



DISTRICT 28 NEWSLETTER

SPRITUAL ILLNESS

"It is very difficult for me to come to terms with my spiritual illness because of my great pride, disguised by my material successes and my intellectual power. Intelligence is not incompatible with humility, provided I place humility first. To seek prestige and wealth is the better, for many in the modern world. To be fashionable and to seem better than I really am is a spiritual illness. To recognize and to admit my weaknesses is the beginning of good spiritual health. It is a sign of spiritual health to be able to ask God every day to enlighten me, to recognize His will, and to have the strength to execute it. My spiritual health is excellent when I realize that the better, I get, the more I discover how much help I need from others."

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

STEP TWO PROMISE

"As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built."

FEBRUARY READINGS

STEP 2

"Came to believe that a Power greater than ourselves could restore us to sanity."

Tradition 2

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."



New to AA?

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

DCM corner

A Message From Your DCM

Hello, District 28,

We are in our second month of this great year. This month we have our Superbowl party at Bethel. We have our district meeting on the 3rd Thursday, February 20th, at Bethel. We will be trying out Google Meets for online streaming, go to the website to find the meeting ID number. The district is still looking for volunteers for a few committees, if interested let someone in the district or myself know at dcm@woodbridgeaa.org.

Being the second month of the year, I try to focus on step 2; Came to believe that a power greater than ourselves could restore us to sanity. This step was a difficult one for me early in sobriety, for I hated God. So, my sponsor asked me "Is the group a power greater than you?" I had to reply yes, as we continued to talk, we discussed how the group was able to stop their drinking, so why not believe in them as a power greater than myself? That seemed to help a lot early on. Today I have my own belief in God. The Big Book states "Lack of power was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*." Find your higher power and let it restore you to sanity. KISS. Have an excellent 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

AA HUMOR

A guy wants a divorce. He tells the judge "I can't take it anymore she's out going from bar to bar every night way past midnight"

The judge responds "what's she doing"

The guy says "looking for me"

Me: My name is Matt, and I'm an alcoholic.

AAA: This is AAA, not AA.

Me: Yeah, I was just explaining how my car got in the lake.

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	February 20 th / 7pm Held every 3 rd Thursday of the month	Bethel United Methodist Church 13506 Minnieville Rd, Woodbridge, VA	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.
SUPER BOWL SUNDAY Sponsored by Woodbridge District 28	Sunday, February 9 th 5pm-End of Game	Bethel United Methodist Church 13506 Minnieville Rd, Woodbridge, VA	WILL BE PROJECTING THE GAME ON A BIG SCREEN. MEETING BEFORE KICKOFF SODA & WATER SUPPLIED, PLEASE BRING YOUR FAVORITE PIZZA, WINGS, SALAD, SIDES & DESSERTS TO SHARE

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District 35 33rd Anniversary Dinner	Saturday, February 22 4:00pm – 6:00pm	Warrenton Community Center 430 East Shirley Ave. Warrenton, VA.	Dinner & Speaker
Springfield Franconia Groups 64th Anniversary Party!	Thursday, February 27th 7:30 – 8:30	St. Mark's Lutheran Church 5800 Backlick Rd. Springfield, VA.	

At long last, you have come to realize that service to others is all you have to offer in life!

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.

**Don't
Forget!**

Friendly
Reminder

**Don't
Forget!**

Please remember to include groups name and number. If you do not know the group number, please reach out to the district.

ACR

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%**

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.

TWELVE ACRONYMS

- 1: **ABC** Acceptance, Belief, Change
- 2: **PUT** Practice Using Tolerance
- 3: **SLIP** Sobriety, Lost. Its, Priority
- 4: **AGO** Another Growth Opportunity
- 5: **GIFT** God Is Forever There
- 6: **NUTS** Not, Using, The Steps

- 7: **ISM** I Sabotage Myself
- 8: **ART** Always Remain Teachable
- 9: **AWOL** A. A. Way Of Life
- 10: **ASAP** Always Say A Prayer
- 11: **STEP** Something That Enhances Peace
- 12: **LOVE** Living Our Values Everyday

NEVER TO YOUNG

AFTER yet another geographic “cure”, I was going to AA meetings and making trips to the ladies’ room to drink. I sometimes left the meeting drunker than when I arrived. Yet people welcomed me anyway. They shared their experience with drinking and sobriety with me and told me to keep coming back. Members even helped me get to meetings.

The one day in the summer of 1971 I finally realized that I was beyond human aid. I asked the power that enabled these other alcoholics to live sober to help me. I have not had a drink since that day. I was 19 years old.

I began to go to lots of meetings and learn about the Twelve Steps and about growing along spiritual lines. I began to practice these principles in all my affairs— which also included giving up having affairs!

Being the youngest AA in the area at that time, I was asked to chair quite a few meetings and anniversaries. Even TV and newspaper reporters wanted to interview me. That’s when older members in our Young People’s group explained to me the importance of our Traditions—especially anonymity. Of course, I could do as I chose, but to follow the Traditions, I could either talk about AA Anonymously or not be anonymous and not mention AA. I thought the message of AA was more important the messenger, so I chose anonymity. I’m grateful for those young members—who were only two or three years sober at the time—who explained this to me.

Most of us in that small Young People’s group are still sober today, some since the late 1960s. That group no longer exists, but we do. Our lives have been saved. We get to enjoy a life worth living.

I’m now 65. Over the years, my damaged liver healed, my relationships improved and my faith in a living God grew. Alcoholic drinking restricted my freedom in so many ways. The Third Step increased it. How wonderful!

Anonymous
Fairport N.Y.
AA Grapevine September 2018

PICKLES GALORE

THE OTHER DAY, while sitting in the kitchen of our local church waiting for our AA meeting to start, a women came in and asked if this was where the pickles were.

Thinking this was a clever way to ask if this was an AA meeting without breaking her anonymity, I said sure. So, I talked with her for a minute.

After a bit, she started looking around. Finally, I glanced over to my left and there was indeed a table loaded with pickle jars for sale.

She really was looking for pickles.

Bari R
Bradenton, Fla.