



DISTRICT 28 NEWSLETTER

A Psychic Change

“Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks — drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery. On the other hand — and strange as this may seem to those who do not understand — once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.”

— Alcoholics Anonymous, [Alcoholics Anonymous](#)



MARCH READINGS

Step 3

“Made a decision to turn our will and our lives over to the care of God as we understood him.”

Tradition 3

“The only requirement for membership is a desire to stop drinking.”



New to AA?

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



A Message From Your DCM

Hello District, 28,

I would like to thank everyone who came out to the 1st annual District 28 Superbowl Party. We had more than 60+ people show up for the shindig. If you want to do more activities as a district or with other districts let your GSR know your ideas or come to the District meeting, the 3rd Thursday of every month at Bethel Church. We are always looking for new ideas and new people to come join us. If your group does not have a GSR, why not volunteer yourself, it's one Thursday night a month. We also have the VAC Spring Assembly coming up April 4-6 next month. It is a great time meeting people from all over the state in Virginia Beach, what could be better.

It is the third month, which for me and many others, we look at the 3rd step "Made a decision to turn our lives over to the care of God as we understood Him." For me this has been a big part of my recovery. When I try to run my life, things seem to go wrong, but when I turn it over to my Higher Power things turn out the way they are supposed to be. I have been sick for over a week now and wanted to go back to work, but believe my Higher Power was telling me to take a break. If I had gone back to work early, I would still be sick and probably worse. When I listened to him, I was able to take a break and heal. My way of thinking got me here and His way lets me live life today.

Andrew Thompson

DCM, District 28



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

A.A. HUMOR

A drunk guy in Alaska decides to go ice fishing. So, he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."



WOODBRIIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	March 20 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.

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Warrenton District 35 March Movie	Saturday, March 15 th 12:30pm – 2:45pm	The Warrenton Meeting Place 26 South Third St Warrenton, VA 20186	My Name is Bill W. Movie starts at 1:00pm We will have pizza, popcorn, and drinks – Feel free to bring treats to share. bring blankets
Virginia District 4 Spring Workshop	Monday, March 17 th 6:00pm – 8:30pm	Galilee United Meth Church 45425 Winding Rd Sterling, VA 20165	Panel Discussion Format – The 12 Principles behind each Step Potluck Dinner Please bring a dish to share
Manassas District 33 Movie Night	Saturday, March 29 th 6:00pm – 9:00pm (Setup 4:30pm)	Bethel Lutheran Church 8712 Plantation Lane Manassas, VA 20110	Movie TBD All Welcome (caution for parents: contents might be unsuitable for children)

“There is an island of opportunity in the middle of every difficulty.”
— Alcoholics Anonymous

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.

Please be aware that the newsletter will be posted on our Woodbridgeaa.org website.

“A FULL AND THANKFUL HEART 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 that we can ever know. AS BILL SEES IT, p. 37”

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

How a helpful neighbor set this alcoholic on the road to recover



My name is Annie, I'm an Alcoholic.

My first drink led to my first blackout. Alcohol took away the shyness, paralyzing self-consciousness. It gave me a warm and happy new feeling that freed me up to do anything. I danced at parties, yelled in the street, sang on buses, hitch-hiked across London, talked to strangers, no fear of anything. I loved it. I thought it helped me to be the real me. I didn't want to do anything that didn't involve drinking: cinema – boring, walks – you must be joking! I learned early to have a few drinks from my mom's cupboard before I went out, filling miniature bottles to take with me. I thought everybody did it! I look back at my teens and see that I have no idea what my family were doing, no memory of spending any time with them.

I went to Spain for 6 months – my university days are still a black hole full of twinkly lights – and was hospitalized with alcohol poisoning. Came back and got married to a heavy drinker, workaholic, who took care of the boring stuff – bills, housework etc. I was a charming wife – he never knew what he was coming home to. We had two beautiful children and drinking to party was no longer an option – my secret drinking started. Hiding bottles, trying to hide the fact that I'd had a drink, sneaking extra drinks whenever we had company, stealing money for drink, making any excuse to buy a bottle. And it got worse. I started to feel ashamed – a quick burn that another drink would fix. My daughter's diary at school on open day – every weekend we went to this pub or that pub...the rows that would flare up and the way I turned from happy smiley to hell-cat with a couple of drinks.

I managed to divorce my husband for HIS unreasonable behavior and found somebody else who drank like me. I was in big trouble now. Desperately unhappy, life in chaos, coming to on the kitchen floor in the morning, trying to get kids to school, house being repossessed. I saw counsellors, psychologists – blaming my childhood, my mother, my husband – anybody and everything. I was in trouble. But if only I could sort out the money (I borrowed and begged from anybody who stood still long enough). If I could only find the right man. If only I had a different upbringing. If only I got the right job. I'd be OK then. I kept trying to manage all this – with the same outcome – drunk and in a worse mess. I wore an old wax jacket hiding a bottle in each sleeve and a half in the inside pocket, hadn't cut my hair for years. One day a group of kids sitting on the wall at the end of my street shouted 'ALKIE' at me. I was furious, burning with shame – if only they knew what sort of life I had!

I had one 'friend' left. A neighbor who brought food for the kids, gave me money. She told me one Sunday morning that I had to do something, or she'd have to walk away. She just couldn't watch it anymore. I don't know what it was that pushed me to make the phone call to AA. Thank God for those AA members in service, people at the end of the phone 24/7 to handle calls from people like me, with nowhere left to go, no more excuses.

Within a couple of hours, two members of Alcoholics Anonymous were in my living room, curtains drawn, vodka tears and snot running. They were not interested in my problems. They told me about the way they drank, and I knew they were like me. I'd never admitted it to anybody. They told me about alcoholism, the physical allergy which meant that once I had one drink, I was unable to stop. The mental obsession which meant that I couldn't leave it alone, no matter how bad it got. The spiritual malady which led to the terrible dark loneliness and terror. These people told me that they had found a way to stop drinking in AA and that their lives had changed for the better and they were happy. I don't know why but I believed them. I did as they suggested. I went to a meeting near me, started going to others, started working the Steps. After a short time, the desire to drink left me and has not returned. My life has changed in ways that are beyond belief. I have faith in the future and I'm no longer ashamed of my past. I'm so grateful for the chance to live free from the obsession with alcohol.