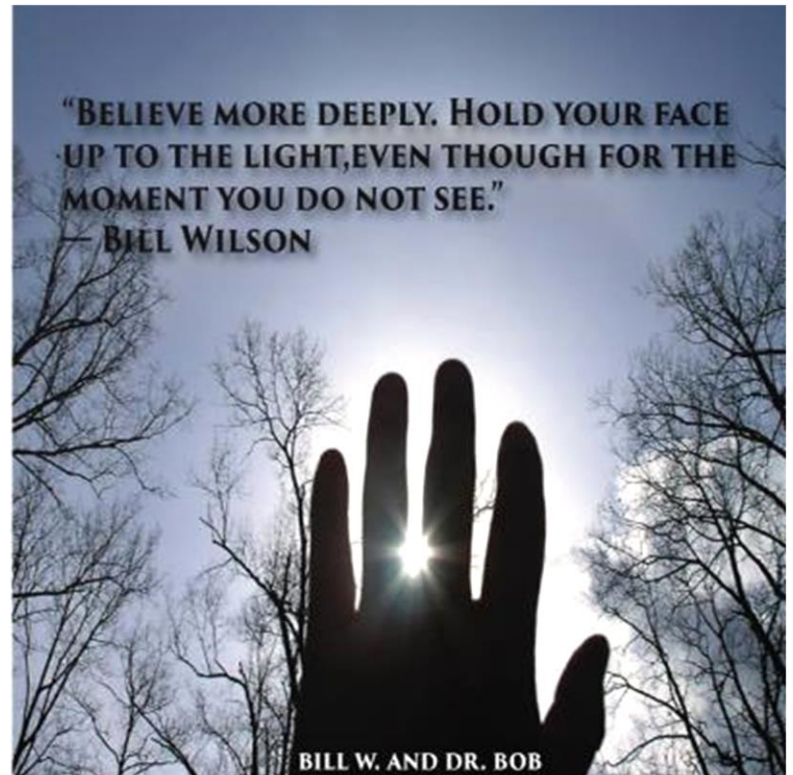




DISTRICT 28 NEWSLETTER

WE DO RECOVER

Alcohol controls my life
So don't try to convince me that
I can be sober
Because at the end of the day
I can't do this
And I'm not going to lie to myself by saying
I will prosper and succeed
So, I will remind myself
That I am a selfish terrible person
And nothing you tell me will make me believe
I deserve a good life
Because no matter what
I will always be addicted
And I wonder if
Things will get better
Because when I look in the mirror, I will always think
Can I recover?



NOW READ IT AGAIN. BOTTOM TO TOP

By Emilee Kerrigan

JANUARY READINGS

STEP 1

"We admitted we were powerless over alcohol — that our lives had become unmanageable"

Tradition 1

"Our common welfare should come first; personal recovery depends on A.A. unity."



New to AA?

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

DCM corner

A message from your DCM

Happy New Year! I wish everyone wonderful blessings for 2024!

What a wonderful time to reflect on what happened in 2023. We can look back over the last year and see where we have had growth and what parts of our lives we can still work on.

Personally, I grew my spiritual program tremendously. I've learned to be more gracious and loving towards others. I have also learned how to love myself more.

But I have also learned that I need to continue that work to place principles before personalities. And I know I need to continue to remain teachable and listen to all the great advice I receive.

No review of the past year would be complete without a big shoutout to all the hard work that went into our annual Alcothon. Thank you to both Julie and Linda for all the work they put into being the co-chairs. Also, thank you to all who chaired a meeting, facilitated, brought food, and helped clean. I appreciate each and every one of you.

Let's make 2024 the best year yet.

In Love and Service,
Rachel

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 through adcm@woodbridgeaa.org with your contact information.

Tell Someone if You Feel Like Drinking

Sometimes alcoholics keep their desire to drink secret because they're ashamed or think that deciding to quit drinking means they aren't supposed to be tempted. This can lead to slips and relapses. By admitting to at least one other person that you're having a hard time with your sobriety in Step 1 of AA, you acknowledge that you are having difficulty maintaining control in regard to alcohol.

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	January 18th / 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.

OTHER DISTRICTS EVENTS

EVENT Episcopal Church	DATE / TIME	LOCATION	INFORMATION
North Arlington Group 80th Anniversary	Friday, January 26 th 7:00	St. George's Episcopal Church 915 N. Oakland Street Arlington, VA 22203	Annual Speaker Meeting! Featuring Mike E. (50 years. Potluck (bring a dish) Literature raffle Sobriety countdownand more!
Alexandria Group 79th Anniversary Dinner	Wednesday, January 31 st 6:45 pm	Grace Episcopal Church 3601 Russell Road Alexandria, VA 22305	Potluck Dinner bring a dish or dessert Raffle 8-9pm Speakers

Quote for the Month

An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek. One day at a time.

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.

EBBY T. The Man Who Carried The Message To Bill W.

"Dear Ebby,
No day passes that I do not remember that you brought me the message that saved me – and only God knows how many more.
In affection, Bill"

Ebby had carried the message of the Oxford Group to Bill with great care and dedication—that recovery from alcoholism was possible using spiritual principles, but only if it was combined with practical actions. Bill Wilson never took another drink, and left Towns Hospital to dedicate the rest of his life to carrying the message to other alcoholics.

Ebby, however, took a different path, one that caused him to have a series of relapses. The man whom Bill Wilson called his sponsor could not stay sober himself and became an embarrassment. There were periods of sobriety, some long, some short, but eventually Ebby would, "fall off the wagon," as he called it.

Ebby drifted in and out of sobriety, and in and out of AA, with many AA members trying to help him regain a more stable sobriety. The person who was ultimately successful was Searcy W., who had established a hospital for alcoholics in Texas. Early in 1953, Searcy had asked Bill what he would like to see happen in AA, and Bill said, "I would like for Ebby to have a chance to sober up in your clinic." Several months later, it came to pass, and after a short slip in 1954, Ebby remained sober for seven years

There are many others who achieve periods of sobriety yet relapse from time to time. They are not to be condemned but welcomed back into the Fellowship. Their experience is a lesson to others that alcohol as an enemy is indeed cunning, baffling and powerful. If anyone might feel smug or superior, he or she should be grateful that they have not gotten that bad – yet.

