



## DISTRICT 28 NEWSLETTER

### PEACE OF MIND, AND A QUIET HEART

When I got to AA in 1969, I heard a lot of words that were unfamiliar to me, but I didn't pay much attention to them at the time since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital, legal, and economic problems. Words like love, patience, spirituality and forgiveness were foreign to me. I didn't see how they mattered when all I wanted to do was quit drinking.

I stayed close to my home group, and they started calling me the fortunate one. At 28, I was the youngest one in the room. I felt like the elders took a special interest in me, and that endeared me to them in a special way.

I was always listening for the magic word that would inspire me and give me a purpose in life. Then one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of an old farmer named Harlan. As he talked about all the trials and tribulations he had endured, he explained how he had stumbled into AA and that all the answers were here. But he didn't understand it until he had a goal to reach for. The next words that came out of his mouth changed my life forever. He said, "All I want from life is peace of mind and a quiet heart."

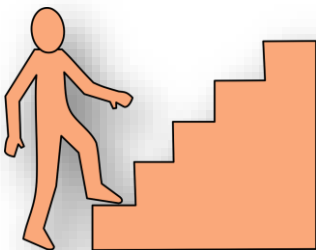
What more could a person want? I thought. To this day, I still quote Harlan and credit him with that inspiration. He passed away in 2007 with 51 years sober.

I have been through the Big Book and the "Twelve and Twelve" many times and have made a slow but very purposeful attempt to rid my mind of all the tormenting memories and regrets of the past. And as I processed each and every one of them, the more I realized that peace of mind is the natural result of living by these principles. Clearing the wreckage of the past and changing those behaviors that caused it and practicing unselfish behaviors with the help of seasoned veterans like Harlan, I move closer and closer to the Promise: We will comprehend the word serenity, and we will know peace.

Recently I've been focusing on the word "peace" and underlining it in my books, and it's amazing it linked to other words that seem to get more attention. I will be forever grateful that God saw fit to lead me to this wonderful program.

Harlan, rest on peace, and thank you for the inspiration.

Rick R.  
Poway, Calif  
Grapevine Sept 2018



### OCTOBER READINGS

#### Step 11

*"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."*

#### Tradition 11

*"Our Public Relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films (and the internet)."*

**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.



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

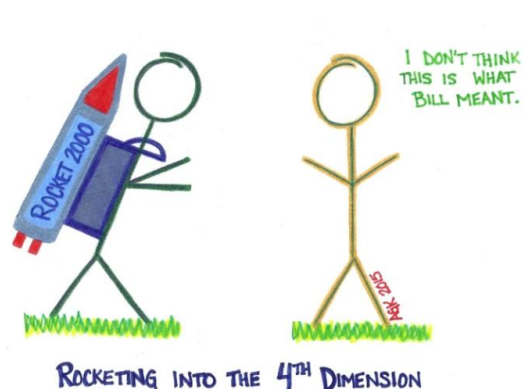
The Birthday Plan is for groups or members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but members may contribute as much as they wish up to \$5,000.



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.



# DCM Corner



## A Message From Your DCM

Gobble, gobble District 28! Happy November.

I'm excited to see what this month brings. We will be holding District elections on November 21st. If you are interested in being an Officer for the District, please review the guidelines on [woodbridgeaa.org](http://woodbridgeaa.org), and come to the meeting held at 7:00 PM at Bethel UMC. My time in service at the District has brought me so many blessings and has helped me grow tremendously as a person. I'm truly thankful for everything I have learned.

As the holidays approach, please remember to take care of yourself and others. This time of year, can become stressful, and we can easily forget to be good to one another. Be kind, be helpful, and be of service. Love and tolerance of others is our code.

Lastly, be on the lookout for the annual Alcothon signup. The District needs lots of help keeping the doors open for those who seek recovery.

As always, I appreciate all of 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](mailto:phones@nvintergroup.org)

"Is sobriety all that we are to expect of a spiritual awakening? No, sobriety is only a bare beginning; it is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. As it does go on, we find that bit by bit we can discard the old life - the one that did not work - for a new life that can and does work under any conditions whatever." ~ Bill W.

## I AM GRATEFUL AND THANKFUL

I must start off by saying that I am so grateful and thankful that I am sober today. That was not always the case.

I struggled being sober off and on for years. My last relapse was the day before Thanksgiving in 2016. That Thanksgiving morning I was waking up hung over again. My relapse lasted until December 27, 2016, that was my last drink. it was not my worst drunk, but it was enough.

That morning, I woke up hung over, not wanting to go on for the last time, God willing. I will remember that day forever. Thankfully, I had the experience of the program and remembered how it changed my life. I was sick and needed help. I was driving home still drunk after sleeping eight hours. I cried out "God please help me. I can't do this anymore" and for that I am forever grateful. I knew where I belonged.

I went to a meeting that night, i am Thankful that AA was there. I have been sober since that day, I have a little over 6 years of sobriety. A few "one day at a time" put together. I can look at the holidays now and be grateful and so Thankful that I made it to AA. Not all of us do.

I do participate in my sobriety today. I have a Sponsor, I've done and redo the steps, i have service positions and I am involved with AA. I reach out to the newcomer. I am willing to do whatever is needed to stay sober.

With the holidays right around the corner and so many activities and get-togethers to go to please remember the newcomer. Say hello ask them about them, listen and get to know them. It is our primary purpose to stay sober and help another alcoholic to achieve sobriety.

Remember Not all of us have family and places to go for the holidays. Thankfully, there are Thanksgiving dinners events on schedule. Invite someone new or be inclusive with your plans. This is a program of attraction, and when you put your hand out and ask someone to join you, it may change their journey. We don't realize how we affect other people.

I hope everyone has a safe and sober holiday season to come. And I hope to see you at either the old-timer's speakers meeting,, or the gratitude, breakfast. You can find these events at <https://nvintergroup.org>.

Happy Holidays !

Another grateful, recovering alcoholic

Anonymous

"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.

# WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	Nov 21st / 7pm Held every 3 <sup>rd</sup> 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.

## OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Manassas District 33 An AA History Panel 89 Years Later: How did we get here?	Saturday, Nov 9 <sup>th</sup> 8am – 1pm	Bethel Lutheran Church 8712 Plantation Ln Manassas, VA 20110	Multiple Historic topics will be discussed Attendees are encouraged to bring a side dish to share
Ravensworth Early Starters Young Peoples AA Celebrates 50 Years	Saturday, Nov 9 <sup>th</sup> 6:00pm – 9:30pm	5100 Ravensworth Rd Annandale, VA 22003	Potluck Dinner Music at 6pm, Meeting at 8:30 Speakers are Founding members Hugh M. & Pat C.
Annual Gratitude Breakfast	Sunday, Nov 10 <sup>th</sup> 8:30 am – 11:30am	Hilton Springfield 6550 Loisdale Rd Springfield, VA 22150	Doors open at 8:30am Breakfast at 9:00am Speaker at 10:30am
Old Timers Speakers Meeting Hosted by: Fairfax, Vienna, & Centreville Districts	Saturday, Nov 16 <sup>th</sup> 4:00pm – 7:30pm	Korean Presbyterian Church 15451 Rt 29 Centreville, VA 20121	Doors open at 4pm Speakers at 6:30pm Thanksgiving Dinner Provided Please bring your favorite holiday sides or deserts to share
Springfield District 21 Presents Thanksgiving Alcahthon	Starts 10pm Wednesday Nov 27 <sup>th</sup> thru 11pm Saturday Nov 30th	Independence Club 7043 Wimsatt Rd Springfield, VA 22151	Meetings start Wednesday 10pm thru Saturday 11pm Dinner: Thanksgiving day 3pm Overnight meetings 12am-6am will be held online



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