



## DISTRICT 28 NEWSLETTER

### Comments from the Editor – 23 on the 23rd

Hi Family,

It's hard to believe that we are already in the 8<sup>th</sup> month of the year. August is a very special month for me personally, this is my sober month. I will celebrate 23 years of sobriety on August 23<sup>rd</sup>. I was physically carried into Chantilly Detox by my neighbors at midnight on August 22<sup>nd</sup>, 2000, and I have not found it necessary to pick up a drink since that day.

There were many hard days, weeks, and months along the way, but I was so afraid of repeating the past that I took all the suggestions, I got a sponsor, followed directions, did the steps, and did lots of service work. I was so inspired by all the stories that I heard in the rooms, realizing that I wasn't the only one that had done not so nice things, hurt the people I loved, and totally lost my own humanity.

Everyone's story is a little different, but the commonality between all of us is that the pain that alcoholism causes us is the same. That insidious obsession of the mind is the same. That hole in our soul is the same. Only another alcoholic understands these things which is why A.A. works.

I am so very grateful to have found the rooms of A.A., to have been given a second chance at living a life that I never knew I wanted until I got sober. Never give up, please, please just keep coming back, and you to can receives these promises.

#### **Eighth Step Promises**

- Isolation can come to an end.
- Reunion with family members is possible.
- Those wonderful ties we used to have can be resumed.
- We will know a fellowship of spirit.
- We will be aware of the nearness of God.

In Love & Service,  
Joyce

### AUGUST READINGS



#### **STEP 8**

Made a list of all persons we had harmed and became willing to make amends to them all.

#### **Tradition 8**

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers..

#### **New to AA?**

[aavirginia.org](http://aavirginia.org) and [aa.org](http://aa.org) both have great pages for newcomers.

# DCM corner

## A message from your DCM

Hello Friends!

I hope everyone is surviving the dog days of summer and finding relief from this heat. This is a great time of year to visit the pool or the beach for some fun in the sun and a dip in the water to cool off.

As the summer starts to wind down, I truly hope that everyone has had a chance to get out and enjoy one of the great AA events that are happening around Northern Virginia. It seems we are rolling into that time of year where we can find a picnic or event every weekend. We are fortunate to have great resources at our fingertips - both Northern VA Intergroup and the VAC websites post updates and events.

For those of you who are parents, I know that the back-to-school grind can be hard to juggle. In my experience, I had to rearrange my AA meeting schedule to fit in all the back-to-school events that came up. Remember to keep your recovery in the forefront. And if you aren't a parent, lend a hand where you can - offer to cover a service position or pick up a little extra slack if someone needs to miss a meeting while figuring out life.

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](mailto:phones@nvintergroup.org)

“I have come to believe that hard times are not just meaningless suffering and that something good might turn up at any moment. That's a big change for someone who used to come to in the morning feeling sentenced to another day of life. When I wake up today, there are lots of possibilities. I can hardly wait to see what's going to happen next.”

— Alcoholics Anonymous

## WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	August 18 <sup>th</sup> / 7pm Held every 3 <sup>rd</sup> Thursday of the month	Bethel United Methodist Church 13506 Minnieville Road, Woodbridge	<b>If you'd like to get involved in your district,</b> please come to our meeting. There are some open positions and committees that could use your help.
<b>Woodbridge Fall Picnic</b> <b>Last names A-L, Bring a Side Dish</b> <b>Last name M-P, Bring, Chips, Dip, or Fruit</b> <b>Last names Q-Z, Bring Dessert</b>	September 24 <sup>th</sup> / 11am-4pm	Leesylvania State Park Shelter 2, 2001 Daniel K Ludwig Dr Woodbridge, VA	<b>Food, Speaker, Fellowship!</b> Bring a side dish or dessert to share.

## NEARBY EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
<b>Accord Annual Family Picnic</b>	August 19 <sup>th</sup> / Noon-3pm	Pleasant Valley United Meth Church 43987 John Mosby Highway (Rt 50) Chantilly VA	<b>DJ, Guest Speaker, Games, 50/50 Raffle.</b> Bring a side dish or dessert to share
<b>Fairfax District Summer Picnic</b>	August 27 <sup>th</sup> / 11:30am-3pm	Providence Park 10715 West Dr, Fairfax, VA	<b>Food, Speaker, Fellowship!</b> Bring a side dish or dessert to share
<b>The 25<sup>th</sup> Annual Old Timers' Speaker Meeting</b> Sponsored by Fairfax, Centreville, & Vienna Districts	Nov 11 <sup>th</sup> / 5pm -7:30pm Doors open at 4pm	Korean Central Pres Church 15451 Lee Hwy. Centreville, VA	<b>Thanksgiving Potluck Dinner</b> Please bring a side dish, or dessert to complement a Thanksgiving Dinner
<b>Annual Gratitude Breakfast</b>	November 12 <sup>th</sup> / 9am-1pm Doors open at 8am	Springfield Hilton	Coming soon announcement for the sale of Early Bird tables.

Quote of the Day

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."  
 — Alcoholics Anonymous

## 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.

IMPORTANT



**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:**

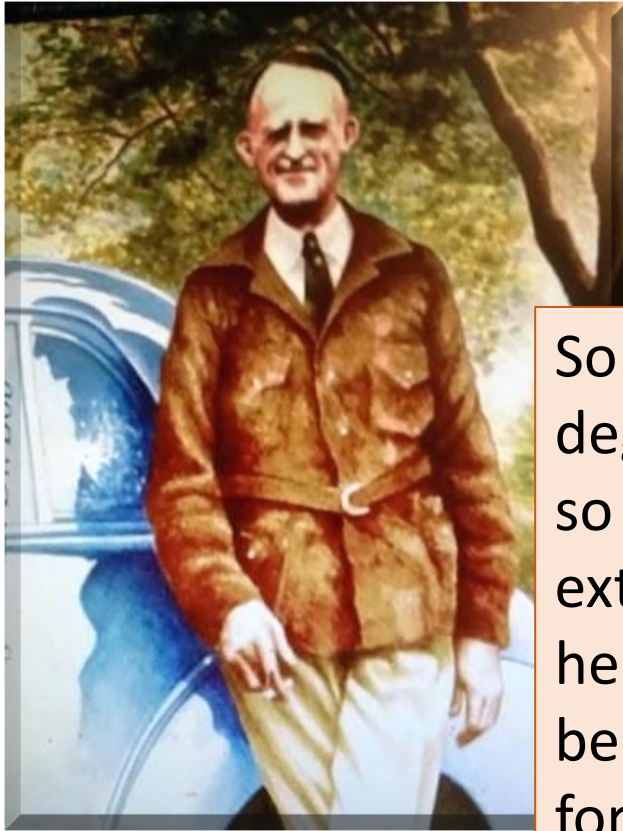
- **District 28** – PO Box 199 Woodbridge, VA 22194 – **10%**
- **Northern Virginia Intergroup** – 10400 Eaton Place Suite 140 Fairfax, VA 2030 – **50%**
- **Virginia Area Committee (VAC) Treasurer** – PO Box 1130 Locust Grove, VA 22508 – **10%**
- **General Service Office (GSO)** – PO Box 2407 James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



# I AM RESPONSIBLE



So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much.

~Dr. Bobs' final talk,  
Cleveland Conference 1950



**A “shortcoming”  
is like a flat tire.**

**A “character  
defect” is like  
driving on it.**