



DISTRICT 28 NEWSLETTER

Comments from the Editor

I was so very grateful for my first sponsor, she absolutely helped save my life that first year. Her compassion, devotion to doing service, and her giving heart encouraged me to write her a poem for her celebration.

GOD GAVE ME YOU



God gave me life, and a path to choose
How grateful I am, that God gave me you



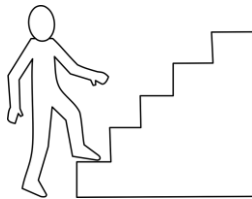
But along that path I lost my way, and what a price I had to pay
And in the midst of all my gloom, when all I felt was pending doom
God graced me with his caring love, and said even you can rise above
God already had a plan for me, but it would take time for me to see
And there you were on the other side, to be my mentor, to be my guide



How grateful I am, to have a path to choose
And how blessed I am, that God gave me you.

As always, I'm open to any ideas or subjects you'd like to see in the newsletter, you can submit them to district28newsletter@gmail.com or if you see me at a meeting just let me know.

JULY READINGS



STEP 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

New to AA?

aavirginia.org and aa.org both have great pages for newcomers.

DCM corner

A message from your DCM

Hello Everyone!

The Summer is officially upon us, and the long days and warmth of the sun bring so much outdoor fun this time of year. I know that I always look forward to the picnics and fun events that are taking place around the region right now.

July holds a very special place in my heart. Years ago, I finally surrendered, let my Higher Power into my life, and took my last drink. Though I don't remember the exact day I stopped drinking, I know that I was sober on free Slurpee day and haven't found it necessary to take a drink since. **On July 11, I will celebrate 9 years of sobriety!!!**

I hope everyone has a wonderful, safe, and sober 4th of July. Enjoy your family and friends, eat some delicious food, and hopefully watch some fireworks. I use this time of year to remember to count my blessings, because when I was drinking, I didn't have people to spend my holidays with.

In Love and Service,
Rachel



NORTHERN VIRGINIA INTERGROUP

Recurring Events —

NVI Board of Directors Meeting

1st Monthly Tuesdays at 7:30 PM

10400 Eaton Place, Suite 140, Fairfax, VA 22030

NVI Phone Training – First Saturday Of The Month – Online Only



If interested or want more information, please contact phones@nvintergroup.org

HE LIVED ONLY TO DRINK

“I had been preached to, analyzed, cursed, and counseled, but no one had ever said. ‘I identify with what’s going on with you. It happened to me, and this is what I did about it.’”

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	July 20 th / 7pm Held every 3 rd Thursday of the month	Bethel United Methodist Church 13506 Minnieville Road, Woodbridge	If you'd like to get involved in your district, please come to our meeting. There are some open positions and committees that could use your help.
Woodbridge Fall Picnic	September 24 th / 11am-4pm	Leesylvania State Park Shelter 2, 2001 Daniel K Ludwig Dr Woodbridge, VA	Food, Speaker, Fellowship! Bring a side dish or dessert to share (see flyer for specifics)

NEARBY EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Accord Annual Family Picnic	August 19 th / Noon-3pm	Pleasant Valley United Meth Church 43987 John Mosby Highway (Rt 50) Chantilly VA	DJ, Gest Speaker, Games, 50/50 Raffle. Bring a side dish or dessert to share
Fairfax District Summer Picnic	August 27 th / 11:30am-3pm	Providence Park 10715 West Dr, Fairfax, VA	Food, Speaker, Fellowship! Bring a side dish or dessert to share
Annual Gratitude Breakfast	November 12 th / pam-1pm Doors open at 8am	Springfield Hilton	Coming soon announcement of the sale of Early Bird tables.

Quote of the Day

"I am not in recovery to add days to my life, I am in recovery to add life to my days."

7th TRADITION

A.A.'s Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." This means that only A.A. members contribute financially to A.A. – and even A.A. members are limited in the amount they can contribute. This keeps A.A. free of outside influences that might divert us from our primary purpose – to help the alcoholic who still suffers. The amount of the contribution is secondary to the spiritual connection that unites all groups around the world.



Please remember to include groups name and number. If you do not know the group number, please reach out to the district.

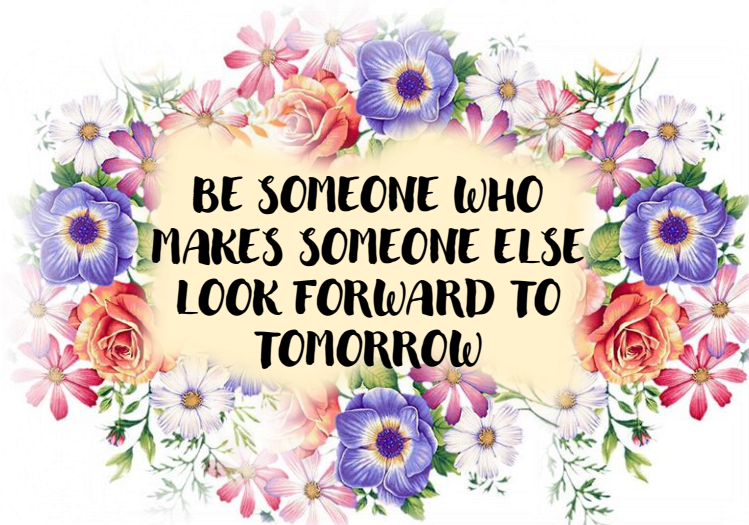
Addresses and suggested percentages to send:

- **District 28** – PO Box 199 Woodbridge, VA 22194 – **10%**
- **Northern Virginia Intergroup** – 10400 Eaton Place Suite 140 Fairfax, VA 2030 – **50%**
- **Virginia Area Committee (VAC) Treasurer** – PO Box 1130 Locust Grove, VA 22508 – **10%**
- **General Service Office (GSO)** – PO Box 2407 James Farley Station, New York, NY 10116-2407 – **30%**

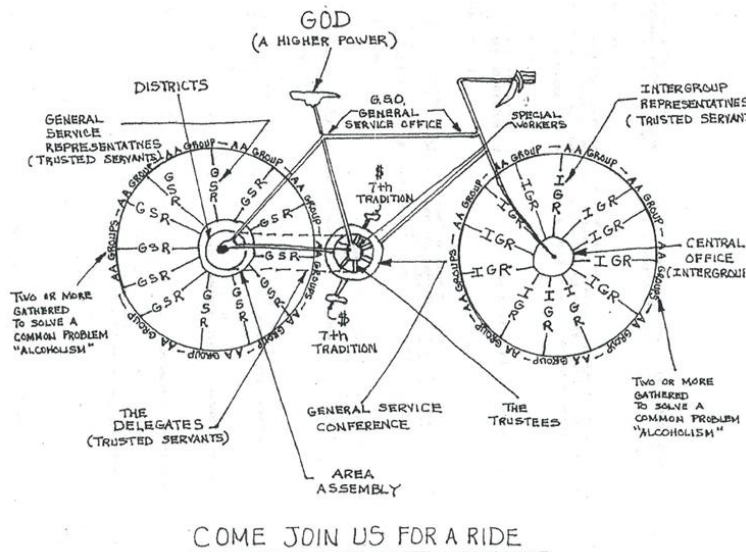


MAKE A BIRTHDAY CONTRIBUTION

The Birthday Plan is for groups or members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but members may contribute as much as they wish up to \$5,000.



THE A.A. BICYCLE TRAVELING THE ROAD OF RECOVERY



THE WHEELS:

One drunk talking to another, forms a little group - others join them and as they grow and expand more little groups are formed. These little groups are the rubber tires of each wheel.

One wheel has many spokes known as **INTERGROUP REPRESENTATIVES (IGR's)**, who attend intergroup meetings, keeping a two-way flow of information going between the Central Office and the little groups.

These spokes connect at the HUB; which is the **INTERGROUP** or **CENTRAL OFFICE**; who elect officers and appoint committees to carry-on the work of the little groups locally.

One wheel has many spokes known as **GENERAL SERVICE REPRESENTATIVES (GSR's)**, who attend DISTRICT meetings, linking his/her little group to A.A. as a whole.

These spokes connect at the HUB, which is the **AREA ASSEMBLY**; who elect officers and appoint committees to carry the voice of the little groups to A.A. as a whole.

THE FRAME:

The **GENERAL SERVICE OFFICE (GSO)**, is the HUB of A.A. activity, something like an oversized intergroup, or central office, but it is much bigger...

THE CRANK:

The **GENERAL SERVICE CONFERENCE**, the actual voice and effective conscience for our whole society, operates the movements of the A.A. structure. Together with the **TRUSTEES, A.A.'s** and **non-A.A.'s** working together, with the **SPECIAL WORKERS**, needed for the good of all A.A..

THE PEDALS:

The **7th TRADITION** of A.A. is the lever turning the crank which operates the frame.

THE CHAIN:

The **DELEGATES**, as one of the many trusted servants carrying the group conscience from the Areas the Delegates connect the messages from the little groups to the crank, powered by the contributions, and operating the frame turning the wheels.

THE SEAT:

Guiding A.A. as a whole, from the voice of the little groups is a **HIGH POWER, A POWER GREATER THAN OURSELVES, THE GOOD ORDERLY DIRECTIONS IS GOD.**