



DISTRICT 28 NEWSLETTER

STEP 4 - JUST DO IT!

How to Work Step 4: 5 Tips

1. Just start. In truth, Step 4 is hard. ...
2. Make a list of the ways fear or anger has taken over your actions. ...
3. Write down the things you're ashamed of. ...
4. Ask yourself how you've avoided taking personal responsibility. ...
5. Think about the freedom you'll feel when you're done.



Why is step 4 in AA so hard?

The 4th-Step often gets bad press because many people experience some difficulty writing about their resentments, fears, and poor conduct. Sometimes we end up reliving an experience we'd rather forget, but in sobriety, we're only as sick as our secrets. Writing those things out is what helps us heal and move past them.

What is the 4th step resentment prayer?

"God, please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrongdoing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick

What are the Promises of Step 4?

- Knowing peace in a more immediate sense.
- Not regretting the past or avoiding it.
- Seeking what God (or one's personal higher power) does for them.
- Not just focusing on the self.
- Losing feelings of uselessness and self-pity.
- Having a deeper intuitive sense of what to do in difficult situations.

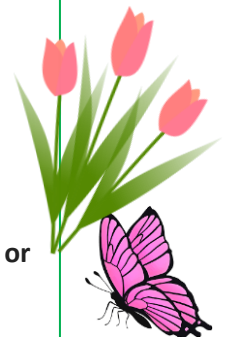
APRIL READINGS

Step 4

"Made a searching and fearless moral inventory of ourselves."

Tradition 4

"Each group should be autonomous except in matters affecting other groups or AA as a whole."



New to AA?

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

A.A HISTORY QUIZ



1. Where did Alcoholics Anonymous start?

- ☐ Cleveland, Ohio
- ☐ Akron, Ohio
- ☐ Buffalo, New York
- ☐ New York, New York
- ☐ Flint, Michigan

6. What are the names of the A.A. co-founders?

- ☐ Brian W. and Father Thomas
- ☐ Bob W. and Dr. Bill
- ☐ Bill W. and Dr. Bob
- ☐ Clarence S. and Dr. Bob
- ☐ Ebby T. and John D. Rockefeller Jr.

2. What year did Alcoholics Anonymous start?

- ☐ 1925
- ☐ 1934
- ☐ 1935
- ☐ 1939
- ☐ 1945

7. Who was Henrietta Seiberling?

- ☐ First woman to get sober by joining Alcoholics Anonymous
- ☐ Founder of the Hazelden Foundation
- ☐ Daughter-in-law of the Goodyear Rubber company founder
- ☐ Along with Carl Jung, spiritual advisor to Bill W.
- ☐ Donated the Stepping Stones house to Bill W.

3. Prior to starting A.A. both co-founders were in contact with what fellowship?

- ☐ Washingtonian Movement
- ☐ Sectarian Group
- ☐ Liberty Society
- ☐ Oxford Group
- ☐ Anti-alcohol Prohibition

8. Who started the first A.A. meeting in Cleveland, Ohio?

- ☐ Abby G.
- ☐ Clarence S.
- ☐ Hank P.
- ☐ Bill D.
- ☐ Fitz M.

4. What year was the basic textbook, Alcoholics Anonymous published?

- ☐ 1935
- ☐ 1937
- ☐ 1939
- ☐ 1942
- ☐ 1945

9. Bill W. was homeless for 2 years in sobriety

- ☐ True
- ☐ False

5. Who was Sister Ignatia?

- ☐ Just another drunk
- ☐ Bill W's spiritual advisor
- ☐ Dr. Bob's childhood music teacher
- ☐ Nurse who helped almost 5,000 hospitalized alcoholic patients
- ☐ Henrietta Seiberling's cousin

10. A star catcher for what baseball team achieved sobriety in Alcoholics Anonymous?

- ☐ New York Yankees
- ☐ Boston Red Sox
- ☐ Philadelphia Phillies
- ☐ Cleveland Indians
- ☐ St. Louis Cardinals

Answers on page 6



A Message From Your DCM

Hello District 28,

What a great month for recovery, the trees are blooming, birds are back, and a great smell in the air. All things I took for granted six years ago. Today we get to enjoy these things with friends and families. I'm looking forward to the Spring Assembly early this month. We also have the spring workshop on the 10th of May, I hope to see you all there. This month we look at the 4th Step, made a searching and fearless moral inventory of ourselves. When I first started this step, I thought it was all the things and resentments I had towards others. My sponsor reminded me early on not to forget about yourself. We must remember we have resentments towards ourselves, and we did plenty of bad things to ourselves mentally and physically. So, when making your list do it to the best of your ability, and as honest as you can be, and if you forget something honestly tell your sponsor when you remember.

Thanks for all your service and fellowship
Andrew



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



The Three P's Of Recovery

The three Ps of recovery include **patience, persistence, and perseverance**. These three attributes are imperative to a successful journey to sobriety and stability. There are plenty of reasons that the three Ps of recovery are imperative to the overall success of a recovery experience.

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	April 17 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
VAC Spring Assembly	Friday April 4th- Sunday April 6th	Holiday Inn VA Beach 5655 Greenwich Rd VA Beach, VA	Ask your Groups GSR
The Happy Hour Group Chili Cook-Off	Saturday, April 5th 6:00pm – 8:30pm	Bethel Lutheran Church 2077 N Frederick Pike Winchester, VA	Please bring Chili to Share Chili tasting/voting Hotdogs, Dessert Contest Speaker at 7:00pm
VSCYPAA is Hosting Game Night!	Friday, April 18th 6:00-9:00pm	Mountain View Church 1077 View Point Ln Forest, VA 24551	Open Discussion 6:00pm Games & Things 7:00pm

**Quote for the
Month**

It's not whether you get knocked down, it's whether you get up. The struggle you're in today is developing the strength you need tomorrow. Happiness is the only thing that multiplies when you share it. The happiness of your life depends upon the quality of your thoughts.

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.

Sobriety is a choice and it's ultimately up to you and you, alone. By putting forth the hard work and the dedication, I've attained the life I always envisioned I'd have.

A.A. HISTORY QUIZ ANSWERS

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Akron, Ohio

2. What year did Alcoholics Anonymous start?

1935

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Oxford Group

4. What year was the basic textbook Alcoholics Anonymous published?

1939

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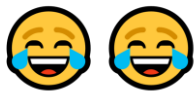
Clarence S.

9. Bill W. was homeless for 2 years in sobriety

True

10. A star catcher for what baseball team achieved sobriety in Alcoholics Anonymous.

Cleveland Indians



A.A. Humor (You Might be an Alcoholic)

If you ever thought, you were driving better with one eye closed....**you might be an alcoholic.**

If your favorite part of a baseball game is the bottom of the fifth....**you might be an alcoholic.**

If you enter a bar, the bartender greets you by name....and it's your first time going to that bar....**you might be an alcoholic.**

If the bar is a 10-minute walk from your house...but your house is a 40-minute walk from the bar...**you might be an alcoholic.**