

Sober Times

Williamsburg, VA Intergroup Information

District 38

Winter 2016

The Best Christmas Gift Ever...

It was December 16, 2012 - my husband's birthday. Having just moved to Williamsburg from another state, it seemed like a great idea to have a few neighbors over for a little birthday party for my husband. So, while cooking and cleaning in preparation for the party, it also seemed like a great idea to have a few drinks, (a typical way I prepared for parties was to have a pre-party with myself). After a several hour black-out, I found myself entertaining our guests, without my husband. I wasn't even sure when he had left the house.

It didn't take long for the "gift of desperation" to take hold. This would be my 5th time in Rehab, but I didn't know what else to do. So, on December 18, I checked into Rehab and wondered how I could possibly miss Christmas and be away from family. "What I didn't realize was the extent to which they all felt relief that I would not be present. So, it was that I was to celebrate Christmas and the New Year with my friends in rehab. It was my first Sober Christmas in 20 years, and I loved it.

This year, on December 19, I will have 4 years of sobriety. For the most part, I have found the program simple, not challenging, and my AA Family is a very meaningful part of my life. The most significant growth area has been in my belief that God can do for me what I cannot do for myself. However, it hasn't always been easy. What can be challenging is this time of year. With all of the parties, and overall stress associated

with the holidays, this is a time to really be mindful and grateful and to focus on reason for the season, and to remember that without sobriety, there is no "merry" in the Merry Christmas.

Although I am still fairly a babe in terms of sobriety time, I do have some tips that I hope will help throughout this month and beyond:

- Go places with your AA friends - - to meetings, out for dinner, shopping, movies.
- Have a party with your AA friends - lots of food, music, and games.
- When traveling to see family and friends, take lots of recordings of speakers, AA books, and editions of the Grapevine in the car.
- Keep the coffee pot on.
- When at a non-AA party, keep a glass of something yummy in your hand - even if it's just fancy water.
- Call someone in the program if you are feeling overwhelmed.
- Go to a Christmas concert.
- Do something nice for someone else - bake some cookies and take them to your neighbor.

Thanks to you all for my greatest gift ever - and I hope you have a sober and joyous holiday season!

Debbie W.

Anonymity Workshop

Experience, Strength, and Hope

On Saturday October 1st District 38 conducted a workshop on Anonymity. Topics included “My and My Big Mouth”, “Anonymity Online” and “Anonymity Outside of AA”. The workshop was also an old fashioned AA Potluck dinner and according to DCM Ben K. there were about 60 AA’s in attendance. If you want people to come to a workshop, have a potluck dinner. It works every time.

One of the people there was a newcomer who shared his experience with The Sober Times.

“I am newly sober and working the steps with a sponsor. I meet with my sponsor at least once a week and he asked me what I was doing Saturday October 1st.

I told him I did not have any plans and he told me he wanted to go to the AA workshop on Anonymity. So on Saturday I went to my first AA Workshop, because my sponsor told me to. I am very glad I did. First of all, it wasn’t just a workshop, it was a potluck dinner and the food was great! I went by myself but soon saw some people I knew and felt right at home. We sat down and had some turkey, ham and all the fixings. The meal was very good.”

“After we ate, there were speakers on the different topics. There was a lot of information about how to protect your anonymity and the anonymity of your friends on social media. Like don’t post pictures of your chips online! Also, how to

acknowledge a friend from AA when you’re in public or when you’re at a funeral and someone who is not in AA asks “how do you know the deceased?”. When the speakers were done, we broke up into groups and to discuss a topic. I was really impressed with how organized the whole thing was and how everyone was getting along. I was having fun and learning a lot. At the end, I was selected to give the synopsis for my group. I was really nervous because it was my first workshop and now I was standing up in front of the whole room. I couldn’t believe they chose me to do it--- the newcomer! But actually, it turned OK and I am really glad I went”

Your Answer Is...

What is best part of a sober holiday?

- ❖ All the money I saved by not buying booze
- ❖ I am not waking up on Xmas morning with a splitting head ache
- ❖ I don't have to try to remember what rude remarks I made to which family member.
- ❖ I can remember who gave me which gifts
- ❖ I am actually willing to give gifts.
- ❖ I didn't urinate behind the Xmas tree.
- ❖ My family wanting me around
- ❖ The opportunity to be of service
- ❖ The opportunity to be fully present with my family
- ❖ Being able to go to Alkathons and be with people just like me

H.A.L.T=

Don't get to hungry (h)...or too angry (a)...or too lonely (l)...or too tired (t)

12 Steps to Relapse

1. We admitted we were powerless over nothing and that we could manage our lives perfectly and those of anyone else who would allow us.
2. Came to believe there was no power greater than ourselves and the rest of the world was insane.
3. Made a decision to have our loved ones and friends turn their wills and lives over to our care, even though they couldn't understand us at all.
4. Made a searching and fearless moral inventory of everyone we knew.
5. Admitted to the whole world at large the exact nature of everyone else's wrongs.
6. Were entirely ready to make others straighten up and do right.
7. Demanded others to either "shape up or ship out".
8. Made a list of all persons who had harmed us and became willing to go to any lengths to get even with them.
9. Got direct revenge wherever possible, except when to do so would cost us our own lives or a least a jail sentence.
10. Continued to take inventory of others and when they were wrong promptly and repeatedly told them about it.
11. Sought through bitching, complaining, and nagging to improve our relations with others as we couldn't understand them at all, asking only that they knuckle under and do things our way.
12. Having had a complete physical, emotional, and spiritual breakdown as a result of these steps, we tried to blame others and to get sympathy and pity in all our affairs.

What Is Heard At Meetings Compared To The Program of Alcoholics Anonymous

Heard: "I haven't had a drink today so I am a complete success."

BB: "The elimination of drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs." AA, pgs.19

Head: "I'm feeling pretty crappy. I need a meeting."

BB: "I was not too well at the time, and was plagued with waves of self-pity and resentment. This sometimes nearly drove me back to drink, but I soon found that when all other measures failed, working with another alcoholic would save the day. Many times I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going." AA, pg. 15

Heard: "Don't be so hard on yourself."

BB: "The rule is we must be hard on ourselves, but always considerate of others." AA, pg. 74

*The task ahead
of us is never
as great as the
power behind
us...*

Service Work

Budget	Z	N	L	N	X	E	N	O	H	P	E	L	E	T	K
Chairing	B	M	I	O	D	E	L	E	G	A	T	E	B	Z	P
Committees	B	E	T	I	C	O	M	M	I	T	T	E	E	S	K
DCM	B	E	T	I	C	O	M	M	I	T	T	E	E	S	K
Delegate	I	E	E	T	S	P	E	A	K	I	N	G	Y	J	P
GSR	G	T	R	A	T	L	M	I	N	U	T	E	S	I	Y
Hospitality	N	I	A	M	Z	B	R	G	N	I	R	A	H	S	R
Information	N	I	A	M	Z	B	R	G	N	I	R	A	H	S	R
Introducing	I	N	T	R	O	D	U	C	I	N	G	S	G	J	U
Listening	N	G	U	O	B	U	D	G	E	T	R	Y	B	E	S
Literature	E	S	R	F	Q	W	E	L	C	O	M	I	N	G	A
Meetings	T	H	E	N	R	T	C	G	S	N	C	D	Z	D	E
Minutes	S	E	V	I	T	A	T	N	E	S	E	R	P	E	R
Officers	S	E	V	I	T	A	T	N	E	S	E	R	P	E	R
Reports	I	M	D	S	T	R	O	P	E	R	C	T	L	D	T
Representatives	L	E	C	L	F	P	S	R	E	C	I	F	F	O	X
Rides	S	I	Z	D	S	G	N	I	R	I	A	H	C	E	N
Sharing	Y	T	I	L	A	T	I	P	S	O	H	R	S	G	K
Speaking	Y	T	I	L	A	T	I	P	S	O	H	R	S	G	K
Sponsorship															
Telephone															
Treasury															
Welcoming															



Upcoming Events

Williamsburg Area Intergroup
4925 Centerville Road
Williamsburg, VA 23185
757-253-1234

December 25th- Christmas Alkathon 8am-8pm at the Weslyn Foundation

January 1st- New Year’s Alkathon 8am-8pm at the Weslyn Foundation

The Events committee is always looking for more help, so if you’re interested please check the aawilliamsburg.org website for upcoming meetings.

Please check the website regularly for updates and details on upcoming events.

Attention: As of now the position of Newsletter Committee Chair has not been filled... If you are interested, please contact waichair@aawilliamsburg.org to learn more!

