



DISTRICT 28 NEWSLETTER

From our Woodbridge Community: I came into AA with a lot of “I Nevers”

My name is **Linda H**, and my sobriety date is 7/26/81. When I woke up that morning, I realized I had to stop drinking alcohol. I came into AA with a lot of I Nevers. Never had a dui, never arrested, didn't lose a job or family. I was on the brink of losing my family. I was married going on 7 years and had 2 sons ages 4 and 2 years old. I was miserable every day when I woke up. I was always in a blackout when I drank. I called a friend of the family when I knew I had a problem who had 12 years of sobriety. He told me to focus on the AA waltz the first year 1,2,3 steps. He put me in contact with a woman in the program. I started making meetings and eventually got a sponsor. When I was around 4 months sober, I found out I was pregnant with my 3rd child. My first year was an emotional roller coaster I didn't know if it was because I was pregnant or getting sober, I vowed never to repeat either one of those again, so far to today I have been successful. Our daughter was born the day before my first-year anniversary. I started my steps got a new sponsor. I was told many things I did not like but I was afraid if I didn't listen, I would drink.

I was taught when doing my 10th step to start out with the negative and end with the positive so I would go to sleep on a positive. I have learned that nothing will get better if I drink. I have been through many difficult life things in sobriety. Just because we get sober doesn't mean life will be smooth sailing. No matter what happens we don't have to drink. My higher power whom I chose to call God gives me the strength to deal with life sober. I try to make my attitude of gratitude. If I have a grateful heart, I pray I will not drink. Service keeps us sober; you have to give it away to keep it, one Day At A Time, I am powerless. Dr. Bob's prescription is Trust God, Clean House and Help Others. I am very grateful to have found AA and I know I am 1 drink away from being drunk. A problem shared is a problem cut in half. Stay sober and keep coming back. Stick and stay. It works if you work it. God Bless.

JULY READINGS

Step 7

“Humbly asked Him to remove our shortcomings.”

Tradition 7

“Every A.A group ought to be fully self supporting, declining outside contributions.”



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.



REMINDER



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 listened to their stories and found so many areas where we overlapped – not all the deeds, but the feelings of remorse and hopelessness. I learned that alcoholism isn't a sin, it's a disease."

[Bill Wilson The Big Book](#)





A Message From Your DCM

Hello Everyone!

July holds such a special place in my heart. It was in July that I finally surrendered. After years of trying to quit on my own, and after being around the rooms of AA for a couple more years, it was when I had finally had enough. I was able to finally put down the drink and start my journey into a new way of life.

I am so grateful to be in recovery. I am so blessed with the life I have today. Never in my wildest dreams did I ever believe this would happen for me. Some days I still have to pinch myself to know this is real.

I hope everyone is able to have a wonderful safe 4th of July. I took celebrating these holidays for granted while I was still drinking, using it as an excuse to drink as much as I possibly could. Now I savor the moments I get to share with my friends and family.

Please remember to join us for the joint Delegate Share on July 27th in Springfield. There is always so much good information from the General Service Conference. And there will be a ton of food to enjoy as well.

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

“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.”

~ Twelve Steps and Traditions p. 95





1. **“Every Day Is A Second Chance”**

This is for all those people out there who might have screwed up, time and time again. The realization that every day is literally a new day to prove that you can do this is a freeing feeling. Sobriety is worth it and even if you need a fourth, fifth, or fiftieth chance, every day is another day to try!

2. **“What We Fear Doing Most, Is Usually What We Most Need To Do”**

Easier said than done right? Yes, but one of the scariest parts about sobriety is the unknown, the fear of going without one of the things you have depended on for so long. Getting into recovery might be one of the scariest things you are going to do, or have done, but it is also what you most need to do.

3. **“When The Past Calls, Don’t Answer It, It Has Nothing New To Say”**

Learning new habits (especially sober ones) can be hard, but sometimes it’s even harder to avoid or ignore old habits. Especially if they are literally or figuratively calling you every day. So, when you get that phone call or text from someone who does not know that you’re in recovery, hang up, send it to voicemail, do what you need to do to keep yourself safe!

4. **“One of the Hardest Things Was Learning That I Was Worth Recovery”**

You are worth getting your life back, you are worth getting your family back, you are worth mending broken relationships and ridding yourself of the unhealthy ones, you are worth fighting for and your life is worth fighting for!

5. **“Recovery is Hard, Regret is Harder”**

This quote does not need an explanation. It speaks for itself!

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	July 18 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 Karaoke/ Potluck & Dance Party	Saturday, August 17 th 6:00pm – 11:00pm	Bethel United Methodist Church 13506 Minnieville Rd. Woodbridge, VA	Warm up that voice, loosen up those joints! Bring a dish or dessert to share.
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

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Delegate Sharing Session Hosted by Districts 2,4,5,6,11,21,28,33,41,42,45	Saturday, July 27 th 3:45pm – 7:15pm ZOOM 3:45pm – 5:15pm	St Christophers Episcopal Church 6320 Hanover Ave Springfield, VA 22150 ZOOM ID: 418 160 8798 Phone: +1 301 715 8592	Join us to hear VA Delegate John P. Share what happened at the Sen Serv. Conf. Please bring a dish to share
Sober at Sunrise Pancake Breakfast	Saturday, August 17 th 7:00am Meeting 8:30am Breakfast Served	Bethel Lutheran Church 8712 Plantation Ln Manassas, VA 20110	All are welcome, 2 speakers 50/50 raffle Free pancakes Fun & Fellowship
District 5 Summer Picnic	Sunday, August 25 th 11:30am	Providence Park 10715 West Dr. Fairfax , VA 22030	Food, Speaker, Fellowship Burgers, Dogs, Beverages provided. Bring a side dish or dessert to share (bring serving utensil for your dish)
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 10th		

“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.”

~ Alcoholics Anonymous

