



DISTRICT 28 NEWSLETTER



May Service Focus: DELEGATE SHARE



What is the Delegate Share?

- The Delegate from the Virginia Area holds sharing Sessions all over the state
- The Delegate shares about the annual General Services Conference held in late April
- Virginia is one of the 93 AA Areas in North America
- Woodbridge is one of the 45 Districts in the Virginia Area
- Northern Virginia districts hold one sharing session during the summer – Announcements to come!

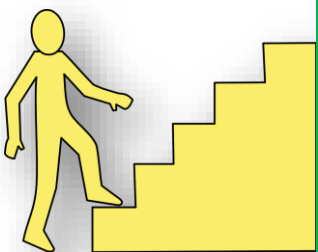
MAY READINGS

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

“Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.”



New to AA?

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



A Message From Your DCM

Hello everyone! Happy May!

There is so much happening in AA right now. I attended the VAC Spring Assembly in April where we voted to unpair the Treatment & Accessibilities from each other, giving each their own standing committee. This will allow for greater visibility on each of these. I am really excited to see how our members will focus on ways to reach those who have limited ability to seek recovery.

At the 74th General Service Conference, there were several exciting things approved. The Conference voted 91-38 (70.5%) in favor of the Conference Literature Committee's recommendation that the draft manuscript *Plain Language Big Book: A Tool for Reading Alcoholics Anonymous* be approved with minor editorial changes. There were also 2 new pamphlets approved, and the General Service Board has agreed to increased financial transparency.

Locally, we are looking to add more District sponsored events that we can fellowship at. We are looking for a summer event, and any ideas would be welcomed. Please reach out to your GSR or to me directly with suggestions. Ideas that have been presented so far are a movie night, spades tournament, or a chili cookoff.

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

“But in the light of the new understanding that I have found in A.A., I have been able to interpret that defeat and that failure and that shame as seeds of victory. Because it was only through feeling defeat and feeling failure , the inability to cope with my new life and with alcohol, that I was able to surrender and accept the fact that I had this disease and that I had to learn to live again without alcohol.”

- **Alcoholics Anonymous**

A Message From Your Woodbridge Community



Happy Sober Day, fellow members. Today I'm grateful for AA. When I came into the program December 28, 2018, I was a broken Man. I have been to AA before but, I was never into the program. I had the but's, I didn't want God forced on me, I wanted to pick and choose what steps to work, and so on. I thought I could do it on my own. Well, if I could do it on my own how did I end up in 4 rehabs, IOP's, and multiple ASAP programs. When I started using the HOW, Honest, Openminded and Willingness, of this program it truly started to change me.

I had to start being honest with myself. Had to realize I was powerless over alcohol and my life had become unmanageable. When I was able to do that, I was honest with myself. I realized that if I had 1 drink, I couldn't just stop at one. Many days I would say I'm not drinking today, and I would up at either 7-11 or the liquor store at opening. Living in a storage facility, when I could be at home with my wife and kids, was not living a manageable life. When I became honest with myself that I needed help I was able to be open-minded.

When I became openminded I was able to believe that a power greater than myself could restore me to sanity. For me that was a problem because I had a problem with God. I thought God was responsible for all the bad things that happened, and I was responsible for the good things (insanity). So, I was suggested to use the group as my higher power, the group. The group was happy and sober, so why not be open-minded to their suggestions, they had what I wanted. Being open-minded to trying new things was a new thing for me, I was the one who knew how to handle chaos. Then I realized my thinking was what got me into that chair in the meeting. Then the process was to become willing to try their suggestions.

Becoming willing to try something new was different for me. I had to be willing to turn my will and my life over to the care of my higher power. If someone in the group said jump, I would jump. If that would keep me sober, I would be willing to do anything. It was suggested to get a sponsor and work the steps; I had never done that before. So, scared to death, I asked Mike E., to be my sponsor (of course thinking he would say no). He said yes, and his first question to me was "Are you done?", of course my answer was yes. My brother suggested that I shake 5 people's hand at each meeting, get their number, and call them.

I started doing that, it got me out of myself. It also helped me to build my network of people in recovery. Today I'm willing to try anything different than my old self. When I'm willing to face my FEAR's, Face Everything And Recover, things work out well. It's when I am unwilling to face FEAR it becomes F___ Everything And Run, that is the alcoholic in me.

Today I'm honest, open-minded and willing to do whatever it takes to live this great life of sobriety. I remind myself of the first 3 steps every morning, talk to my higher power throughout the day, and work on some step or myself every day. AA has given me a life I never would have imagined 5 years ago. Today I am happy, joyous and free. Have friends that I care about and who care about me. Most of all AA gave me Andrew, someone I can live with today.

Written by: Andrew, A Member of Woodbridge 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.

REMEMBER



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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.

"Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish."

Bill Wilson – The Big Book

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	May 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.

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
35 th ANNIVERSARY BUCKHALL GROUP	Saturday, April 27 th 5:30pm – 8:30pm Dinner at 6:00pm Speaker at 7:30pm	Buckhall Methodist Church Manassas, VA Corner of Moore Dr & Prince William Pkwy	Chicken & Drinks Provided Please bring a dish to share Service, Fellowship, Fun Raffle at 7:00pm
VA DISTRICT 4 Memorial Day Picnic	Monday, May 27 th 12:00pm – 5:00pm Volunteer to setup 10am Need Grill People Cleanup Crew 5pm	Lake Fairfax Park Reston, VA http://aavadulles.org/picnic2024	Burgers, Dogs, Water, & Condiments provided Bring Coolers, Ice, Grill Tools Bring a dish to share There will be MUSIC!
The Centreville Group 51 st Anniversary Picnic!	Saturday, June 8 th 2:30pm - 7:30pm 3pm – Lunch 4:30pm Group History & Sobriety Countdown 5pm – Speaker Meeting	Hopewell House a/k/a "The Barn" 5250 Winfield Rd. Fairfax, VA 22030	Bring your own Blanket or Chair Entrees provided, please bring a dish to share. Last initial A-L – Side Last initial M-Z – Dessert Lawn Games, 50/50 Raffle Fun & Fellowship
LOUDOUN DISTRICT 10 ANNUAL PICNIC!	Saturday, June 8 th 11:00am – 4:00pm	Franklin Park – Hamilton Pavilion 17501 Franklin Park Drive Purcellville, VA 20132	Main Dish Items & Drinks Provided, Please bring a side or Dessert (with utensils) to Share Music, Speaker, Fun & Games
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 10th		

“Lack of power, that was our dilemma, we had to find a power by which we could live, and it had to be a Power Greater Than Ourselves.”
 - Bill Wilson, Alcoholics Anonymous Big Book