



DISTRICT 28 NEWSLETTER

AM I AN ALCOHOLIC Q & A

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. It's a matter of whether your drinking is stopping you from leading the sort of life you want to lead. If you want to control your drinking but can't, then alcoholism is a definite possibility. But as far as AA is concerned whether you're an alcoholic is for you to decide. It's not up to anyone in AA to tell you whether you are or not.

How does going to a meeting help me with my drinking problem?

We in AA know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves. We have the ability to help problem drinkers because we are living proof that recovery is possible – we've done it.

Why do AAs keep going to meetings after they are cured?

We in AA believe there is no such thing as a cure for alcoholism. We can never return to normal drinking, and our ability to stay away from alcohol depends on maintaining our physical, mental, and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

There's a lot of talk about God, though, isn't there?

The majority of AA members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others think it is the AA group, still others don't believe in it at all. There is room in AA for people of all shades of belief and nonbelief.

JANUARY READINGS

STEP 1

"We admitted we were powerless over alcohol — that our lives had become unmanageable"

Tradition 1

"Our common welfare should come first; personal recovery depends on A.A. unity."



New to AA?

aavirginia.org and aa.org both have great pages for newcomers.

DCM corner

A message from your DCM

Hello, District 28,

It is an honor and privilege to be your incoming DCM. I will do my best to fill the shoes of previous DCM's, which is a tall order. My recovery date is 12/28/18. Service is a big part of my recovery, whether in my home group, district, or other AA functions. For my recovery, service helps my soul and holds me accountable; it makes me feel a part of. I look at the triangle, on the coin, as a stool, recovery, unity, and service. If I'm not working on any one of the legs of the stool it will fall. I try to remember that if I'm not working on my recovery I'm working on relapse. Talking to someone in the program daily, working on steps, doing service, and most important talking to my higher power helps me stay sober one day at a time.

I was doing service work the day I walked into REBOS. Gilbert walked up to me and said "You are VW Mikes brother; he said you know how to cook. You will be helping to cook breakfast on Sundays". I was able to do that with Jennifer and Pat for a year and a half. It helped me learn people's names, be accountable, and not hide from people. That was first time, not the last that I have been voluntold to do service work. The next was when I went to the district meeting, to fill in for my sponsor, and saw the 8 am group did not have a GSR for their meeting. I came back to Gilbert and asked Gilbert "Do we have a GSR for the 8 am?" His reply was "We do now (looking at me). Since then, I have been a part of district meetings, Virginia Assemblies, and functions in the district.

Service is a key component to AA functioning for those that come after us. That is where Tradition 1 comes in to work. Our common welfare should come first; personal recovery depends on AA unity. It states in the 12 & 12 that "We stay whole, or AA dies". Right there it suggests that we do service work to keep AA going or we become individuals rather than us. If you are looking for service work there are plenty of areas to look; ask your sponsor, talk to your home group, or come to the district meeting. With that we are in need of people to volunteer for positions in the district, if interested please contact myself (dcm@woodbridgeaa.org) or come to the district meeting the 3rd Thursday of every month at Bethel (corner of Minnieville and Smoketown). Thank you for your continued service, have a blessed month.

Andrew T



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

WOODBIDGE DISTRICT 28 EVENTS

| EVENT | DATE / TIME | LOCATION | INFORMATION |
|--|--|---|--|
| District Board Meeting | January 16th / 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 SUPER BOWL SUNDAY | Sunday, February 9 th 5:00pm – End of Game | Bethel United Methodist Church 13506 Minnieville Road, Woodbridge | Come watch the Super Bowl with us, bring your favorite pizza, wings, snacks, & salad to share. Meeting before Kickoff. |
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OTHER DISTRICTS EVENTS

| EVENT | DATE / TIME | LOCATION | INFORMATION |
|--|--|---|--|
| North Arlington Group 80 th Anniversary | Friday, January 26 th 7:00 | St. George's Episcopal Church 915 N. Oakland Street Arlington, VA 22203 | Annual Speaker Meeting! Featuring Mike E. (50 years. Potluck (bring a dish) Literature raffle Sobriety countdownand more! |
| Alexandria Group 79 th Anniversary Dinner | Wednesday, January 31 st 6:45 pm | Grace Episcopal Church 3601 Russell Road Alexandria, VA 22305 | Potluck Dinner bring a dish or dessert Raffle 8-9pm Speakers |
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Did you know?

Friend of Bill: If someone asks you if you are a friend of Bill, they are asking if you are in A.A.
Sometimes in public buildings or on a cruise ship, you will see a notice for a "Friend of Bill" or "Friends of Bill W." meeting. This is a somewhat less than secret code for an AA meeting. It refers to Bill Wilson, who founded AA.

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 7 Palmyra, VA 22963 – **10%**
- **General Service Office (GSO)** – PO Box 2407 James Farley Station, New York, NY 10116-2407 – **30%**

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.



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.**

"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,

Addiction - vs - Recovery

Addiction vs. Recovery...

Its all about me and what I want **vs** 'How can I be of help to others'

Lying, Cheating and manipulating to get what I want **vs** Willingness, honesty and open-mindedness allow me to get what I need.

"I can take care of myself!" **vs** " There is something bigger than me."

Rationalize, justify and minimize when I'm wrong **vs** Owning my part, admitting my faults and trying to grow from them

Projecting a false image of myself **vs** I am no better and no less than anyone else

Hide and deny my fears so as not to appear weak **vs** Acknowledging my fears and limitations and asking for help'

What does alcoholism look like?

How much drinking is too much? Isn't a glass of wine good for you? Why do some people go overboard when they drink, and others can have one drink and stop? These are commonly asked questions that many people just don't know the answer to. Alcohol is a prevalent part of our culture, serves as a rite of passage to adulthood, and sometimes relaxation after a long day. Many of us, however, simply cannot stop drinking after the first drink.

Having some facts about alcoholism can help you or a loved one if you suspect there is a problem.

Alcohol Use Disorder, or AUD is the clinical term for alcoholism. Simply put, it means that someone cannot stop drinking after the first drink or is unable to stop drinking for a prolonged period of time. Alcoholism can present itself early or late in life. It can affect women and men and even adolescents. Alcoholism does not discriminate. It affects all races, creeds and ages.

What does alcoholism look like? Here are some symptoms of alcohol use disorder:

- Drinking more or for a longer time than originally intended
- Needing more alcohol to achieve the same "high"
- Withdrawal symptoms like "the shakes", nausea, headaches or even DT's when not drinking
- Wanting to cut down on drinking but not being able to
- Spending more and more time and resources to get or hide alcohol
- Isolation from work, social situations, or recreational activities
- Continuing to drink even after seeing that alcohol is creating physical and emotional problems