

# WOODBIDGE

## DISTRICT 28 NEWSLETTER



### December Service Focus: *TREATMENT*



#### Woodbridge District 28 brings AA meetings into Mainspring Recovery Center

Mainspring Recovery is a new rehabilitation facility in Dumfries VA. Meetings are Sunday, Monday, Wednesday, and Thursday 7pm-8pm. Sunday and Wednesday nights are men / women meetings, Monday and Thursday nights are co-ed meetings.

If you are interested in joining the already active volunteers, please reach out to Cindy, the District – Treatment Chair via email [treatment@woodbridgeaa.org](mailto:treatment@woodbridgeaa.org) with your contact information.

#### **BENIFITS**

- Increased awareness of AA as a resource following release
- Share our experiences from early recovery
- Reinforce our own recovery while helping others
- Show those in need that there is a solution



#### DECEMBER READINGS

##### **STEP 12**

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs”.

##### **Tradition 12**

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”



**New to AA?**

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



## A message from your DCM

Hello District 28!

Happy Holidays! What a wonderful time of year. There are so many occasions for us to get together during this last month of the year. I love seeing my friends and my AA family to celebrate all the blessings I have been given.

Not that long ago, I was the one that showed up at our annual Alcathon drunk. I was the one that needed help. I was the one that needed a safe place to be so that I wouldn't continue to drink. I needed you to be there for me. And even though it took a few more months for me to actually get a sobriety date, I was so thankful for a warm place to be around others that understood my disease.

I keep this memory close. I want to remember how people welcomed me no matter what. And I want to give back what was so freely given to me. I show up so I can be there for the Alcoholics that need that safe place. I work hard to keep the doors open. And I know that so many of you also do the same.

I am so grateful for every single one of you and for any service that you have done throughout the year. All service matters. We are all a part of someone's recovery.

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](mailto:phones@nvintergroup.org)

“Those events that once made me feel ashamed and disgraced now allow me to share with others how to become a useful member of the human race.”

**Bill Wilson – Alcoholics Anonymous**

# WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Holiday Party	December 10 <sup>th</sup> 5pm-8pm	Good Shepherd Lutheran Church 15695 Blackburn Rd Woodbridge, VA	Bring a dish to share
<b>District Board Meeting</b>	December 21 <sup>st</sup> / 7pm Held every 3 <sup>rd</sup> Thursday of the month	Bethel United Methodist Church 13506 Minnieville Road, Woodbridge, VA	<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>District 28 Alcathon 2023</b>	5pm December 23 <sup>rd</sup> thru 4:30pm December 26 <sup>th</sup>	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 <a href="http://woodbridgeaa.org">woodbridgeaa.org</a>

## NEARBY EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
<b>Accord Group Holiday Party</b>	December 2 <sup>nd</sup> 5pm-8pm	Pleasant Valley United Methodist Church 43987 Little River Turnpike Chantilly, VA 20152	Enjoy Music, Dancing, 50/50 Raffle, Guest Speaker Fun & Fellowship for Everyone!
<b>Dulles District 4 Holiday Soberthon</b>	Noon December 24 <sup>th</sup> thru Midnight December 25 <sup>th</sup>	North County Government Center 801 Cameron Glen Dr. Reston, VA 20190	Meetings on Even hours Fellowship on Odd hours Bring a room temp dish to share. Volunteers needed SIGN UP TODAY <a href="http://aavadulles.org">aavadulles.org</a>
<b>Manassas District New Years Alcathon</b>	December 31 <sup>st</sup> noon – January 1 <sup>st</sup> noon	Bethel Evangelical Lutheran Church 8712 Plantation Lane, Manassas, VA 20110	24 hours of Meetings, Fellowship, & Hospitality Dinner at 6pm, bring a dish to share. DJ & dancing, door prize & raffle. Balloon drop at midnight

“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.

Don't  
Forget!



REMEMBER

Don't  
Forget!



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](mailto:district28newsletter@gmail.com). Please be aware that the newsletter will be posted on our [Woodbridgeaa.org](http://Woodbridgeaa.org) website.

# THE MONSTER

There is a monster that lives in my head,  
he talks to me softly he wants me dead.  
He tells me this time I'll stay in control,  
he tells me not to let anyone know.  
He convinces me that no one cares,  
he whispers the pain is too much to bear.  
He tells me how wonderful I will feel,  
he tells me he loves me, and it is real.  
He tells me not to call anyone,  
my heart starts racing, he tells me it will be fun.  
He tells me not to think of past times,  
he promises I can do it just once this time.  
Who is this Monster who calls me by my name,  
RELAPSE, he's waiting to start the game.



Recovery Poem by:  
Darla

***“It is not to say that anyone is a “bad” person, but that they may act selfishly as they desperately seek to fill the loneliness and emptiness of not feeling lovable – that often stems from childhood. But the more selfishly they act, the more people step away or react – and their life gets into a downward spiral.”***

***“It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while.”***

***“The word “resent” derives from Latin meaning to “intently feel”. When we have a resentment, we repeatedly go over something unfavorable (or that we have perceived that way). Often this can become like a sports slow-motion action replay in which the resentment is increasingly closely focused on.”***