



DISTRICT 28 NEWSLETTER

March Service Focus: *ADULT DETENTION CENTER*

The Woodbridge and Manassas districts hold AA meetings at the Prince William County Adult Detention Center for inmates seeking help.

- Meetings are held Monday, Tuesday, and Thursday for males and Wednesday and Thursday for females. The men's meetings are for the inmates in the work release program. The women's meetings alternate between AA and NA meetings, with both following their respective big books.

The meetings consist of Big Book, Living Sober, and general discussion formats. Screening and background check required. Once the background check has cleared, there is an onsite orientation that lasts approximately two hours.

-For more information contact

Sgt. K. McDonald 703-792-6428 KmcDonald@pwcgov.org

or Rob L. roblrevere@yahoo.com.

- Taking meetings into the jail is beneficial to the meeting leaders as well as the inmates.
- Many inmates are open to getting help from AA to stay sober once their sentences are complete.
- They are provided with literature, apps, and QR codes to be able find all available meetings after release.

MARCH READINGS

Step 3

"Made a decision to turn our will and our lives over to the care of God as we understood him."

Tradition 3

"The only requirement for membership is a desire to stop drinking."



New to AA?

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

DCM corner



A Message From Your DCM

Happy March!

What a wonderful month that's in front of you. The sun will set later in the evening, and we can enjoy the light longer and longer. The cold is slipping away into the warmth of spring. The flowers are starting to pop up from the ground.

This month many will celebrate Saint Patrick's Day. We often associate this with being lucky. For many, many years, I just used it as an excuse to party and drink as much as possible.

These days, I associate it with being lucky - lucky that I'm alive, lucky that I am sober, and lucky enough to be able to help another person that is struggling. How lucky and blessed are we that found our way into the program of recovery?

This month I will remember to say Thank You for allowing me to wake up in the morning and Thank You at night for keeping me sober all day. I will count my blessings. I will make my gratitude lists. And I will remember my luck.

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 make amends can be viewed two ways: first, that of repairing damage, for if I have damaged my neighbor's fence, I “make a mend,” and that is a direct amend; the second way is by modifying my behavior, for if my actions have harmed someone, I make a daily effort to cause no further harm. I “mend my ways,” and that is an indirect amend. Which is the best approach? The only right approach, provided that I am causing no further harm in so doing, is to do both. If harm is done, then I simply “mend my ways.” To take action in this manner assures me of making honest amends.”

— Alcoholics Anonymous, [Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members](#)

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.

Remember

Just a reminder...

Remember

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.

“I had to let go of the past and forget the future. As long as I held on to the past with one hand and grabbed at the future with the other hand, I had nothing to hold on to today with. So, I had to begin here, now.”

— A.A. World Services, [Came to Believe](#)

Turning Points

“Every day I stand at turning points. My thoughts and actions can propel me toward growth or turn me down the road to old habits and to booze. Sometimes turning points are beginnings, as when I decide to start praising, instead of condemning someone. Or when I begin to ask for help instead of going it alone. At other times turning points are endings, such as when I see clearly the need to stop festering resentments or crippling self-seeking. Many shortcomings tempt me daily; therefore, I also have daily opportunities to become aware of them. In one form or another, many of my character defects appear daily: self-condemnation, anger, running away, being prideful, wanting to get even, or acting out of grandiosity. Attempting half measures to eliminate these defects merely paralyzes my efforts to change. It is only when I ask God for help, with complete abandon, that I become willing—and able—to change.”

— Alcoholics Anonymous, [Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members](#)

12 REWARDS TO THE AA 12 STEP PROGRAM



1. Hope instead of desperation.
2. Faith instead of despair.
3. Courage instead of fear.
4. Peace of mind instead of confusion.
5. Self-respect instead of self-contempt.
6. Self-confidence instead of helplessness.
7. The respect of others instead of their pity and contempt.
8. A clean conscience instead of a sense of guilt.
9. Real friendships instead of loneliness.
10. A clear pattern of life instead of purposeless existence.
11. The love and understanding of our families instead of their doubts and fears.
12. The freedom of a happy life instead of the bondage of an Alcoholic obsession.