



DISTRICT 28 NEWSLETTER

Taking It One Day at a Time in Recovery” and Other Favorite AA Sayings

“The journey of recovery is a rewarding one, but it can also be overwhelming to consider navigating this road for years to come. That is why quotes and phrases that encourage people to approach recovery “one day at a time” are used in the 12-step group Alcoholics Anonymous (AA). More specifically, these reminders to take it “one day at a time” can help you avoid worrying about remaining sober for the rest of your life, and instead, focus on the day ahead of you. What you did yesterday does not matter, and what you might do tomorrow is not a concern. The focus is on doing what you need to do to stay sober for the next twenty-four hours ahead.

This focus on tackling each day as it comes was incredibly beneficial for me as I approached early recovery. Over my years as an addiction professional, I’ve found that many clients find it helpful as well. I encourage everyone who is traveling the winding road to recovery to embrace “one day at a time” and other AA slogans to help you take steps toward a brighter future.”

What Does the Phrase “One Day at a Time” Mean?

“When you reflect on the phrase “One day at a time.” try to think of it as a way to focus on the, at times, concept of staying sober. Instead of worrying about all the days that lie ahead or anything that happened in your past, focus on what’s right in front of you. After all, at the end of the day, life is made up of individual days, one after another.

When you do your best to remain sober for a day at a time, the road looks more manageable, and you start to see that you are capable of enjoying each day.”

Jim H

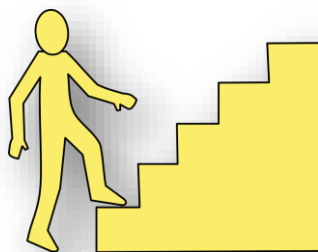
MAY READINGS

Step 6

“Were entirely ready to have God remove all these defects of character.”

Tradition 6

“Our groups ought never endorse, finance or lend our name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”



New to AA?

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

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



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.

"Getting sober was the single bravest thing I've ever done and will ever do in my life."

-Jamie Lee Curtis.

A Message From Your DCM

Hello District 28!

I hope everyone is enjoying the unofficial start of summer and the long, warm days that lay ahead of us.

Save the date!

We have **the Delegate Share** scheduled. Please come out and join us and learn all about what is happening in AA. This will be a potluck with the majority of the districts from Northern Virginia participating.

Date/Time/Location

July 27th

3:45 PM

St. Christopher's Episcopal Church

[6320 Hanover Avenue, Springfield, VA 22150](https://www.google.com/maps/place/6320+Hanover+Avenue,+Springfield,+VA+22150)

Our District has also scheduled a **music/karaoke/dance party** in August. We are still working out all the details. Be on the lookout for a flyer for that will be distributed soon.

As always, thank you for everything that you do to keep the doors open. Every single one of us has something we contribute to the recovery of another person. Please remember that you matter, and you are worth it.

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

WHY DO YOU NEED SLOGANS IN RECOVERY?

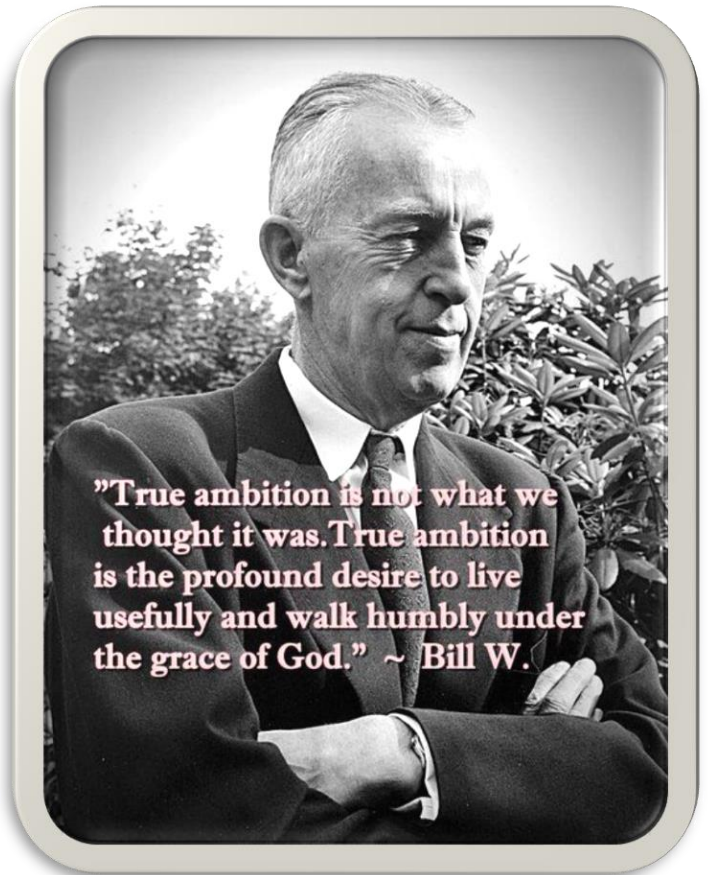
It can be difficult and overwhelming to remember everything you have to do in recovery. Seeing the bigger picture and staying focused on your long-term goals and your present reality can be difficult. However, short but meaningful slogans to reflect on, like “one day at a time,” can quickly bring to mind the most important ideas of the recovery process. Better yet, these slogans take just a second of your time to think, say out loud, or write down so you can remember to stay focused on your healing and your growth.

QUOTS FROM OUR FOUNDERS BILL & BOB

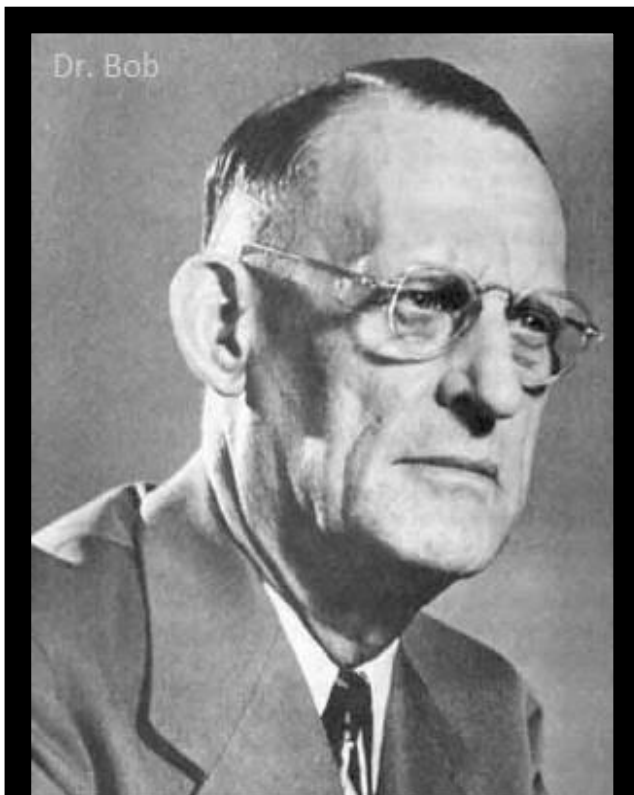


I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion we can ever know.

Bill W.



"True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God." ~ Bill W.



"Remember, Bill, let's not louse this thing up. Let's keep it simple."

"I don't believe I have any right to get cocky about getting sober. It's only through God's grace that I did it. I can feel very thankful that I was privileged to do it. . . ."

Dr Bob

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	June 20 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.
Woodbridge District 28 Picnic	Sunday, September 22 11:00am – 4:00pm	Leesylvania State Park 2001 Daniel Ludwig Dr. Woodbridge, VA 22191	Burgers, Dogs, & Water supplied, please bring a side or dessert to share. 2pm Speaker
Music/Karaoke/Dance Party	August TBD	TBD	TBD

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District 11 (Mt Vernon) “The Traditions – A Workshop”	Saturday, June 8 th 10:00am – 1:00pm	Mt Vernon United Meth Church Fellowship Hall 2006 Belle View Blvd Alexandria, VA 22307	Format: Panel followed by a Q&A session Panelists: District Officers & Former DCMs For more info, reach out to DCM11@aavirginia.org
Arlington District 2 FUN DAY! AA	Saturday, June 8 th 1:00pm – 4:00pm	Bluemont Park Picnic Pavilion Parking Lot located at: 601 N. Manchester St Arlington, VA	Burgers, Fellowship, Speaker, Games, and more!
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
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
NVI Volunteer BBQ	Saturday, June 15 th 12pm	St. John’s Episcopal 6715 Georgetown Pike McLean, VA 22101	Welcome to all NVI volunteers & those interested in volunteering to carry the message! Burgers, Dogs, & Drinks provided, feel free to bring a side or dessert.
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 10th		

AA Daily Saying:

May I always remember that the power within me is far greater than any fear before me.
May I always have patience, for I am on the right road.