

SOBER VOICES

SEPTEMBER 2023

HOT OF THE PRESSES

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DISTRICT 16 CALENDAR OF EVENTS

September 30 @ 12:00 pm - 3:00 pm

District 16 Annual Picnic

**White Bank Park-Pavilion #2 400 White Bank Road,
Colonial Heights, VA, United States**

Oct 28th is a Halloween party.

Thanksgiving Alcothon - undecided

VAC EVENTS CALENDER

SEPTEMBER 2023

FRI 8

September 8 - September 10

National AA Technology Workshop

Shenandoah University 600 MILLWOOD AVE., Winchester, VA

FRI 15

September 15 @ 3:00 pm - September 16 @ 3:00 pm

6TH ANNUAL PRIMARY PURPOSE RETREAT 9/15 to 9/17

**Elizabeth Furnace Group Campsite - George Washington and
Jefferson National Forest 15618 Fort Valley Road, Fort Valley, VA**

SAT 23

September 23 @ 10:00 am - 3:00 pm

VAC PICPC Public Information Cooperation Professional Community Workshop

Grace Episcopal Church - Radford 410 4th St, Radford, VA, United States

SAT 23

September 23 @ 10:00 am - 3:00 pm

Addressing Alcoholism

Christ Lutheran Church 201 Harvey St., Radford, VA, United States

SAT 23

September 23 @ 1:00 pm - 4:00 pm

Healthy Home Group Workshop

St. Stephen's Lutheran Church 612 Jamestown Road, Williamsburg

SAT 23

September 23 @ 1:00 pm - 5:00 pm

Sponsorship Workshop

Peace United Methodist Church 801 Maple Grove Dr, Fredericksburg, VA, United States

SAT 30

September 30 @ 12:00 pm - 3:00 pm

District 16 Annual Picnic

**White Bank Park-Pavilions #2 400 White Bank Road,
Colonial Heights, VA,**

October 2023

SUN 8

October 8 @ 11:00 am - 5:00 pm

This Side of the Mountain Recovery Picnic; Speaker Meeting

Glen Maury Park 100 Glen Maury Park Road, Buena Vista, VA,

FRI 13

**October 13 @ 5:00 pm - October 15 @
2:00 pm**

2023 VAC Fall Assembly

**Roanoke Holiday Inn Tanglewood 4468
Starkey Road, Roanoke, VA,**

November 2023

FRI 17

November 17 - November 19

7th Southern States AA Service Assembly

**600 North Lake Destiny Rd 600 North Lake Destiny Rd, Maitland, FL,
United States**

December 2023

SAT 2

December 2 @ 9:00 am - 3:00 pm

VAC Treatment, Accessibilities, Bridging the Gap Workshop

St. Christopher's Episcopal Church 3300 Cedar Lane, Portsmouth, VA

NEW MEETINGS

We are not Saints meeting.

**Location: Gary's Church UMC 13501 Sunnybrook Rd, Petersburg, VA
23805 <https://g.co/kgs/73CeM9>**

The meeting will be @ 3PM on Saturdays

COMMUTER GROUP BEGINNERS MEETING,

Saturdays 8:00 PM TO 9:00 PM

Format Open, Discussion, Newcomer, Step Meeting, In Person, English

Location:

St Paul's Episcopal Church, 110 North Union Street, Petersburg, VA

Parking is available in large fenced in parking lot behind church. Enter lot from Market Street. Enter the rear of the building using concrete handicapped accessible ramp on left.

MEETING CHANGES

Freedom of Choice meets Friday & Sunday 8PM.

1st Presbyterian Church, Emporia VA.... special instructions,

Parking around back.

Fort Gregg-Adams Sunday 3 PM

F.O.B. MEETING

FAMILY SERVICES BUILDING, MEMORIAL CHAPEL

SEVENTH TRADITION CONTRIBUTIONS

Announcement

Contributions Website Enhancements -

[https://www.aa.org/sites/default/files/literature/Announcement%20Contributions Website Enhancements.pdf](https://www.aa.org/sites/default/files/literature/Announcement%20Contributions%20Website%20Enhancements.pdf)

Contribute by Mail:

General Service Office

Post Office Box 2407

James A Farley Station

New York, NY 10116-2407

Virginia Area Committee

PO Box 1130

Locust Grove, VA 22508

District 16

P.O. Box 2328

Petersburg, VA 23804-2328

DID YOU KNOW?

Your Seventh Tradition Contributions Help Carry the Message

Contributions made by you and your home group to the General Service Board support the work of your General Service Office (GSO) to help the alcoholic around the corner — and around the world. Your contributions make possible essential member services and support for those seeking help.

FOOD FOR THOUGHT, FROM OUR LITERATURE

Group Inventory

“Let us continue to take our inventory as a Fellowship, searching out our flaws and confessing them freely. Let us devote ourselves to the repair of all faulty relations that may exist, whether within or without.”

AA Co-Founder, Bill W., February 1961, “The Shape of Things to Come”,

The Language of the Heart

Dry

‘Sometimes, we become depressed. I ought to know; I have been a champion dry-bender case myself. While the surface causes were a part of the picture -trigger-events that precipitated depression - the underlying causes, I am satisfied, ran much deeper. Intellectually, I could accept my situation. Emotionally, I could not. To those problems, there are certainly no pat answers. But part of the answer lies in the constant effort to practice all of AA’s Twelve Steps.’

Bill W., Letter, 1954

1967AAWS, As Bill Sees It, p. 30

Daily Reflections

September 3

BUILDING A NEW LIFE, p.255

We feel a man is unthinking when he says sobriety is enough.

-Alcoholics Anonymous, p.82

When I reflect on Step Nine, I see that physical sobriety must be enough for me. I need to remember the hopelessness I felt before I found sobriety, and how I was willing to go to any lengths for it. Physical sobriety is not enough for those around me, however, since I must see that God’s gift is used to build a new life for my family and loved ones. Just as importantly, I must be available to help others who want the A.A. way of life. I ask God to help me share the gift of sobriety so that its benefit may be shown to those I know and love.

Alcoholics Anonymous,

Pages xxxii

I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray.

William D. Silkworth, M.D.

Grapevine Daily Quote

August 31

“We have to grow or else deteriorate. For us, the ‘status quo’ can only be for today, never for tomorrow. Change we must; we cannot stand still.”

AA Co-Founder, Bill W., February 1961, “The Shape of Things to Come”, The Language of the Heart

BOX 459, SUMMER 2023

Your New Box 4-5-9 is Now Available!

Dear Reader, The e-mail subscription that you registered for ensures that you will receive each new issue of Box 4-5-9, published four times a year with news from G.S.O. New York. Thank you for subscribing to GSO’s Digital Delivery Service!

Grudges

”We had to see that every time we played the big shot, we turned people against us. We had to see that when we harbored grudges and planned revenge for such defeats, we were really hitting ourselves with the club of anger we had intended to use on others. We learned that if we were seriously disturbed, our first need was to quiet that disturbance, regardless of who or what we thought caused it.”
Twelve Steps and Twelve Traditions, p. 47 Copyright 1952 A.A.W.S. Inc.

Pathway

”He Had Been Listening”

In thinking all this over, it finally became obvious to me that the God I thought had judged and damned me had done nothing of the sort. He had been listening,

and in His own good time His answer came. His answer was threefold: the opportunity for a life of sobriety; Twelve Steps to practice, in order to attain and maintain that life of sobriety; fellowship within the program, ever ready to sustain and help me each twenty-four- hour day.

“St. John’s, Newfoundland, Canada”

1973 AAWS, Inc.; Came to Believe, 30th printing 2004, pg. 11

Daily Reflections

August 27

CENTERING OUR THOUGHTS

When World War II broke out, our A.A. dependence on a Higher Power had its first major test. A.A.’s entered the services and were scattered all over the world. Would they be able to take the discipline, stand up under fire, and endure?

-As Bill Sees It, p.200

I will center my thoughts on a Higher Power. I will surrender all to this power within me. I will become a soldier for this power, feeling the might of the spiritual army as it exists in my life today. I will allow a wave of spiritual union to connect me through my gratitude, obedience and discipline to this Higher Power. Let me allow this power to lead me through the orders of the day. May the steps I take today strengthen my words and deeds, may I know that the message I carry is mine to share, given freely by this power greater than myself.

Are you centered?

Are you a soldier?

Are you a part of, or are you apart from?

Heard it in a meeting, WHAT????

The Mechanic

Step 1: I had an old clunker parked in the driveway. I had just about given upon it, but decided to make a whole-hearted attempt to restore it.

Step 2: I couldn't fix it, but I came to believe someone could.

Step 3: I turned the car over to the Mechanic.

Step 4: I took an inventory of all that was wrong with the old clunker.

Step 5: I shared the inventory with the Mechanic and someone else who was already being helped by the Mechanic.

Step 6: I helped take off the old parts.

Step 7: I let the Mechanic handle the rest.

Step 8: We made a list of all the parts that were defective, and became willing to replace them all.

Step 9: I admitted I hadn't checked the oil and fluids properly, or fixed the other things that were going wrong. It was my responsibility to take care of the car, and I had not. I wanted to help, but being unfamiliar with the process, I allowed the Mechanic to fix the things I couldn't and asked him to help me fix the things I could. The car turned out beautifully!

Step 10: I checked the oil, fluids, tires, etc. more regularly, and when I didn't, the engine didn't hummmmm.

Step 11: I called on the Mechanic to help maintain the car, and asking Him to fix it whenever there was trouble.

Step 12: That Mechanic and I had become such close friends, we decided to take a trip across the country and stopped to help all that needed it along the way.

9th step promises

#6. That feeling of **usefulness** and self-pity will disappear.

#7. We will lose interest in selfish things and gain interest in **our felons**. In a Corrections Meeting

#10. Fear of people and **economic security** will leave us.

STEP 10 “And when we were wrong “**PROBABLY**” admitted it.

WE ARE NOT A GUM DROP

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