

DISTRICT 28 NEWSLETTER



From our Woodbridge Community: "You to can recover"

Hello Family!

Another year around the globe. I got sober in August 2000, and if I'm willing to continue down this path with the help of my Higher Power, the 12 steps of Alcoholics Anonymous, my sponsor, and my fellow alcoholics in recovery I will celebrate 24 years on August 23rd.

I didn't know that when I finished my last beer around noon on August 22nd, that it would be my last drink. I had made a call to a hot line at 9am that I thought was for domestic abuse, it was in fact Chantilly Detox. I was already drunk from the beer I had stolen from Food Lion an hour earlier, and they told me they would have a bed available at midnight if I wanted it.

I had been sleeping in the woods or wherever I passed out for over a year by then, my husband wouldn't let me in the house with our children. I was getting picked up by the police monthly for being drunk in public. So, hearing that I could get a bed sounded like a really good idea to me. I had been introduced to AA twice over the years, but I never did anything recovery related, and I had no idea what I was getting myself into.

I don't know how to really explain the transformation that happened to me over the next few months other than to say that I was graced with a second chance to turn my life around. I was told that I was worth it, that I was deserving of all the promises that AA offers us. I wallowed in drunken despair for years, and now I had found my purpose, and that was what drove me. I have been doing service in AA ever since. I truly believe that the gift of sobriety was not meant to be kept to oneself, it must be shared. I thank my higher power every night for the day I just lived, when I lay my head down at night, I sleep in peace which is worth it's weight in gold.

I am so very grateful to have found the rooms of A.A., to have been given a second chance at living a life that I never knew I wanted until I got sober. Never give up, please, please just keep coming back, and you to can recover

In Love & Service,
Joyce C.

AUGUST READINGS

Step 8

"Made a list of all persons we had harmed and became willing to make amends to them all."

Tradition 8

"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."



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.



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 simply had to believe in a Spirit of the Universe, who knew neither time nor limitation.”
— Alcoholics Anonymous



A Message From Your DCM

Hello everyone! Happy August!

I attended the VAC summer meeting during July where I was able to attend the first Accessibilities Committee meeting. I am delighted that the VAC voted to separate this from Treatment and really allow us to focus on this segment of AA. There is also a new VAC Safety Card that was created and that will be read at VAC meetings going forward.

The topics for the VAC Fall Assembly were selected:

2024 Fall Assembly Workshop Topics

1. Working Together, Increasing Trust
2. Accessibilities: What are the barriers in A.A.?
3. Spirituality without God or Religion
4. 10th tradition. What is an outside issue? Getting back to singleness of purpose.

I also attended the joint Delegate Share on July 27th. I am so pleased that District 28 represented with the most attendees. (You Rock) There was a lot of information shared by John Pine about his trip to the General Service Conference, but like most people, I found the most interesting part was his take on the Plain Language Big Book. He has glowing reviews for what he has read, explaining that this is just another tool for us to help get the message out.

Please make sure to mark your calendars for our District Summer event on August 17th. We are throwing a Karaoke Party with a Potluck at Bethel UMC from 6 - 11 PM. I am really excited for this District sponsored event and I feel like this will be a great time to fellowship with all you.

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

•Nothing Changes if Nothing Changes. ...

GREAT RECOVERY QUOTES

“As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.”

— Alcoholics Anonymous, [Alcoholics Anonymous](#)

“We sometimes hurt those we love because they need to be “taught a lesson,” when we really want to punish. We were depressed and complained we felt bad, when in fact we were mainly asking for sympathy and attention. This odd trait of mind and emotion, this perverse wish to hide a bad motive underneath a good one, permeates human affairs from top to bottom. This subtle and elusive kind of self-righteousness can underlie the smallest act or thought. Learning daily to spot, admit, and correct these flaws is the essence of character-building and good living. 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.”

— Alcoholics Anonymous, [Twelve Steps and Twelve Traditions](#)

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	JAugust 15 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
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
Young Survivors AA Group Annual Summer Picnic	Saturday, August 24 th 7:00pm – 7pm	Mason District Park Shelter A 6621 Columbia Pike Annandale, VA 22003	Free Food, Fun, Fellowship Family & Friends Welcome
Alexandria Groups of AA End of Summer Bash	Saturday, August 24 th Dinner 6:00 pm AA Speaker 7:00 pm Dance 8:30 pm	First Christian Church 2723 King St Alexandria, VA 22302	Speaker Meeting Spaghetti Dinner Sober Dance
Fairfax District 5 Summer Picnic	Sunday, August 25 th 11:30am	Providence Park 10715 West Dr. Fairfax, VA 22030 Go to Pavilion at back of the park	Food, Speaker, Fellowship Burgers, Dogs, Beverages provided. Bring a side dish or dessert to share (bring serving utensil for your dish)
Manassas, Centreville, Warrenton Districts joint AA Family Picnic	Sunday, September 15 th 11:00am – 4:00pm	Nokesville Park 12560 Aden Road Nokesville, VA 20181	Please bring a side dish to share Volleyball, Horseshoes, various family games, Children's Swing & Rec Area near Pavilion Pets on Leashes Permitted
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 10th		

“Being a little kinder, a little slower to anger, a little more loving makes my life better— day by day.”

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

