

DISTRICT 28 NEWSLETTER



How to tell when drinking is becoming a problem

During my first enlistment in the military, I thought that alcohol was a way to earn my place in the organization. In my view, it seemed to be a rite of passage to the next rank or completion of certain schools. But more often than not, it was just a way to pass the time in a nowhere post. I felt it was even acceptable to show up to PT (physical training) reeking of booze consumed the night before, just as long as I didn't fall out.

Gradually, other soldiers grew out of that phase and transitioned into new leadership roles or got out and moved on with their lives. Unfortunately, I became stuck in the party well after it should have ended. General red flags were being passed by for promotion, finances were in disarray; and receiving administrative action that was always connected with alcohol in some way. However, I've heard others say that they can maintain all the appearances of success in their personal and professional life but still feel a deep emptiness which they fill with booze. I wasn't able to do that.

When did it become a "problem"? I was asked two questions when I first started to come to meetings. Firstly, when I drink, do I have little control over the amount that I consume? And secondly, even though I want to quit entirely, do I always start drinking again? Despite the paperwork and verbal counseling that attempted to address the byproducts of my alcoholism, at some point I had to concede that I had lost the ability to control my drinking and that I needed help.

Alcoholics Anonymous provided a practical program of action that was SIMPLE. It wasn't affiliated with the military in any way and most importantly it was discreet. So, while trying this experiment, my command wasn't kept in the loop. I was also surprised to see support available in every country I've been stationed, either in person or online. Eventually, with the help of AA, I got to a place in recovery where I was able to quit drinking, stay sober, and live a happy and useful life, both while on active duty and as a civilian. If you can answer "yes" to either of the two questions above, maybe it's time to take a serious look at your drinking.

Merrick M.
former RASLO, CER

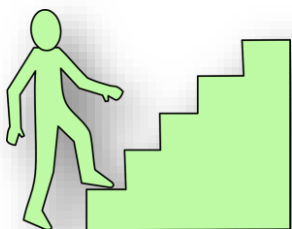
AUGUST READINGS

Step 8

"Made a list of all persons we had harmed and became willing to make amends to them all."

Tradition 8

"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."



New to AA?

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



A Message From Your DCM

Hello District 28, it's now August, another month has passed, school is about to begin, and summer is nearly over. By the time you read this, the Annual Karaoke event will have taken place. I know I had a great time! Looking ahead, our annual cookout is coming up in September, and I hope to see you all there. It's a wonderful opportunity for fellowship, enjoying the outdoors, and simply having a good time. There are also many events happening in the area, check out nvintergroup.org to see what's going on. Another fun initiative we've started is the "Group of the Month." This is where, as a district, we support a struggling meeting or try out a new one. This month's group is the Woodbridge Group. They meet every Monday and Friday at 7:30 PM at 1400 G Street, Woodbridge.

As we enter the 8th month, many groups, and perhaps you personally, may be working on Step 8: making a list of those we have harmed. One thing I've learned is to be honest and write down every person that comes to mind. The next part of the step is crucial: going over the list with my sponsor. That's where he or she helps me determine if making an amends might harm myself or others. Sometimes, I want to make all my amends immediately, or not at all. Reviewing the list with my sponsor gives me a kind of practice run, especially if I'm not feeling confident. But as the promises say, *"Before I am halfway through, I will be amazed."* Based on my experience with the steps, this couldn't be truer. So, if you haven't started or are feeling hesitant, give it a shot. You will be amazed.

Of course, we're always looking for help with service at the district level. We could use committee chairs, GSRs for your meetings, or volunteers on committees. Service is an essential part of the triangle; it can be done at both the group and district levels. If you're interested, join us at the District 28 meeting, held on the third Thursday of every month at Bethel in Woodbridge.

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

"First of all, we had to quit playing God. It didn't work."

— Alcoholics Anonymous



A.A. GROUP OF THE MONTH NEEDS SUPPORT

The district has established a way to help A.A groups in our district that needs help with attendance. We will adopt a group each month and ask our community to show up and maybe bring someone with you, a sponsee, sponsor, newcomer, anyone to fill the seats. If you've been looking for a way to do service, this is a great way to do that, and who knows, maybe you'll even find that one meeting you've been missing.

Come on District 28, lets show some love and get these meetings popping, lets do this!

This month's group is "**Woodbridge Group**", it is an open discussion meeting, that meets every Monday and Friday night at 7:30, you can also attend via ZOOM - **Zoom ID: 6390765103**

St. Paul United Methodist Church
1400 G St
Woodbridge, VA 22191

I'm looking for anyone who would be willing to submit an article telling part of your journey in sobriety that you would like featured in the newsletter.

Please email joycecantrell2000@gmail.com.

"True freedom lies in breaking the chains of addiction and embracing a life of purpose and joy."

Eighth Step Promises

- Isolation can come to an end.
- Reunion with family members is possible.
- Those wonderful ties we used to have can be resumed.
- We will know a fellowship of spirit.
- We will be aware of the nearness of God.

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- **The PO Box will be eliminated as of November 1** – 10%
- Groups should start donating money to the District by Zelle to treasurer@woodbridgeaa.org
- 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

joycecantrell2000@gmail.com.

Please be aware that the newsletter will be posted on our

Woodbridgeaa.org website.

"It will take time to clear away the wreck. Though old buildings will eventually be replaced by finer ones, the new structures will take years to complete."

— **Alcoholics Anonymous**

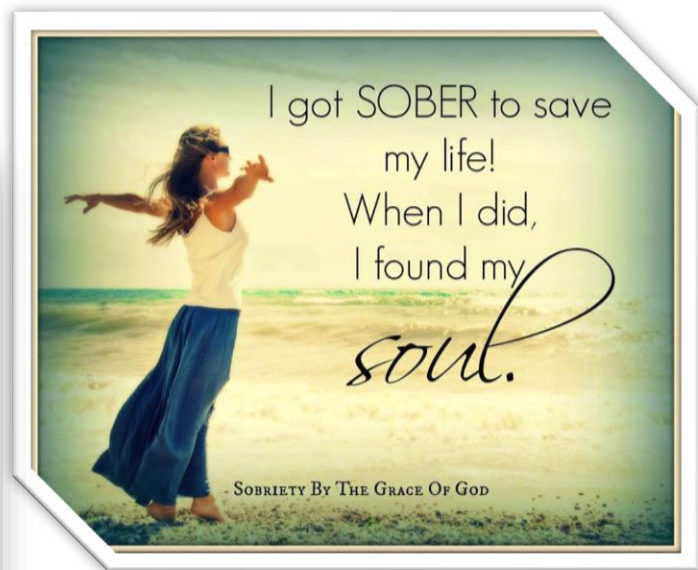
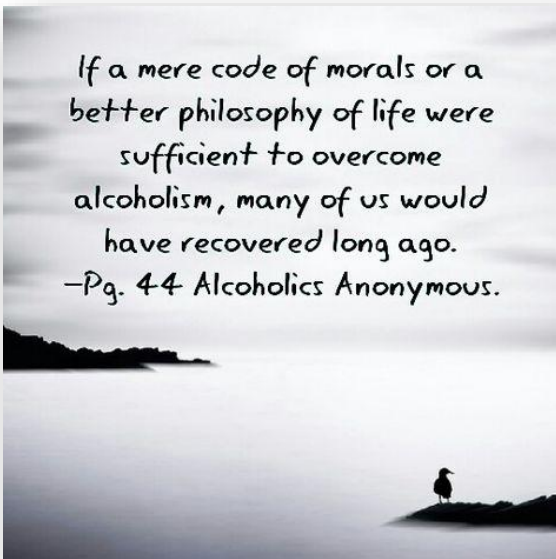
GREAT RECOVERY QUOTES

“In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living.”

— Alcoholics Anonymous, [Twelve Steps and Twelve Traditions](#)



If a mere code of morals or a better philosophy of life were sufficient to overcome alcoholism, many of us would have recovered long ago.
—Pg. 44 Alcoholics Anonymous.



“It was a great relief to me to learn that I simply didn’t have to understand. After all, you don’t have to know how a tree grows to make a fence out of wood.”

— A.A. World Services,

[Came to Believe](#)

I knew I was
an alcoholic
by the way
I felt sober.

Joe B., Alcoholics Anonymous

gratitude for grace

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	August 21st / 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.
Woodbridge District 28 Karaoke/ Potluck & Dance Party	Saturday, August 2 nd 5:30pm – Open Meting 7:00pm Singing begins	Bethel United Methodist Church 13506 Minnieville Rd. Woodbridge, VA	Unleash your inner pop sensation! Bring a dish or dessert to share.
Woodbridge District 28 Picnic	Sunday, September 28 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
A.A. Summer Speakers Meeting & Ice Cream Sundaes Hosted by: Wings of Change & A Second Chance Group	Saturdays thru August 30 th 6:30pm - 8:00pm	St. Georges UMC Fellowship Hall Fairfax, VA	Speakers Meeting & Ice Cream Sundaes
Fairfax District 5 Summer Picnic	Sunday, August 24 th 11:30am - 3:00pm	Providence Park 10715 West Dr, Fairfax VA 22030	Food – Speaker – Fellowship Beverages, Burgers, Hotdogs provided, please bring a side dish or dessert to share
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 9 th 8:30am – 12:00pm	Hilton Springfield 6550 Loisdale Rd Springfield, VA 22150	A very special speaker to be announced

“Recovery is not just about giving up alcohol; it’s about discovering your true self and embracing a life filled with purpose.”

