



DISTRICT 28 NEWSLETTER

WE LOST A GOOD FRIEND

We lost a cherished friend in the program, someone who touched many of our lives with his strength and spirit. In his honor, we invite you to read one of his favorite passages—'Acceptance Was the Answer'—found on page 417 of the Big Book. It was a place he often turned to for peace and perspective.



Step Five Promises

"Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe." [Page 75](#).

MAY READINGS

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers."



New to AA?

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



A Message From Your DCM

Hello District 28,

Another month down in recovery. I had a great time at the Spring Assembly, down in Virginia Beach. I was able to meet new people, learn new things, and had an input into how to keep AA running for the next alcoholic. Service is one of the keys to AA, the others being Unity and Recovery. Being of Service in local entities, like the District and State has been a great experience for me. I suggest this for all my sponsees.

We have our workshop on May 10th at Bethel, in Woodbridge. It will be focused on: Where are groups going, sponsorship and service, and meditation. Breakfast will be provided, and lunch is a potluck. We will have a speaker after lunch. It will be a fun day of fellowship, service, and AA, what could be better. In June we will have the Delegate share on June 21st, at Fairfax Presbyterian Church. The Delegate share is where we learn about what is happening at the GSO and how things were voted on. So many people wonder why that was changed, well get involved with your group, district, or state service and you will have an idea of what's going on. I will leave you with this : I thank AA for God, and I thank God for AA: I would like it to be there for the next alcoholic. Have a great month.

In Service
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

NVI Phone Training – Online Only



If interested or want more information, please contact phones@nvintergroup.org

“I've been benefited from a dictionary definition I found that reads:
"Rationalization is giving a socially acceptable reason for socially unacceptable behavior, and socially unacceptable behavior is a form of insanity.”

— Alcoholics Anonymous

RESPONSIBLE FOR MY ACTIONS



I am responsible for my actions. I am not responsible for my thinking. My very best thinking got me drunk. My very best thinking almost cost me my marriage, my job, and my life. My very best thinking got me into loneliness, no self-respect, and loss of dignity. I can't even take credit for finding Alcoholics Anonymous.

That day, that moment, when everything between me and me died. I still had two choices. Die or seek help. Doctors couldn't help me. I had been there. Psychiatrist couldn't help me. I had tried. My wife couldn't help me. I had used and abused her for too long. I had all but killed any love or trust that was once there.

It was a drunk that didn't drink, I sought. He had been where I was and wasn't there anymore. He knew me, when I didn't know myself. I took the action to ask for help for I was God guided. He made a suggestion for God was working through him. I took the action and found AA by way of a hospital. I wanted to be locked up for I was a drunk and insane.

I just gave up. Gave up trying to think my way out of this situation one more time. I was beaten. I was finished. I had it. I surrendered.

I started looking for God in those first days sober and couldn't find God. I was told to quit looking for God and just pray to God and maybe God could find me. I prayed to God, and I found peace.

Maybe I started to get too well too quick. When I started eating regular, sleeping regular, and the body starting feeling good. I tried to take control of my life again. But I had heard too many things that made sense. I had seen too many people living fun and productive lives. I didn't know how to be honest in my head and I wanted to be honest. I didn't know that by living honest my thinking would change.

It took a second bottom, thanks to God a sober bottom, when I surrendered again. The miracle of this program was when another drunk loved me when I couldn't love myself and I allowed him to love me. It was in the love in this program I found peace of mind. I found that I am responsible for my actions. I am not responsible for my thinking, nor do I accept the responsibility for having this disease. I am responsible for loving other alcoholics, yet I cannot take responsibility for their actions or feelings or their getting better or not getting better.

For me, love is action. Caring is an action. Listening is an action. Patience is an action. Understanding is an action. Willingness is an action.

I watched as love returned to a marriage when I took the action to contribute. I watched as trust returned when I was trustful. I watched loneliness disappear from my life when I let others know me.

Today, I surrender each morning. The day will turn out what ever way it is supposed to turn out. By surrendering it usually turns out better than I could have thought of. Today this program is working in my life, and I hope it is working in yours. I take the action to work it and God takes care of the rest.

Chuck H.

Laguna Woods

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.

REMEMBER



REMEMBER

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.

"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, Alcoholics Anonymous

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District 28 Workshop	Saturday, May 10 th 8:30am – 2:00pm	Bethel United Methodist Church 13506 Minnieville Road, Woodbridge	8:30 Coffee & Breakfast 9am Beyond the empty chairs 10am Sponsor to Trusted Servants 11am Beyond the noise 12pm Potluck Lunch 1pm Speaker
District Board Meeting	May 22 nd / 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
District 42 Workshop The Key to Lasting Sobriety	Saturday, May 17 th 9:00am – 12:00pm	St. Andrew Lutheran 14640 Soucy Pl Centreville, VA 20120	Join us to explore the joy and purpose of giving back Continental Breakfast & Coffee will be served
District 41 Workshop A Sponsor & Sponsee Guide thru the Steps	Saturday, May 17 th 9:00am – 12:30pm	Emmaus United Church of Christ 900 Maple Ave. E Vienna, VA 22180	Bring a breakfast food item to share, coffee, tea, & OJ supplied
Virginia Big Book Group 37 Year Celebration!	Tuesday, May 20 th 6:00pm – 9:00pm	Emanuel Lutheran Church 2589 Chain Bridge Road Vienna, VA 22181	Potluck - 6:30pm – 8:00pm Meeting 8:00pm – 9:00pm
Dulles District Annual Memorial Day Picnic	Monday May 26 th 12:00pm – 4:00pm	Lake Fairfax Reston VA	More will be revealed
LOUDOUN DISTRICT 10 ANNUAL PICNIC!	Saturday, June 8 th 11:00am – 4:00pm	Franklin Park – Hamilton Pavilion 17501 Franklin Park Drive Purcellville, VA 20132	Main Dish Items & Drinks Provided, Please bring a side or Dessert (with utensils) to Share Music, Speaker, Fun & Games

I am grateful not only for sobriety, but for the quality of life my sobriety has brought. God has been gracious enough to give me sober days and a life blessed with peace and contentment, as well as the ability to give and receive love, and the opportunity to serve others—in our Fellowship, my family and my community.

From the book [Daily Reflections](#)