

DISTRICT 28 NEWSLETTER

Comments from your Editor – Sessions by the Sea

OMG, it's September, this is my favorite month of the year! September brings the Sessions by the Sea, AA Convention in Ocean City MD; this will be the 66th year it has been held.

My first Sessions was in 2000, I was a new client at A New Beginning Treatment Center in Chantilly, I'd been there for just one week when they took us on Friday to Ocean City. We got there around noon, I was so miserable; I didn't have beach clothes or any money, and we had to stay in groups of five as we made our way around the beach and boardwalk. We all ate dinner together at Tony's Pizza and then had a meeting on the beach, then rode the buses back to Chantilly, it was a very long, long day. I was so glad that day was over and vowed NEVER to do that again. LOL, I've only missed 2 in 23 years. I started out only going Friday & Saturday nights, adding another day or two after a couple years, now I go for a whole week, and I've been doing that for at least 15 years.

When I had 5 years sober, a group of us alumni started a non-profit called FOANB, because Fairfax County started cutting funds for the detox and treatment centers. We had all kinds of fundraisers and used the funds to help the clients with a multitude of things. One of those things was to make sure they could still come to Sessions for a day. Something that became a tradition with the Alumni, was that Friday night pizza dinner with the clients and staff and a beach meeting before they left. So many of the clients share that it's their first time at the beach sober, I look forward to this every year.

People say, all good things come to end, but I say that's not always necessary. Covid hit, and things changed for everyone. The clients were all dispersed, our non-profit was dissolved, and they haven't made it back to Sessions yet. There are still a group of Alumni that have dinner at Tony's, and a beach meeting on Friday night. Not everyone has the option to go to the Convention Center, so we will keep this tradition going for as long as we can, hoping to reach that one person that needed the hand of AA, at that moment in time. Today, I am grateful.

If you'd like to share part of your story in our newsletter, please email me at district28newsletter@gmail.com.

In Love & Service
Joyce

SEPTEMBER READINGS

STEP 9

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."



New to AA?

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

DCM corner

A message from your DCM

Hello All!

I seriously can't believe how fast this year is flying by! It is already September. And though it doesn't quite feel like fall yet, it is knocking at the door. I love this time of year - when the season changes, the weather becomes cooler, and the sweaters and boots come back out from the closet.

September is such a fun month. One of my absolute favorite events happen this month, the District 28 picnic. I have helped organize a few and attended so many. It always fills my heart with gratitude when we all come together to celebrate our sobriety. These are the things I look forward to - to catch up with people I don't see all the time, to find out how everything is going, to enjoy the cooking of some very talented people.

It just seems so fitting that our picnic happens on the day after the first day of fall this year. Please come out and join the fellowship, make a few new friends, and hug some old ones that you haven't seen lately.

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

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

What has been America's most nurturing contribution to the culture of this planet so far? Many would say jazz. I, who love jazz, will say this instead: **Alcoholics Anonymous.**
[Kurt Vonnegut](#)

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	September 21 ST / 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 Last names A-L, Bring a Side Dish Last name M-P, Bring, Chips, Dip, or Fruit Last names Q-Z, Bring Dessert	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.

NEARBY EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
AA Family Picnic Manassas & Centreville Districts joint picnic	Sunday, September 17 th 11am-4pm	Nokesville Park 12560 Aden Rd. Manassas, VA 20181	Volleyball, Horseshoes, etc. Children's Swing & Rec area near Pavilion Bring a side dish or dessert to share.
Fairfax District #5 Presents: GSR (General Service Rep.) Training	September 20 th at 7pm and December 13, at 7pm	Zoom ID: 8440 395 9949	Everything you need to know about being a GSR
The 25th Annual Old Timers' Speaker Meeting Sponsored by Fairfax, Centreville, & Vienna Districts	Nov 11 th / 5pm -7:30pm Doors open at 4pm	Korean Central Pres Church 15451 Lee Hwy. Centreville, VA	Thanksgiving Potluck Dinner Please bring a side dish, or dessert to complement a Thanksgiving Dinner
Annual Gratitude Breakfast	November 12 th / 9am-1pm Doors open at 8am	Springfield Hilton	Sale of Early Bird tables & individual seats are now available. Find the link on the www.nvintergroup.org website

"Quote"

"Identifying, they said, was trying to see how I was like the people I was with. Comparing, they told me, was looking for differences, usually seeing how I was better than others."
— 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.



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%**



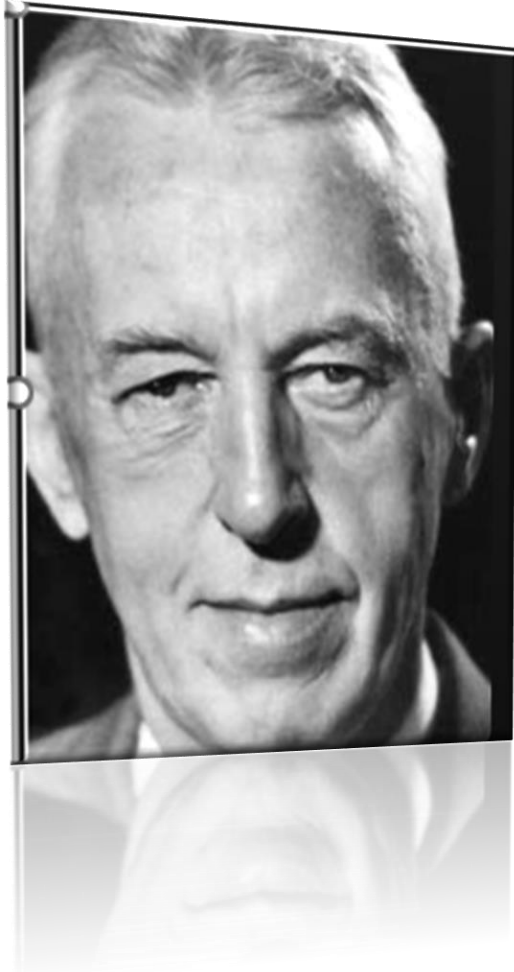
MAKE A BIRTHDAY CONTRIBUTION

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.

Do you have an A.A. anniversary, event, or celebration you would like featured in the newsletter? Please email district28newsletter@gmail.com with your request and it will be put in the newsletter.

Please be aware that the newsletter will be posted on our Woodbridgeaaa.org website.

OUR PURPOSE



It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

Bill W.

AA Acronyms

- **Hungry, Angry, Lonely, Tired (HALT)** – Referring to the common triggers involved in relapse. When temptation strikes, make sure you're putting your mind and body in check.
- **Sobriety Losing Its Priority (SLIP)** – When mental issues take precedence over sobriety, this can challenge the recovery process.
- **Keep It Simple, Stupid (KISS)** – Stress and over-complication can lead to temptation. Maintaining simplicity can cut the distraction and ensure focus on recovery.
- **False Expectations Appearing Real (FEAR)** – Fear and anxiety are sometimes unfounded but feel very real. Deciphering what is real and what is not is an important step in recovery.
- **Good, Orderly Direction (GOD)** – Guidance from a higher power is a core principle of the teachings of AA.
- **Easing God Out (EGO)** – Feeling that you can take on more than you're able can lead to relapse. By easing out your higher power, you're losing a level of support that is much needed in recovery.
- **Hang In There (HIT)** – The road to recovery is a very bumpy one. Sometimes, we need a good reminder that there are better times ahead.