

The 4th Dimension

DISTRICT 3 - NEWSLETTER



7TH TRADITION

GRATITUDE

Thank You!

TREATMENT COMMITTEE

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Making big strides!

CORRECTIONS

Opportunities for service with local corrections facilities.

ADOPT-A-RACK

Carry the AA Message.

AA GRAPEVINE

International Journal of AA.

LOCAL STORIES

AA members Experience, Strength, and Hope.

DISCORD SERVER

Discord is a free messaging and voice/video chat app for fellowship and sharing.

CROSSWORD PUZZLE

Win a Prize!

DATES TO REMEMBER

AA Local Events

SUBMIT YOUR STORY

Share your experience, strength & hope with us! Submit your written story for consideration.

NEW- Email address
district3aawv@gmail.com

Please note “Newsletter” in the subject line and remember to include your contact number.

ADDITIONAL RESOURCES:

District 3 Website
<https://aawvdistrict3.org>
Area 73 Website
<https://www.aawv.org>

7TH TRADITION GRATITUDE

District 3 would like to thank Steps to Freedom, Freedom from Bondage, Women's Primary Purpose, A Way Out, Beckley Men's, Grave Emotional and Mental Disorders, Pat T, and A Design for Living groups for their 7th tradition contributions in 2023. These contributions have allowed our District to participate in AA as a whole, fellowship and carry the message of AA to our greater community with efforts including the District 3 Website, the Annual Picnic, Grapevine subscriptions for The Oaks and Turning Pointe, literature for the Treatment Committee, the Adopt a Rack program, and our DCM's attendance to assemblies.

- GSO has asked for support from groups and individuals since the shutdown of many meetings in 2020 created a decrease in contributions and literature sales plus a recent increase in expenses due to inflation.
- In addition to groups, individual AA members may send contributions to any of the agencies within the service structure (District, Area or GSO). Since 1955 GSO has approved of The Birthday Plan which encourages members to send \$1 or \$2 marking each year of their sobriety.
- More information about money and AA is available at aa.org in *AA Guidelines on Finance, Self-Support: Where Money and Spirituality Mix* and *The AA Group Treasurer*.
- Contributions can be sent to the following:
 - **District 3:** Make checks payable to District 3
Mail to: AA District 3, 217 Prosperity Road, Beckley WV 25801
 - **Area 73:** Make checks payable to Area 73
Mail to: WV Area 73 Committee, P.O. Box 461, Morgantown, WV 26507-0461
or online at: aawv.org/contribute
 - **GSO:** Make checks payable to General Service Office
Mail to: Post Office Box 2407, James A Farley Station, New York, NY 10116-2407
or online at: aa.org/aa-contributions-self-support

TREATMENT COMMITTEE UPDATE


Hey everyone, Sean D. here, your District 3 Committee Chair! We have been making big strides in the realm of Treatment Centers, with many amazing new opportunities to carry this wonderful message. We currently have meetings going on in various facilities throughout the district. In Beckley we have The Oaks and Turning Pointe at FMRS, Brian's Safehouse, as well as the women's sober living Open Hearts. In Summersville we have St. Joseph Recovery Center, as well as our newest treatment meeting at Seneca Health, which meets Thursdays at 7pm in the main building on Wellness Drive, across from Recovery Ridge. This meeting is open to the public so feel free to stop by and spread a little of your experience, strength, and hope!

Here in Beckley, we have been given the amazing opportunity to bring a Literature Meeting/Step Study into FMRS, in addition to our already established Monday night meetings there. Thanks to a sizable literature contribution from Steps To Freedom, we are one step closer to bringing the program of AA into this facility! What we really need now are members with a year or more sober and a working knowledge of the 12 steps who are willing to take a commitment to chair these literature meetings, where we will cycle through the first few chapters of the Big Book and the 12 & 12, and discuss the first 3 steps of our program. If you are looking for a great way to practice our 12th Step, this is it! Please reach out to me at district3aawv@gmail.com for more information.

Our Treatment Committee also meets regularly on the District 3 Discord Server, so if you would like to be involved with Treatment at any level, we would love for you to join us! Our next meeting will be on Wed. 1/24/24 at 7pm on the General Voice Channel. If you are not on our Discord Server yet, you can find a QR code in this newsletter that will take you there. We hope to see you there!

CORRECTIONS

Opportunities for service in relation to local corrections facilities are on the horizon in District 3. A fixed date has not been established, however, the folks at FCI Beckley have stated that there will be a volunteer training seminar in late January. All are invited to attend. At the last District 3 business meeting attendees passed a motion to bring the idea

of passing a **Pink Can**  in addition to the usual 7th tradition basket to the groups in our district. The proceeds of the pink can would pay for a post office box to be used for correspondence with alcoholics currently incarcerated in District 3, as well as for literature to be taken into local correctional facilities. Anyone interested in learning more should contact their group's GSR or attend the next District 3 business meeting.



ADOPT A RACK



“Adopt a Rack” is an initiative by District 3 to carry the message of AA via literature at a location of your group’s choice. If your homegroup would like to “Adopt a Rack!” contact District 3 at district3aawv@gmail.com. The district will supply the rack and an introductory assortment of pamphlets. Your group will be responsible for choosing the location, contacting the location for permission and refilling AA literature as needed.

AA GRAPEVINE



With a Digital subscription, you will be able to read the new magazine each month, explore the Grapevine archive, send stories to friends, listen to the audio of each article in the magazine, listen to the podcast, enter your own sobriety date for a daily calculation, build your own spiritual maintenance daily checklist, and much more!
Subscribe to the digital magazine and archive for \$2.99 per month, or \$29.99 per year.
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SCAN BARCODE



For iPhone



For Android

LOCAL STORIES

Finding My Way. A story directly related to our featured Treatment Center article in the 2nd issue.

- Chop Wood, Cary Water

I guess it all started when I was 14 years old. My sister and I started to drink beer, and from then on, and throughout my life I became dependent on alcohol to solve my problems, so I thought. In reality, it created so many more problems and eventually lead me to rehab where I would find myself and a sponsor. After burning my life to the ground again, at 46 years old, losing everything and on the verge of losing custody of my children, it lead me to rehab, and on my fifth day there we were outside and out walks this guy who was so happy and I thought "why is he so happy, this is rehab!". I was told he was here for the weekly AA meeting. So, I went to the meeting, and he tells us his story and then I started really wondering how he was so happy. Little did I know that he would become my sponsor and a vital role in my recovery. So, when I got out of rehab, I called him up and started going to meetings and working the Steps of the AA Program and getting closer to my Higher Power. I call my higher power by his street name God. By working these 12 Steps, being spiritually fit, and applying these 12 Steps in all of my affairs, my kids are coming home, I have a place to live, a job and I am building a life I can be proud to say I have earned, but I did not do it alone. I am powerless today. I am grateful to AA and so many others for helping me to find my way.

Jimmy B.

A LITTLE LOCAL HISTORY

My name is Ben, and I am an alcoholic. As a newcomer, I was fortunate to get to hear the local history of AA from a "not so newcomer" named Cormie. This Eat-n-Speak took place on November 17, 2023, in the basement of Beckley Presbyterian Church (Steps to Freedom). A small book could be written on Cormie's stories of his introduction to AA. Below is a recap of his personal AA history with a little local History!

In 1959 he joined an AA group in Frankfurt Germany.

In 1961 he and his family moved to Maryland.

In 1961 he was ordered back to Germany.

In 1977 he moved to Beckley, WV with 17 years sobriety.

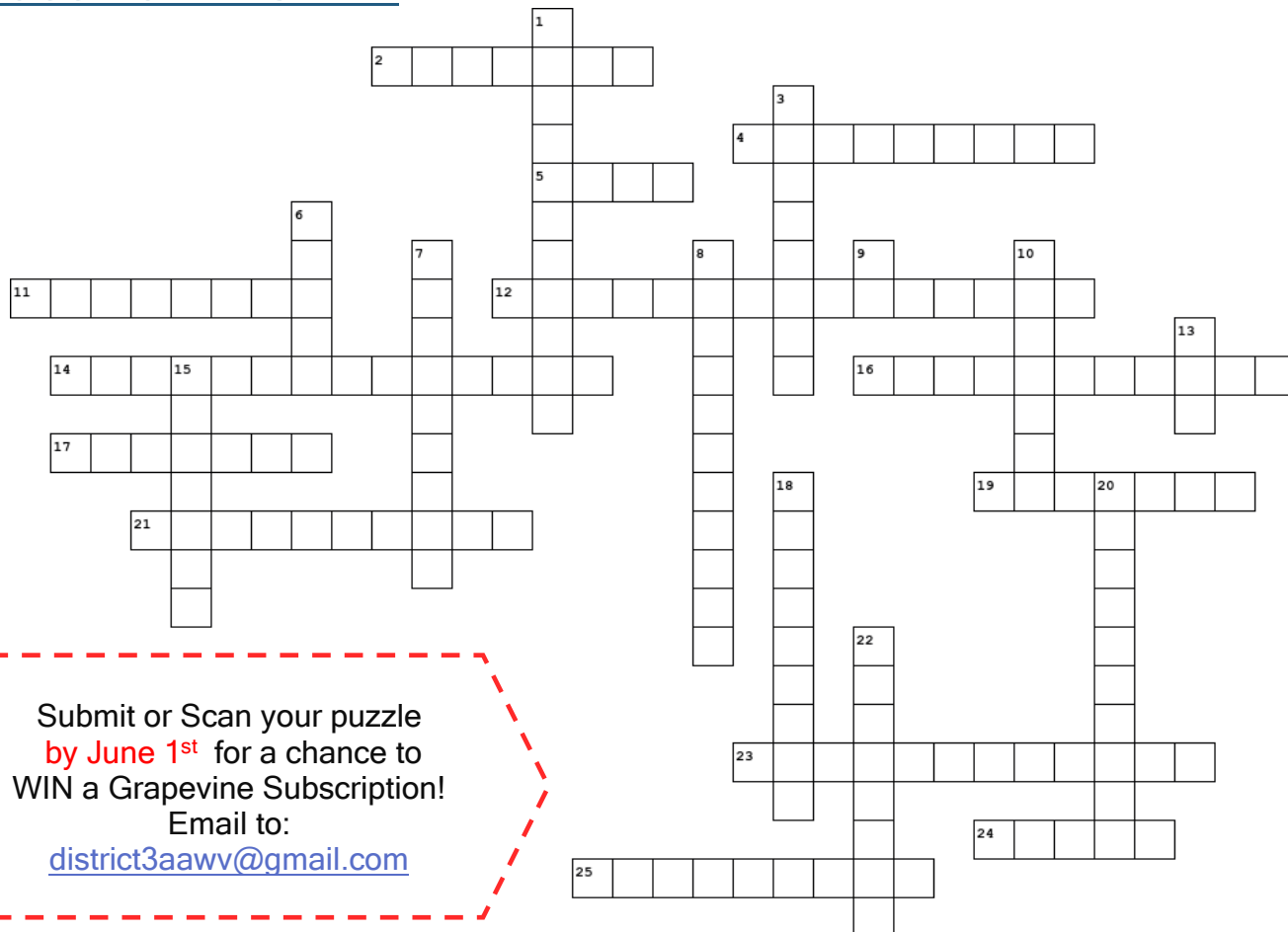
In 1978 he found the SWV Fellowship Home.

To continue his program of recovery and service:

- He found a group of 6-8 alcoholics at St. Stephen's. The St. Stephen's AA group which was founded in 1946!
- Cormie also found groups to attend in Oak Hill, Mullins, Mt. Hope and BARH as well.
- In 2000, he attended Summer Fun Round Up at 4H Camp.
- He created a Saturday night meeting at the fellowship home, which attracted a huge crowd.
- He served on the board of directors for the fellowship-home and FMRS provided referrals to the home where alcoholics could get shelter, meals, and AA meetings.
- He also ran a DUI program (required for repeating offenders and offenses with a high BAC) prior to regular DUI class.

What an impressive contribution to AA in Beckley. Thank you, Cormie, for your dedication and service!

CROSSWORD PUZZLE



Submit or Scan your puzzle
by June 1st for a chance to
WIN a Grapevine Subscription!

Email to:

district3aawv@gmail.com

Across

2. our real purpose (BB 77)
4. unknown or unacknowledged
5. this man carried the message to Bill W.
11. in step 3 we discover we have a new _____
12. How dark it is before the dawn! I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes here in the _____
14. Bill's home in NY
16. steps 2-12 stem from this organization
17. 2nd AA group location
19. where was Bill W. born
21. physical craving for alcohol unique to alcoholics
23. the profound desire to live usefully and walk humbly under the grace of God according to Bill W.
24. Dr. Silkworth treated Bill W. at this hospital
25. hotel where Bill proved the power of picking up the phone

Down

1. defense against the 1st drink must come from _____
3. we trust _____ God rather than our finite selves
6. Bill W. and Dr. Bob 12 stepped AA # 3 here
7. recognized as first woman with long term sobriety in AA
8. women comprise approximately what % of present day AA (aa.org FAQ)
9. the fear prayer asks God to direct our attention not to what God would have us do but what He would have us _____
10. _____ to change the things I can
13. acronym for the essentials of recovery
15. Something more than human power is needed to produce this type of change
18. we continue to take personal _____
20. Step 11 practice
22. month Bill took his last drink

DISCORD SERVER

The District 3 Discord Server is continuing to grow, nearly thirty members from across the district have connected for service and fellowship! We are utilizing the platform in multiple ways to best serve our members, including hosting committee meetings in our Voice Channels, sharing announcements, files, and resources, and providing a place where we can connect with our fellows at any time! Feel free to contribute announcements for your groups over in the #announcements channel, this is a great way to share information quickly throughout the district.

New to our Discord Server is the Roles feature, found in the #roles channel, this feature allows you to subscribe to notifications for posts regarding your favorite groups or committees! We will be meeting in the General Voice Channel on 1/17/24 at 7pm for the Assembly Planning Committee, and on 1/24/24 at 7pm for Treatment Committee. We will also be hosting a Movie Night on 1/27/24 at 8pm in the General Voice Channel using the "Watch Together" feature, where we will be watching the Bill W. documentary, and we would love to have you join us!

Discord is a free application available for your mobile phone or computer. If you are not on the District 3 Discord Server yet, you can scan the QR code below and it will take you there! You can also follow our permanent invite link: <https://discord.gg/q76EnmyX7f> If you have any questions feel free to reach out to Webmaster Sean D. or by email at district3aawv@gmail.com.



DATES TO REMEMBER

DATE	EVENT	LOCATION
January 5 th and January 26 th	District 3 Meeting	Steps to Freedom - 5:45pm Beckley Presbyterian Church
January 17, 2024	Assembly Planning Committee	Discord Server - 7pm
January 24, 2024	Treatment Committee	Discord Server - 7pm
January 27, 2024	Movie Night! - Bill W. Documentary	Discord Server - 8pm
January 28, 2024	Eat-N-Speak	Women's Primary Purpose Group St. Lukes Lutheran Church
March 22 nd - 24 th , 2024	Spring Assembly	McClure Hotel, Wheeling WV Phone: (304) 232 0300 Reservation Code: Area73
August 9 th - 11 th , 2024	Area 73, 2024 Convention https://www.aawv.org/upcoming-events	Lakeview Golf Resort Morgantown WV