK, no matter the picture that I may have already painted in my thoughts.

A.A., all its steps and traditions, has taught me to remain humble and grateful when thanks, praise and recognition is showered upon me. My service work requires no rewards. The greatest reward is continued sobriety and large doses of humility and gratitude. Service and step work provides these rewards as long as I remain responsible to my commitments and thorough in my program.

A.A., one day at a time, through the three legacies of recovery, service and unity reminds me to let go of my will and to the best of my ability be of service to my higher power and others. Carrying the message through each of the legacies is vital to my recovery. My recovery depends on honesty, open-mindedness and willingness. To grow, accept and let go when necessary is paramount.

A.A., through my higher power, the fellowship and the steps, has brought me hope, faith, peace, serenity, freedom and sanity which I could not have achieved on my own. There is one who has all power -- that one is God.

A.A., which is a design for living, has turned my life around and will continue to get better as long as I keep coming back, stay connected and continue to extend my hand to the next suffering alcoholic. Welcome, we are glad you are here.

District 30, Virginia Area Committee and A.A. as a whole is the fellowship that I desire. As long as I keep maintaining and adding tools to my spiritual toolkit, I have a good chance to remain sober a day at a time.

My sobriety time has been a blessing and I look forward to many more blessings to come on this road of happy destiny. Thank you so much for trusting me to be a humble servant to District 30, VAC and A.A. as a whole.