District 16 Newsletter Summer 2017 Established 1997

To submit articles or information send to: sendforsobervoices@gmail.com

SUMMER TRIGGERS

Do you have a lot of outside activities going for the summer? Do the long, hot days of summer make you think of nice, cold but alcoholic drinks? Are you going on vacation? Alone? With family? All of these should be triggers and here are some ideas to get through any rough times:

• Always let your sponsor or a trusted friend/family member know you are attending a function with alcohol present (if you feel comfortable doing so!!)

• Try to take your own car so you can escape if necessary.

• Always have your own non-alcoholic liquid refreshment with you to have in your hands at all times. A simple “no thank you” to an offer of alcohol will do.

• Try to have another member of AA with you and/or a trusted friend/ family member.

• On vacation be sure to plan activities that do not involve sitting around drinking…those are our “old ways”.

• If out of town, ﬁnd out where you can attend a meeting.

• If necessary, do not attend! Our sobriety is more important than worrying if the host/hostess will be angry with us!!

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12th Step Work - You've Got to Give it Away to Keep It

There are numerous opportunities for 12th Step work within the Southside Virginia area. Thank you to the 14 groups and 42 people who have stepped up in the last 2 months to ﬁll these new commitments. All you need to remember are the opening paragraphs of Chapter 7, Working with Others, in the book Alcoholics Anonymous: Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their conﬁdence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives. So, volunteer to make the coffee, serve on a committee, help plan an event, volunteer to chair a meeting, clean up the meeting room. No task is too small to help all of us. Learn about the different committees in AA so that you may serve on one of them. If your group would like to participate, contact Mike B. for Treatment meetings, Tyler for Corrections, Patti W. if you're available for Phone Watch. And always reach out to another alcoholic in recovery!!

PHONE WATCH COMMITTEE

The Phone Watch Committee is responsible for the AA Hotline. This Hotline is available 24 hours a day, 7 days a week. The Committee recruits volunteers, maintains volunteer listings, schedules persons to answer the phone and forwards the phone to the proper volunteer. They maintain the 12 Step listing and train volunteers to answer and refer calls.

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District 16 Intergroup meets at the Tri-City Club on the 2nd Wednesday of each month at 6:45pm. Our Intergroup carries the 12th Step message of AA through the following committees: Corrections, Grapevine, Phone Watch, Public Information and the Website. District 16 meets at the Tri-City Club on the 2nd Saturday of each month at 10:30am. These meetings carry information from our group to the Virginia Area and General Service Office in New York. No matter how long you have been in AA, reading AA material is very helpful to most of us. Part III of the Big Book can remind all of us just where we have been or for some, the “yet” stories.

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THEY LOST NEARLY ALL

This is Part III of the Big Book. The 15 stories in this group tell of alcoholism at its miserable worst. Many tried everything - hospitals, special treatments, sanitariums, asylums, and jails. Nothing worked. Loneliness, great physical and mental agony - these were the common lot. Most had taken shattering losses on nearly every front of life. Some went on trying to live with alcohol. Others wanted to die. Alcoholism had respected nobody, neither rich nor poor, learned nor unlettered. All found themselves headed for the same destruction, and it seemed they could do nothing whatever to stop it. Now sober for years, they tell us how they got well. They prove to almost anyone’s satisfaction that it’s never too late to try Alcoholics Anonymous.

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**District 16 Annual AA Picnic** White Bank Park, Pavilion 1, Colonial Heights. Saturday, September 16, 2017 from Noon to 4:00pm. Food, Fun, Fellowship and a Surprise Speaker. Bring a dish to share with all. Bring your family and friends. All are welcome.

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Remember…..get a sponsor, get phone numbers and use them and attend meetings!

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WORKSHOPS

**Safety in AA Workshop [Guest Speaker: Chris W.]**

WHEN: August 26, 2017

WHERE: Wesley United Methodist Church, 3701 Conduit Road, Colonial Heights, VA

TIME: 2:00-4:00 pm



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**Back To Basics**

WHEN: Begins Saturday, August 5th and each Saturday in August

WHERE: Wesley United Methodist Church

TIME: 6:30pm. Bring a sponsor or sponsee. Bring your Big Book.