

DISTRICT 28 NEWSLETTER

Here are some things to consider about Step 9

- Making amends: This step involves acknowledging the harm caused and making it right with the people who were affected. It's an act of courage that can help break the cycle of guilt, shame, and remorse.
- Living amends: In addition to making amends, this step also involves living a sober lifestyle and committing to that lifestyle for yourself and others.
- Direct amends: It's recommended to make direct amends to the people who have been harmed, rather than skirting the issue.
- Forgiving oneself and others: This step involves forgiving oneself and others.
- Plan: It's important to have a plan for making amends that doesn't assign blame.
- Response: It's important to allow the person who has been harmed to respond.
- Timing: It's important to make amends as early as possible.

SEPTEMBER READINGS

Step 9

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9

"A.A. as such ought never be organized; but we may create service boards or committees directly responsible to those they serve."



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



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

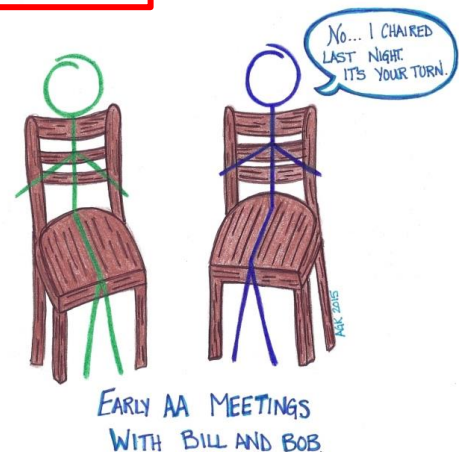
The Birthday Plan is for groups or members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but members may contribute as much as they wish up to \$5,000.



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.



DCM Corner



A Message From Your DCM

Hello everyone!

First, I would like to thank everyone for a fantastic August District event. The Karaoke party was so much fun. We had a wonderful turnout. I'm definitely looking forward to more of these events.

Speaking of which, the District picnic is coming up September 22nd. This is always a good time for fellowship. As the picnic happens to be on the first day of Fall, we will pray for beautiful weather to enjoy the park.

If you have an event that you would like to see the District sponsor, please let me know. These events bring a fun, safe place for us to come together and enjoy life and celebrate our sobriety.

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

“Unless we discuss our defects with another person, we do not acquire enough humility, fearlessness, and honesty to really get the program. We must be entirely honest with somebody, if we expect to live happily in this world. We must be hard on ourselves, but always considerate of others.

You have to GIVE IT AWAY in order to KEEP IT!

Sobriety truly is the gift that keeps on giving, because we get to pass it on. Where would I be if A.A. wasn't there for me when I went to Detox and the following Outpatient Program...dead most likely. The program I went to talked of A.A. and required A.A. meetings but it was not A.A. It could not keep me sober. Sure, I learned a few things and it gave me the path to A.A. I may not have ever gotten here if it weren't for that program. And it is A.A. that truly taught me it was possible to live sober and be happy, joyous, and free! Now, I get to stay sober one day at time and have the privilege of helping others by giving was what so freely given to me.

According the 2014 G.S.O. Membership Survey, 32% of 'us' named a treatment program most responsible for their membership in A.A. That is A LOT of people – and from a survey that is 10 years old. I feel like there are so many more people suffering out there from this disease. How else can they hear the A.A. message if it is not through you or me? The meetings we take into the treatment center could be the only exposure the patients have to A.A. Let's help the hand of A.A. be there for them.

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics” Chapter 7 of the Big Book. Bill W, our founder, led by example taking meetings into hospitals. He had to go looking for the next sufferer! **How lucky are you?!** You no longer have to hunt down a fellow alcoholic – they are right around the corner as Mainspring Recovery Treatment Center. And District 28 is always looking for volunteers to share their experience, strength, and hope to those still suffering at Mainspring.

Come do some rewarding 12th step work by bringing in a meeting once a month, weekly, every two weeks, or one time only. Help stay sober by giving it away. We would love to have you!

District 28 takes AA Meetings into the Treatment on Sunday, Monday, Wednesday, and Thursday evenings at 7pm. If you want to volunteer, please contact Erin H; district28treatment@gmail.com or 571-239-8792 (leave a message or text).

Article by District 28 Treatment Chair Erin H



WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	Sept 19 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

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
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
Reston Rainbows AA Group PRIDE IN SOBRIETY FALL PICNIC	Saturday, September 21 st 11am – 3pm	Lake Fairfax Shelter #1	Please bring a side dish to share & lawn games encouraged
Vienna District 41 Picnic	Saturday, September 21 st 12pm – 4pm	Glyndon Park (in covered pavilion) 400 Beulah Rd Vienna, VA	Burgers, Dog, & Drinks provided Please bring a dish to share BYO games, music, frisbee, etc. Rain or Shine Volunteers Needed
The Independence Club 42 nd Anniversary BBQ Bash	Saturday, September 21 st 4pm – 8pm	Independence Club 7043 Wimsatt Rd Springfield, VA 22151	Food, Drinks, Fun Bring a dish to share Live music Guest Speakers at the 5:30 meeting
Mount Vernon District 11 PICNIC	Saturday, September 28 th 12pm – 5pm	Fort Hunt Park Area B (off the GW Pkwy)	Bring your family, friends, pets Burgers, Dogs, Sandwiches, Soda, & Water provided Please bring a side dish or desserts to share
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 10th		

“Just one small positive thought in the morning can change your whole day.” —5