



# DISTRICT 28 NEWSLETTER

## TURNING POINTS

“Every day I stand at turning points. My thoughts and actions can propel me toward growth or turn me down the road to old habits and to booze. Sometimes turning points are beginnings, as when I decide to start praising, instead of condemning someone. Or when I begin to ask for help instead of going it alone. At other times turning points are endings, such as when I see clearly the need to stop festering resentments or crippling self-seeking. Many shortcomings tempt me daily; therefore, I also have daily opportunities to become aware of them. In one form or another, many of my character defects appear daily: self-condemnation, anger, running away, being prideful, wanting to get even, or acting out of grandiosity. Attempting half measures to eliminate these defects merely paralyzes my efforts to change. It is only when I ask God for help, with complete abandon, that I become willing—and able—to change.”

— **Alcoholics Anonymous**, [Daily Reflections](#)

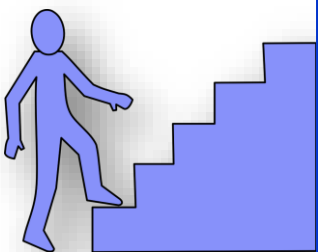
## JULY READINGS

### Step 7

“Humbly asked Him to remove our shortcomings.”

### Tradition 7

“Every A.A group ought to be fully self supporting, declining outside contributions.”



### New to AA?

[aavirginia.org](http://aavirginia.org) and [aa.org](http://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.



**REMINDER**



**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](mailto:district28newsletter@gmail.com). Please be aware that the newsletter will be posted on our [Woodbridgeaa.org](http://Woodbridgeaa.org) website.

"I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother, and I found all three." We find our brothers in the Fellowship and therein lies spiritual strength."

— A.A. World Services, [Came to Believe](#)





## A Message From Your DCM

Hello District 28,

Another month down in recovery. Another great summer to have some fun. Remember when and if you go on vacation find a meeting. I was just in Myrtle Beach and attended a meeting at Primary Purpose, they have meeting throughout the week, at I loved it. Not Only was I able to meet people from different areas, I was able to get new ideas on how to stay sober.

I am looking forward to our 2<sup>nd</sup> annual Karaoke night, on Aug. 2<sup>nd</sup> at Bethel Church (Woodbridge). Last year it was so much fun. It begins at 530 with a meeting, then at 7 pm the singing begins. Remember it is a potluck, so bring some grub, coffee, water, and sodas will be provided by the district.

We are in the 7<sup>th</sup> month, for me it is to ask my higher power to remove my defects of character, and yes I still pick up new ones. I have to remember that he will not totally remove them but make me more aware them so they will be removed. If I continually do this I become a better person, that others enjoy being around, and someone I like to be. Have a great Month and don't forget we have our District meeting the 3<sup>rd</sup> Thursday every month at Bethel (Woodbridge) at 7 pm.

Thanks 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](mailto:phones@nvintergroup.org)

“Being a little kinder, a little slower to anger, a little more loving makes my life better—day by day.”

— **Alcoholics Anonymous, [Daily Reflections:](#)**

## THE LONG ROAD TO FIND MY PURPOSE IN LIFE



July 4<sup>th</sup>, 1999, I was no longer welcome in my home with my children and husband, he had kicked me out months prior to this day. I had been staying with the only friend I had who was also my drinking buddy. She and her husband decided they wanted to go into DC for the fireworks, and I tagged along. Of course, I was already drunk when we got there, and there were so many people knocking into each other that I got turned around. After a bit of time, I realized I could just fade into the crowd and lose myself and nobody would miss me or come looking for me.

You see, I had been “running away from home” for the last couple of years always blaming my abusive husband for my drinking which I believed in my heart to be true. In hindsight I realize I was just trying to survive, but I always came back because of my children. My husband was a mean drunk and a heroin addict, and for many years we enabled each other with drugs and alcohol, we were both blind to the turmoil that was happening in our home, it was our children who suffered.

So back the July 4<sup>th</sup>, I faded into the crowd, ended up partying with a bunch of strangers, and at the end of the day I had talked a young couple into giving me a ride to my ex sister-in-law Judy’s house in West Virginia. I showed up unannounced (no cell phone yet) at her doorstep and she let me in. I stayed with her all summer. At her urging after weeks went by, I finally let me children know where I was and that I was safe. I got a job in a sewing factory and worked there for a couple months and then they closed down. The state fair was going on at this time and Judy helped me get a job at one of the food stands. We served beer so many of the traveling carnival people would come to my stand, I became friendly with some of them, and we would hang out and drink after my shift. I thought they had the best life, traveling around to different cities and states, they had me convinced to join them when they pulled up stakes, I was going to join the circus y’all! A couple nights later I was drinking in the only bar within miles, and to this day I have no idea what I did or said to make everyone so angry, but a couple of guys picked me up and threw me out the front door. I knew I’d never be able to go back to that bar and Judy wouldn’t let me drink in the house, so what option did I have but to leave. I talked one of the neighbors who worked at the sewing factory with me to give me a ride back to Virginia.

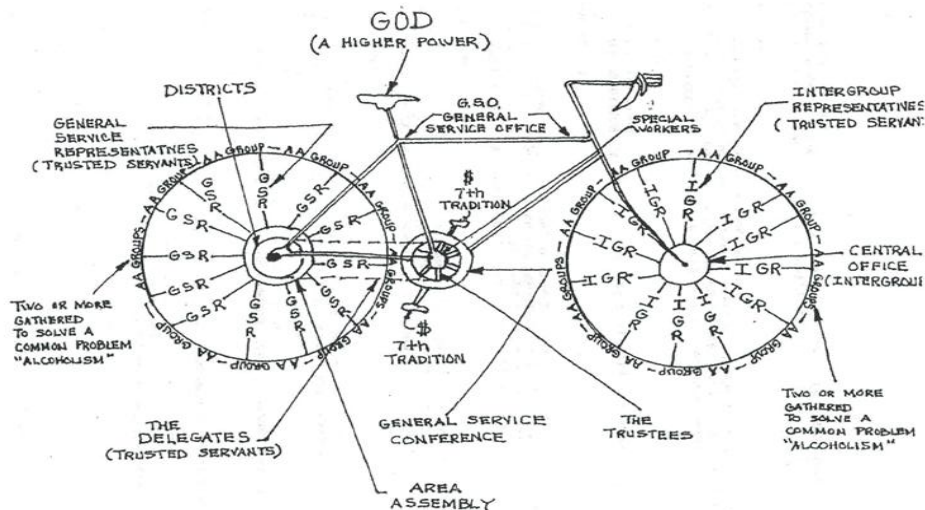
Back home I begged my way back into the house, but it only lasted a short while before he kicked me out again. I had nowhere to go no one to turn to so I just kept drinking, I was not employable, so I started my days off stealing beer from the Food Lion and passing out wherever I landed. I got arrested at least once a month for being drunk in public. I would come out of a blackout sitting in the drunk tank at a few different jails, wondering how long I’d been there this time. I was always in a blackout, so I have no idea if any of the officers asked me if I wanted or needed help. They would let me out right before midnight and I would always find a bar nearby that would give me a drink. I would try to make it to the woods before passing out so I wouldn’t get arrested. A few nights I would knock on my door knowing my husband was working and would beg my children to let me in, they would hide me in a closet and put coats or blankets on top of me so their dad wouldn’t find me. I would sneak out when I came to so they wouldn’t get in trouble.

A little over 13 month after that July 4<sup>th</sup>, by nothing other than God’s grace I found my way into AA. I am so very grateful that I finally had that moment of clarity when asked if I wanted help by the counselor in Chantilly Detox. I take nothing for granted, I feel that everything I went through, everything I survived was meant to happen so I could be here today to help others that are going through the same hell I was able to get out of. This is my purpose in life, as my friend Debra K says, I know I am blessed and highly favored and I wouldn’t want it any other way.

Joyce C - Woodbridge, VA



# THE A.A. BICYCLE



COME JOIN US FOR A RIDE

## THE WHEELS:

One drunk talking to another, forms a little group - others join them and as they grow and expand more little groups are formed. These little groups are the rubber tires of each wheel.

**One wheel** has many spokes known as **INTERGROUP REPRESENTATIVES (IGR's)**, who attend intergroup meetings, keeping a two-way flow of information going between the Central Office and the little groups.

These spokes connect at the HUB; which is the **INTERGROUP** or **CENTRAL OFFICE**; who elect officers and appoint committees to carry-on the work of the little groups locally.

**One wheel** has many spokes known as **GENERAL SERVICE REPRESENTATIVES (GSR's)**, who attend DISTRICT meetings, linking his/her little group to A.A. as a whole.

These spokes connect at the HUB, which is the **AREA ASSEMBLY**; who elect officers and appoint committees to carry the voice of the little groups to A.A. as a whole.

## THE FRAME:

The **GENERAL SERVICE OFFICE (GSO)**, is the HUB of A.A. activity, something like an oversized intergroup, or central office, but it is much bigger...

## THE CRANK:

The **GENERAL SERVICE CONFERENCE**, the actual voice and effective conscience for our whole society, operates the movements of the A.A. structure. Together with the **TRUSTEES, A.A.'s** and **non-A.A.'s** working together, with the **SPECIAL WORKERS**, needed for the good of all A.A..

## THE PEDALS:

The **7th TRADITION** of A.A. is the lever turning the crank which operates the frame.

## THE CHAIN:

The **DELEGATES**, as one of the many trusted servants carrying the group conscience from the Areas the Delegates connect the messages from the little groups to the crank, powered by the contributions, and operating the frame turning the wheels.

## THE SEAT:

Guiding A.A. as a whole, from the voice of the little groups is a **HIGH POWER, A POWER GREATER THAN OURSELVES, THE GOOD ORDERLY DIRECTIONS IS GOD.**