



DISTRICT 28 NEWSLETTER

AA Service = Emotional Sobriety

I've been experiencing déjà vu lately.

Last fall, I was asked to step up to act as District 28's treasurer and while turning over the bank records, I remembered holding the same position sometime in the past two decades. Being a careful record keeper, I began searching my computer files to determine the time frame.

It took some digging, but I found financial spreadsheets from 2007-2008, when an awesome friend and AA trusted servant Elliott Blake was Woodbridge DCM. Elliott (*I believe he was an accountant outside the rooms*) taught me a lot about the position of AA treasurer, whether for a group or for the District. He introduced me to spreadsheets and how to manage donated funds and to always *remain transparent*.

A primary responsibility of any group treasurer is to inform the Fellowship about the group's finances as well as the District's fiscal health. Without the influx of group donations, AA's Twelfth Step activities of *carrying the message* to the next sufferer would "wither and die," as explained in the yellow sheet **A.A. Guidelines, Finance**. This is why individuals who contribute to a Group's 7th Tradition are effectively working AA's Twelfth Step!

Over the years, despite many personal and professional struggles, my sobriety has been strengthened when I've volunteered my time and energy to AA's service structure.

Women I've sponsored are often "voluntold" to take on a service position because my experience is that any lasting emotional sobriety comes from actively living the **Twelve Steps and Twelve Traditions**. I became involved in AA to find a way to stop drinking but working the program has taught me patience, tolerance and how I can be useful to my fellow human beings.

continued on page 5

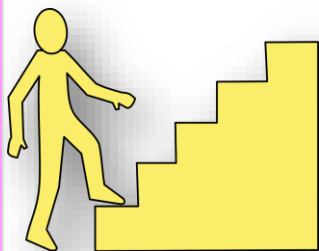
MAY READINGS

Step 6

"Were entirely ready to have God remove all these defects of character."

Tradition 6

"Our groups ought never endorse, finance or lend our name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

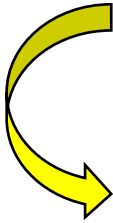


New to AA?

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

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.

"I must keep reminding myself that I am human, that I am doing the best I can, even when that best is sometimes poor."

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



A Message From Your DCM

Hello District 28,

Almost halfway through the year. I am looking forward to the Delegate report on the 21st. This is where we find out what is happening at GSO and AA, where AA is heading, and what changes are coming. If you look at the NVI website (Nvintergroup.org), you will see that there are quite a few picnics scheduled for this month. These are always fun, we get to meet new people in the fellowship and have a great time without drinking.

It is the 6th month, why not take a quick look at Step 6. This step is about **willingness** and **readiness** for change. After identifying personal shortcomings in Step 5, Step 6 asks us to become fully prepared, mentally and spiritually, to let go of these character defects. It's not about perfecting oneself, but about being open and honest in the desire for personal growth and transformation, with the help of a Higher Power. Are you willing to ask your Higher Power to remove all your defects of character?

Thanks

Andrew Thompson - DCM



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

“Asking for help is a sign of self-respect and self-awareness”

This quote encourages members of AA to reach out for support and to embrace vulnerability

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	June 19 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.
Music/Karaoke/Dance Party	August TBD	TBD	TBD
Woodbridge District 28 Picnic	Sunday, September 22 11:00am – 4:00pm	Leesylvania State Park 2001 Daniel Ludwig Dr. Woodbridge, VA 22191	Burgers, Dogs, & Water supplied, please bring a side or dessert to share. 2pm Speaker

OTHER DISTRICTS EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
Fairfax District Interactive Workshop Steps 6 & 7	Saturday, June 7 th 10:00am – 12:00pm	Fairfax Presbyterian Church 10723 Main St Fairfax, VA 22030	Pizza & beverages provided! Bring your Sponsor, sponsees, and your buddies! Interaction invited and encouraged
LOUDOUN DISTRICT 10 ANNUAL PICNIC!	Sunday, June 8 th 11:00am – 4:00pm	Franklin Park – Hillsboro Pavilion 17501 Franklin Park Drive Purcellville, VA 20132	Main Dish Items & Drinks Provided, Please bring a side or Dessert (with utensils) to Share, Speaker, Fun & Games
Arlington District FUN DAY!	Saturday, June 14 th 1:00pm – 4:00pm	Bluemont Park Pavillion 329 N Manchester St	Burgers, Games, Speakers, & More, bring a dish to share
The Centreville Group 52 nd Anniversary Picnic!	Saturday, 21st 2:30pm - 7:30pm	Hopewell House 5360 Winfield Rd. Fairfax, VA 22030	Bring your own Blanket or Chair Last initial A- M – Dessert Last initial N - Z – Side Speakers, Music, Food, & More
Multiple Districts Hosting Delegate Sharing Session	Saturday, June 21 st 3:30pm – 8:00pm	Fairfax Presbyterian Church 10723 Main St Fairfax, VA 22030	Potluck Dinner & Speaker Please bring a dish or dessert to share

"The healthy person finds happiness in helping others":

AA Service = Emotional Sobriety

continued from page 1

While serving as an Army journalist, I edited AA newsletters in Manassas and Woodbridge. I've always been an organizer and fast typist so naturally accepted the secretary positions over the years when required. I served as Woodbridge DCM (2009-2010) and used my editing skills to create the District 28 Guidelines, which have been modified over the years to better define responsibilities for area trusted servants. I chaired the *Cooperation with Professional Community/Public Information Committee* when its primary responsibility was to update and print the area's *Where & When* meeting schedule. This was vital to groups way back when, before websites and apps connected us to real-time information.

While the basic responsibilities of the District treasurer remain the same today, 15+ years after I first served in this position, technology has changed many of the tools. I prepare and provide monthly financial reports at the District's monthly meeting based on a multi-page spreadsheet. The report details all incoming and outgoing funds and is linked to the annual budget so we can track our progress.

I have access to the account with Truist Bank so I can pay bills and reimburse District officers for approved expenses. Periodically, I check the District's post office box for business mail and group donations, but this has become more of a wasteful chore.

District 28 budgeted \$225 for the 2025 annual post office box fee, however the cost increased to \$234 recently. Since January, I've retrieved an average of three items each month from the post office box. Group donations have come in a variety of forms: personal checks, money orders and cashier's checks. I use the bank's online deposit option for checks but have to make a trip to the bank to deposit the others.

To save the District funds that could be better spent on sober events, I recently proposed that we close the post office box and provide the current treasurer's home address for future mail delivery. AA's Virginia Area Committee (VAC) adopted this process years ago and it has proven to be more cost effective and efficient. The VAC also allows for online donations, which the District is promoting to area groups via **Zelle**.

Currently, the **preferred method** of donating to District 28 is via **Zelle**. This online option is quicker and less expensive than mailing a check or money order. Visit woodbridgeaa.org and select *Member Services*, then *Donate* for detailed instructions. Once you determine if your bank offers Zelle (most do) or if you already have used Zelle, add treasurer@woodbridgeaa.org as a recipient, to make you Group's donation a breeze.

The District 28 website (woodbridgeaa.org) is a great resource for the area's Fellowship, listing meetings/events, instructions for sending group donations and the District's Guidelines. I also have printed materials to help all group treasurers.

If your group treasurer has questions about their duties as trusted servants, feel free to contact me.

Janet H-T, District 28 Treasurer (2025-2026)

treasurer@woodbridgeaa.org

NEVER GIVE UP

About Relapse...
You are not alone,
and you are not a failure.

Be proud that you've tried.
Just because you slipped,
It does not mean that you can't
recover!

Keep Trying
And don't give up!

Bill W. and Dr. Bob



Whenever you
find yourself
doubting how
far you can go,
just remember
how far you
have come.

Remember
everything you
have faced, all
the battles you
have won, and
all the fears
you have
overcome.

- Unknown

**Before the
truth can set
you free you
need to
recognize
which lie is
holding you
hostage.**