



DISTRICT 28 NEWSLETTER

Comments from your Editor –

Happy October!

I would like to give a big shout out to everyone that showed up early to help set up for the picnic, and to our surprise speaker Boston Dan from Falls Church, you are all so very appreciated!

This was my first Woodbridge picnic, so I wasn't sure what to expect, but y'all did not disappoint! Yes, the weather did keep some from coming, but I think we still had a good turnout, and a good time. So, thank you to everyone that came.

October brings cooler weather, and some fun times at Halloween party's all around us. Please let's keep the newcomers in mind when inviting people to our events, this may be their first sober Halloween and need to be shown that we can have fun without drinking.

If Halloween is not your thing, you can invite a newcomer out for coffee, a meal, another meeting that you go to, or to your church, there're many options for inclusion which is what we all need. Be the light in someone darkness, this is how and why A.A. works.

Would you like to share a part of your story in the newsletter, if the answer is yes, please just email me at district28newsletter.com

In Love & Service,
Joyce

SEPTEMBER READINGS

STEP 10

"Continue to take personal inventory, and when you are wrong, admit to it."

Tradition 10

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."



New to AA?

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

DCM corner

A message from your DCM

Hello District 28!

The air is soon to be filled with the mesmerizing thoughts of playing pretend as we celebrate Halloween. From the children that will carry their bags and get candy and treats, to the adults that will attend parties, we can all enjoy the spooky time of year.

This reminds me of the times I would pretend to be something that I am not. I pretended to be a happy, healthy person, when in fact, I was a drunk that would lie, cheat, and steal to get what I wanted. I would lie to myself and all those around me and couldn't be honest enough with myself to see who I really was.

During this 10th month of the year, let's remember to practice our 10th step. When I am honest with myself about the wrongs I have done, I can promptly admit it. When get complacent and become justified in my actions - or pretend that I didn't do anything wrong - I know that I need to check on my spiritual program and see where I can work to be a better person and continue my growth within AA.

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 – Online Only

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

“Through my years of darkness, some spark of spirit remained in me, helped me survive until I found my way into A.A. Then, nurtured by the program, that inner spirit grew, deepened, until it filled the emptiness I had so long felt inside. Step by step I moved to a spiritual awaking. Step by step I cleared up the past and got on with the present.”

— Alcoholics Anonymous, [Alcoholics Anonymous](#)

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	October 19 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.
Annual Alcathon	Alcathon will take place starting Dec 23 rd - Dec 26 th Set Up - Dec 23 rd at 4:00 pm Clean Up/Shut Down – Dec 26 th at 4:30 pm	Bethel UMC – 13506 Minniville Road Woodbridge, VA	We will need facilitators that will sign up for 3-hour shifts and we will need people to chair each of the meetings. To sign up please contact: <ul style="list-style-type: none"> • Julie C - 703-963-6448 • Linda W - 571-435-1618 • Andrew T - 703-200-0208 • Rachel DC - 703-407-2303

NEARBY EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Mt Vernon District 11 Picnic	October 7 th 12:00pm - 4:30pm	Fort Hunt Park Area B 8999 Fort Hunt Rd Alexandria, VA 22308	Food, Fun, Fellowship! Softball, & Cornhole Challenge. Bring a side dish or dessert to share. Sobriety Countdown & Speaker
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
Fairfax District #5 Presents: GSR (General Service Rep.) Training	December 13, at 7pm	Zoom ID: 8440 395 9949	Everything you need to know about being a GSR

Thought to ponder

“The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear.”
— Alcoholics Anonymous, [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 anniversary, event, or celebration you would like featured in the newsletter? Please email district28newsletter@gmail.com.

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

ABOUT STEP TEN

“This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.”

— Alcoholics Anonymous, [The Big Book of Alcoholics Anonymous](#)

One Day at a Time

We must take life one day at a time, one moment at a time.



One of the most common AA slogans is **“one day at a time.”** This simple phrase carries two essential messages. First, we must focus on the present. We cannot see the future, and we cannot control the universe. But we can control our own actions right now. We often meet people with decades of sobriety, and this feels imposing. It’s easy for us to wonder if we’ll ever achieve the same as them. When we worry so much about the future, we can often become despondent. We worry that we may never amount to anything, and we respond by throwing in the towel. By focusing on the now, we forgo this trouble and allow ourselves to maintain our sobriety on a daily basis.

Second, we must realize that life is little more than a series of moments. While this most prominent of AA slogans tell us to take life one day at a time, we often hear AA members say that they must take life one hour or one minute at a time. It may sound like they’re joking, but quite often they are not. Every moment of every day, we must choose to do the next right thing. Continue to focus on what’s right in front of you, and you can continue to live with a clear conscience. Lose sight of this, and you just might find yourself picking up a slip chip at the next meeting.