



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.

## A Change, Psychic or Otherwise

Greetings Virginia District 30 of AA! I'm Nick S., your new newsletter chair. I'm grateful for the opportunity to serve in this capacity. I'm relatively new to AA in Fredericksburg, having moved here in May of 2024, but I have been sober in AA since I walked into my first meeting in Annapolis, Maryland, in 2014. Since that time, due to moves during sobriety, I have had five different home groups: Annapolis Noon Meeting; Going to Any Lengths in Crownsville, Maryland; Colonial Beach Group in Colonial Beach, Virginia; Rule 62 in Warsaw, Virginia; and now Early Birds right here in Fredericksburg. While the Colonial Beach and Warsaw meetings are in District 15, I made some great friends from District 30 AA meetings by attending meetings in King George (Living Sober on Wednesday nights and Keep it Simple on Thursday nights) which is part of District 30.

I have some big shoes to fill, those vacated by the previous newsletter chair. To quote the words of Lt. Valeris to Mr. Spock as she became the science officer on the starship Enterprise in *Star Trek VI: The Undiscovered Country*, "I could only succeed you, Sir [not replace you]." Thank you to the outgoing newsletter chair for remaining available with support and guidance.

Change is inevitable. A psychic change brought about by following the 12 Steps allowed us to get and stay sober. This often required changing people, places, and things and the acknowledgement that "change we must or die we will." While change can be difficult, it can also bring blessings.

If you would like to help me keep this newsletter in print at something approximating my predecessor's level of service to District 30, please send me your stories of experience, strength, and hope in recovery and information on any important events for your home groups.

Happily trudging with you,

Nick S.

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

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## DISTRICT 30 ANNOUNCEMENTS & EVENTS

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

March 2, 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)

April 6, 12PM @ American Legion Annex  
120 American Legion Rd, Fredericksburg, VA 22405

### AA Fredericksburg's Spring Dance

May 3, Time TBD, St. George's Episcopal Church  
905 Princess Anne St, Fredericksburg, VA 22041

*Dance planning meetings begin on 3/10/2025 at 7 PM on Zoom. If you would like to assist, please contact Laura at 804-855-8037 to volunteer your service or contact [entertainment@aadistrict30va.org](mailto:entertainment@aadistrict30va.org) for more info.*

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## DISTRICT 30 CORNER

*District business, DCM reports, Officer Reports*

### From the DCM:

Greetings District 30,

Every 2 years we rotate positions at the District level. Some people step away, new people step in, and some of us just move to new roles. 2025 is one of those transition years, and we are happy to report that the rotation is going smoothly. Please be patient with everyone as they learn their new responsibilities, but keep reaching out to ask questions and take advantage of the resources available.

In larger AA news, we have the Virginia Area Committee (VAC) Spring Assembly quickly approaching, April 4-6 in Virginia Beach. The VAC Assemblies are held every Spring and Fall at different places throughout the state. These are opportunities for AA groups to send their representatives

(GSR) to discuss business and share information. If your AA group does not have a GSR, contact our Group Outreach chair ([outreach@aadistrict30va.org](mailto:outreach@aadistrict30va.org)) to get more information.

We will have more exciting details about the Assembly and other District news as the year continues. May God bless you and keep you until then.

DCM, District 30

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

#### From the ADCM:

I'm Jill C, your new ADCM in District 30! As ADCM, my job is to serve as our DCM's alternate. As long as our DCM stays healthy and sober, I have a really easy job this term! The joke is always that my main job is to pray for the health and well-being of the DCM, so I will. I'm looking forward to an opportunity to keep learning about service work at the District and Area levels.

Since I've been sober in Fredericksburg this time around (I'm a retread), I've gotten connected with service work, and it's been really foundational for my sobriety. I started off as a GSR for my home group when I was only six months sober. That's less time than the usual suggestion for a GSR, but I was willing to serve, and I'm grateful that my home group had enough faith to take a chance and elect me. Getting involved as a GSR opened up a whole new world for me; it was fascinating to get a taste of how AA works at the District and Area levels. Since then, I've served as the Website Coordinator for District 30 for a term, then as the District Secretary. Each service position has taught me new things about how AA works, and how volunteers everywhere are crucial to helping us carry the message and keep AA available and accessible for newcomers.

Most importantly, having a service position keeps me connected. Since I've been sober this time, I've been fortunate to get a job that puts a high degree of trust in me, and requires very long hours. So my meeting schedule isn't as robust as it once was. Because I don't always get to as many meetings as I want to, having a service position is one thing that has kept me accountable and connected, even when my work schedule is unmanageable. I'll always be grateful that I got connected to service and that I get to be one small piece of helping AA keep spreading our message. I'm looking forward to a great term as ADCM!

Jill C

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

## Happy 26th Anniversary Early Birds!



Fredericksburg's Early Birds home group first met on February 26th, 1999. This past February 26th, the group celebrated 26th years together at their normal 7:30 AM meeting, an event which included bounteous refreshments. Among these were the cake shown above, courtesy of Kayla, in honor of both the group anniversary and one year of continuous sobriety for Jennifer B. The meeting format, a study on Tradition 2 from the 12 and 12, included commentary from long-time home group member Bob W. regarding how that Tradition applies to the group's history.

Does your home group have a special milestone occurring or a story of interest to share? Contact [newsletter@aadistrict30va.org](mailto:newsletter@aadistrict30va.org) to share your information!