

WOODBIDGE

DISTRICT 28 NEWSLETTER



Comments from a District Member

Let me start off by saying that I am so grateful and thankful that I am sober today. That was not always the case.

With the holidays right around the corner and so many activities and get-togethers to go to please remember the newcomer.

It is our primary purpose to stay sober and help another alcoholic to achieve sobriety. Remember not all of us have family and places to go for the holidays. Please remember to invite someone new or to be inclusive in your plans when possible. This is a program of attraction, and when you put your hand out and ask someone to join you, it may change their journey.

I hope everyone has a safe and sober holiday season to come, and I hope to see you at either the Old Timers speakers meeting, or the Gratitude Breakfast, you can find these events by visiting www.nvintergroup.org

Julie

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

SEPTEMBER READINGS

STEP 11

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition 11

"Our Public Relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films (and the internet)."



New to AA?

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

DCM corner

A message from your DCM

Hello everyone!!

I can't believe how quickly this year has flown by. We have just a few short weeks until the smells of Thanksgiving dinner will fill homes.

I'd like to take this time of year to allow my heart to be full of all the things I'm thankful for. I'm so appreciative of the ability to serve as the DCM for a wonderful group of people in AA. I'm so grateful for all that AA has taught me throughout the years. Also, I'm so thankful that I get to enjoy this sober life.

Please set some time aside to remember why we got sober in the first place.

Make a gratitude list.

Be thankful for what you have.

And even though District 28 doesn't run an Alcathon for Thanksgiving, some of our sister districts do. Please reach out if you need a safe, sober place to be during this holiday.

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

“To this day, I am amazed at how many of my problems – most of which had nothing to do with drinking, I believed – have become manageable or have simply disappeared since I quit drinking.”
— Alcoholics Anonymous

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	November 16 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.
District 28 Alcathon 2023	5pm December 23 rd thru 4:30pm December 26 th	Bethel United Methodist Church 13506 Minnieville Road, Woodbridge	8pm Speaker Meeting every night. Meetings every hour and a half See flyer and sign-up sheet on woodbridgeaa.org

NEARBY EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
The 25th Annual Old Timers' Speaker Meeting Sponsored by Fairfax, Centreville, & Vienna Districts	November 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
District 45 Thanksgiving Alcathon	November 23 rd 11am-9pm	212 S. Washington St Alexandria, VA 22314	Meetings & Fellowship Volunteers Needed See flyer on www.nvintergroup.org website

"Our liquor was but a symptom. So, we had to get down to causes and conditions."

— 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.

Dr. Bob Smith



On May 13, 1935, Dr. Bob met Bill W., a recovering alcoholic. Through talking to him, Smith stopped drinking. Yet, after a month of sobriety, he relapsed when going to a convention in Atlantic City. He returned to Akron and on June 10, had his last drink, a beer, given to him by Bill W. to help settle the doctor's nerves before a surgery. Dr. Bob never picked up again and that day, 6-10-35, is the official founding of [Alcoholics Anonymous](#), a day when one alcoholic helped another get and remain sober.

“Our very lives, as ex-problem drinkers, depend upon our constant thought of others and how we may help meet their needs.” **(Step 12)**

This quote underscores the importance of selflessness and service to others as a fundamental aspect of maintaining sobriety.

“To be gravely affected, one does not necessarily have to drink a long time nor take the quantities some of us have.” **(Chapter 3)**

This quote reminds readers that alcoholism can affect anyone, regardless of the duration or quantity of their drinking.

“We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.” **(Chapter 5)**

This quote highlights the unique bond and support system that develops among members of AA, despite their diverse backgrounds.