



DISTRICT 28 NEWSLETTER

April Service Focus:

WHAT IS DISTRICT 28 AND WHAT DO WE DO?

A service body of Alcoholic Anonymous members in Woodbridge, VA representing about 30 AA groups

One of 13 Districts in Northern Virginia

District officers, committee chairs, and Group Service Reps meet monthly.
All AA members are welcome and encouraged to attend!

The District coordinates service activities within the district and cooperate with other AA service entities.

District activities include taking meetings into a local rehab center and the county jail, an annual picnic, a holiday Alcathon, Workshops, and maintaining the District website, WoodbridgeAA.org

APRIL READINGS

Step 4

"Made a searching and fearless moral inventory of ourselves."

Tradition 4

"Each group should be autonomous except in matters affecting other groups or AA as a whole."



New to AA?

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



A Message From Your DCM

Hi Everyone,

Happy Spring. I'm absolutely loving that the weather is getting nicer, and I can enjoy being outdoors again. Being able to watch the flowers bloom and the trees come back to life is such a blessing.

I will start off the month of April at our VAC Spring Assembly. When I first started attending assemblies, I was often bored, I didn't understand what was going on, and I was indifferent about the outcome - mind you, that my first assembly was online during COVID.

Now that I really have a strong sense of service, I absolutely look forward to being a part of the assembly. I know that I make a difference being there and that my voice matters when making decisions for the future of AA. I want to be a part of helping to find a way to reach anyone who wants recovery.

I would encourage everyone to see what the business side of Alcoholics Anonymous is all about. Take some time to know what changes are being proposed. And know that your vote matters.

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 awakening. Step by step I cleared up the past and got on with the present.”

— 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%**



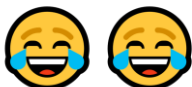
MAKE A BIRTHDAY CONTRIBUTION

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.



This really drunk guy walks up to a parking meter and puts in a quarter. He stares at the needle that has stopped at 60 and exclaims, "I can't believe I lost 100 pounds!"

MATHEMATICAL MIRACLE

“MATHEMATICAL MIRACLE, Some years ago, I heard a story which has been making the rounds in Midwest A.A. circles for years. I don't have any names to back up this story, but I have heard it from many sources, and the circumstances sound believable. A man in a small Wisconsin city had been on the program for about three years and had enjoyed contented sobriety through that period. Then bad luck began to hit him in bunches. The firm for which he had worked for some fifteen years was sold; his particular job was phased out of existence, and the plant moved to another city. For several months, he struggled along at odd jobs while looking for a company that needed his specialized experience. Then another blow hit him. His wife was forced to enter a hospital for major surgery, and his company insurance had expired. At this point he cracked and decided to go on an all-out binge. He didn't want to stage this in the small city, where everyone knew his sobriety record. So he went to Chicago, checked in at a North Side hotel, and set forth on his project. It was Friday night, and the bars were filled with a swinging crowd. But he was in no mood for swinging—he just wanted to get quietly, miserably drunk. Finally, he found a basement bar on a quiet side street, practically deserted. He sat down on a bar stool and ordered a double bourbon on the rocks. The bartender said, “Yes, sir,” and reached for a bottle. Then the bartender stopped in his tracks, took a long, hard look at the customer, leaned over the bar, and said in a low tone, “I was in Milwaukee about four months ago, and one night I attended an open meeting. You were on the speaking platform, and you gave one of the finest A.A. talks I ever heard.” The bartender turned and walked to the end of the bar. For a few minutes, the customer sat there—probably in a state of shock. Then he picked his money off the bar with trembling hands and walked out, all desire for a drink drained out of him. It is estimated that there are about 8,000 saloons in Chicago, employing some 25,000 bartenders. This man had entered the one saloon in 8,000 where he would encounter the one man in 25,000 who knew that he was a member of A.A. and didn't belong there. Chicago, Illinois”

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