



## DISTRICT 28 NEWSLETTER

### FILL'ER UP

WHEN I CAME into AA many years ago, I would ask, “How often do I have to go to those darn meetings?” Here’s what I was told: “Until the day comes when you want to go to those meetings.” Well, after 43 years of sobriety, here’s why I still go to meetings.

I see meetings as a spiritual gas station. Unlike other gas stations, the gas here is free. They give me the energy needed to continue my day’s journey. My windows are washed clean by the sharing of my brothers and sisters. I can then see things differently, with clarity and truth and honesty. Real air – not the hot air of self-deception, lies and negative thinking – is put into my tires to give me proper emotional and spiritual balance.

These spiritual gas stations are where we get clear, truthful direction for our lives by hearing and applying slogans and Steps. They give us all grace, strength, fortitude and courage.

After the meetings, we go to our cars and drive off feeling better, thinking better, acting better and having a renewed hope for the next 24 hours, until our tanks get low, and our next fill-up is needed.

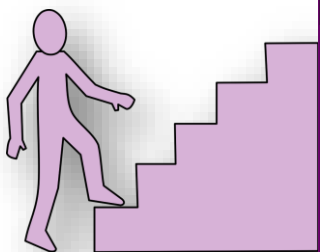
Jimmy O.  
Long Beach, NY – Grapevine September 2018



### OCTOBER READINGS

**Step 10**  
"Continued to take personal inventory and when we were wrong promptly admitted it."

**Tradition 10**  
No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues



**New to AA?**  
[aavirginia.org](http://aavirginia.org) and [aa.org](http://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

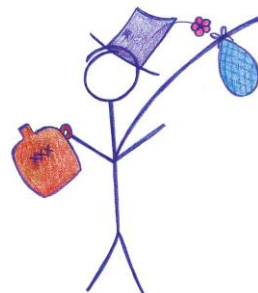
The Birthday Plan is for groups or members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but members may contribute as much as they wish up to \$5,000.



Do you have an **anniversary, event, or celebration** you would like featured in the newsletter? Please email

[district28newsletter@gmail.com](mailto:district28newsletter@gmail.com).

Please be aware that the newsletter will be posted on our [Woodbridgeaa.org](http://Woodbridgeaa.org) website.



WHAT PEOPLE THINK  
AN ALCOHOLIC LOOKS LIKE.



WHAT AN ACTUAL  
ALCOHOLIC LOOKS LIKE.



## A Message From Your DCM

Hello District 28!

This is a call to service! It is that time again where our District Officers will be rotating out at the end of the year. We will need a DCM, and ADCM, a Treasurer, and a Secretary. There are guidelines that suggest amounts of sobriety for each of these positions. These guidelines can be found on our website, [www.woodbridgeaa.org](http://www.woodbridgeaa.org).

We are also looking for a chair for the upcoming Alcothon, held annually over the Christmas Holiday. This can be a single person, a group of people, or a meeting.

Continuing with the service theme, our Virginia Area Fall Assembly is coming up October 18<sup>th</sup> - 20<sup>th</sup>. This is right in our backyard being held at the Marriott Fairview Park in Falls Church. This is a wonderful way to see how the business side of AA works. Come out and let your voice be heard in the committee meetings. Also, an election will be held at this assembly, so you can see firsthand how the process works.

Last, our District will be participating in a joint workshop with Mount Vernon on October 26<sup>th</sup>. I know we are still in need of people to assist with the workshop but also please come out and enjoy the fellowship. It will be from 10 AM - 1 PM at Historic Pohick Church.

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](mailto:phones@nvintergroup.org)

“We AAs are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand, and love each other so supremely well.”

- Bill W., Grapevine, October 1959

## ARE YOU AN ALCOHOLIC QUIZ?

THE "ARE YOU AN ALCOHOLIC?" QUIZ,  
IF THEY ALLOWED ME TO WRITE IT

- 1 DO YOU THINK IT'S CRAZY WHEN PEOPLE DON'T FINISH THEIR DRINK?
- 2 HAVE YOU EVER DRANK UNTIL YOU VOMITED, AND THEN DRANK SOME MORE?
- 3 DO YOU OFTEN FIND YOURSELF SAYING, "OH WELL. F\*\*K IT."?
- 4 DO YOU THINK YOU JUST HAVE SUPER TERRIBLE LUCK?
- 5 ARE THE INSURANCE AND REGISTRATION STICKERS EXPIRED ON YOUR CAR?
- 6 HAVE YOU EVER NOT HAD THE MONEY FOR RENT/ELECTRICITY, BUT WENT OUT DRINKIN' ANYWAYS?
- 7 HAVE YOU EVER SAID THE STATEMENT, "NO, I'M NOT AN ALCOHOLIC"?
- 8 HAVE YOU EVER SAID THE STATEMENT, "YES, I'M AN ALCOHOLIC"?
- 9 HAVE YOU EVER ACTED AS IF YOU WERE HAVING A PARTY TO THE MAN BEHIND THE COUNTER AT THE LIQUOR STORE, IN ORDER TO JUSTIFY THE AMOUNT OF ALCOHOL YOU ARE BUYING?
- 10 HAVE YOU EVER LOST A SHOE?
- 11 HAS YOUR CELLIE EVER TOLD YOU THAT YOU MIGHT HAVE A DRINKING PROBLEM?
- 12 HAVE YOU EVER WOKEN UP NEXT TO SOMEONE AND WONDERED WHAT HIS/HER NAME IS?

-AGK 2015



# WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
<b>District Board Meeting</b>	Oct 17 <sup>th</sup> / 7pm Held every 3 <sup>rd</sup> Thursday of the month	Bethel United Methodist Church 13506 Minnieville Road, Woodbridge	<b>If you'd like to get involved in your district</b> , please come to our meeting. There are some open positions and committees that could use your help.
<b>Districts 11 &amp; 28 Workshop</b> Resolve the AA Situation Round Table Discussion	Saturday Oct. 26 <sup>th</sup> 10:00 am – 1:00 pm	Historic Pohick Church 9301 Richmond Hwy @Telegraph Rd: Lorton VA 22079	Costume Contest

## OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
<b>Sterling District 4 Fall Workshop</b> Hosted by Sterling Women's Group	Saturday, Oct 5 <sup>th</sup> 9:00 am – 12:00 pm	St. Matthews Episcopal Church 201 E. Frederick Dr. Sterling, VA 20164	Session Format <b>*Ask It Basket*</b> Join a diverse panel of local AA members, sharing experience, strength & hope. Bring a question to ask Continental Breakfast Provided
<b>Alexandria District 1 Bingo Night</b>	Saturday, Oct 5 <sup>th</sup> 5:30 pm – 7:30 pm	First Christian Church 2723 King St Alexandria, VA 22302	Taco Bar & Soft Drinks provided <b>FUN PRIZES!</b> Family, Friend, Al-Anon Welcome Volunteers Needed
<b>Vienna District 41 AA Workshop</b> Service Work & Sponsorship	Saturday, Oct 26 <sup>th</sup> 9:00 am – 12:00 pm	Emmaus United Church of Christ 900 Maple Ave. E Vienna, VA 22180	Bring a breakfast food item to share. Coffee, Tea, & Orange Juice Supplied
<b>Chili Cook Off Costume Contest</b> Hosted by the Men's Back to Basics Group	Saturday, Oct 26 <sup>th</sup> Chili Diner: 6:00pm Speaker Meeting: 7:00pm Sober Dance: 8:30pm	First Christian Church 2723 King St Alexandria, VA 22302	Bring your favorite Chili & Cornbread Join us for a spooky night of sobriety, fun & games
<b>SAVE THE DATE!</b> <b>GRATITUDE BREAKFAST</b>	Sunday, November 10th		

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