

DISTRICT 28 NEWSLETTER

Who's to Know

On a dreary day two years ago, I was in downtown Detroit handling some very unpleasant personal business. My plans and expectations had suddenly dissolved in the worst possible manner, leaving me despondent and alone—and when I'm alone, I'm in bad company! I wanted to escape in any manner possible.

I unpacked my luggage at a local motel and discovered that I hadn't packed a toothbrush, of all things. I asked the desk clerk for directions to the nearest drugstore.

When I arrived, I suddenly discovered something I didn't know about Michigan drugstores—they sell liquor. I found myself staring at a wall of old friends. Rows of colored glass bottles had become friends in my drinking. At the end of my drinking, they were my only friends.

A thought occurred to me. Who's to know? I wouldn't meet anyone I knew for a couple of days. Wouldn't a little drunk help me through this time? I wouldn't have to tell anyone. Would a fifth be enough, or would I need a half-gallon?

I didn't have long to think. There was a disturbance right next to me. A teenager was arguing with a pharmacist that his grandmother really needed to refill her prescription for a drug long before it was due. I was familiar with the drug. It was something I'd used as "solid alcohol" when the liquid stuff was unavailable. The pharmacist knew what was going on and refused to do it. I knew, too.

I bought the first toothbrush I could grab and raced back to the motel. I redoubled my efforts to get to Detroit AA meetings. I called my sponsor. I read the [Big Book](#). I prayed. And I stayed sober!

Who's to know? That face staring back at me when I brush my teeth would know. That Power greater than myself that crossed my path with the teenager would also know. Who matters more?

By Bob M., Community Sunday March 1988 edition of [Central Bulletin](#) (Vol. 46 #6).

SEPTEMBER READINGS

Step 9

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9

"A.A., as such ought never be organized; but we may create service boards or committees directly responsible to those they serve."



New to AA?

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

DCM Corner

A Message From Your DCM

Hello District 28,

As summer comes to its unofficial close, fall will soon be upon us. I am looking forward to the annual picnic on September 28. It should be a wonderful time. I want to thank AA 101 for chairing the picnic. We also have the Fall Assembly in Richmond, October 3-5, and I would love to see you all there. At the Fall Assemblies, you will find workshops, committee meetings, and business sessions where AA makes decisions. My favorite part, though, is the fellowship with others. I have never left an assembly without new friends and phone numbers added to my network.

September is special to me because all three of my kids celebrate their birthdays this month. Today, I am grateful to have a relationship with each of them. Early in my recovery, my oldest son barely spoke to me. I had to learn that real amends come not from words like “I stopped” or “I will not do that again,” but from consistent action. By living my amends, showing up, and being present, conversations with all my kids have begun to grow. It has taken time, but it is not on my schedule, it is on God’s. My job is simply to be ready when they are. Remember, amends should always be discussed with your sponsor, as some attempts may harm others if we make them only to relieve ourselves.

Thanks
Andrew Thompson



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

“Unless we discuss our defects with another person, we do not acquire enough humility, fearlessness, and honesty to really get the program. We must be entirely honest with somebody, if we expect to live happily in this world. We must be hard on ourselves, but always considerate of others.

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



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.

“When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God.”

- Chapter: *We Agnostics*
- Page: 52

IMPATIENT.....COMPARING.....AMENDS

“IMPATIENT? TRY, LEVITATING We reacted more strongly to frustrations than normal people. AS BILL SEES IT, p. 111 Impatience with other people is one of my principal failings. Following a slow car in a no-passing lane, or waiting in a restaurant for the check, drives me to distraction. Before I give God a chance to slow me down, I explode, and that’s what I call being quicker than God. That repeated experience gave me an idea. I thought if I could look down on these events from God’s point of view, I might better control my feelings and behavior. I tried it and when I encountered the next slow driver, I levitated and looked down on the other car and upon myself. I saw an elderly couple driving along, happily chatting about their grandchildren. They were followed by me—bug-eyed and red of face—who had no time schedule to meet anyway. I looked so silly that I dropped back into reality and slowed down. Seeing things from God’s angle of vision can be very relaxing.”

— Alcoholics Anonymous,

[Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members](#)



“Identifying, they said, was trying to see how I was like the people I was with. Comparing, they told me, was looking for differences, usually seeing how I was better than others.”

— Alcoholics Anonymous

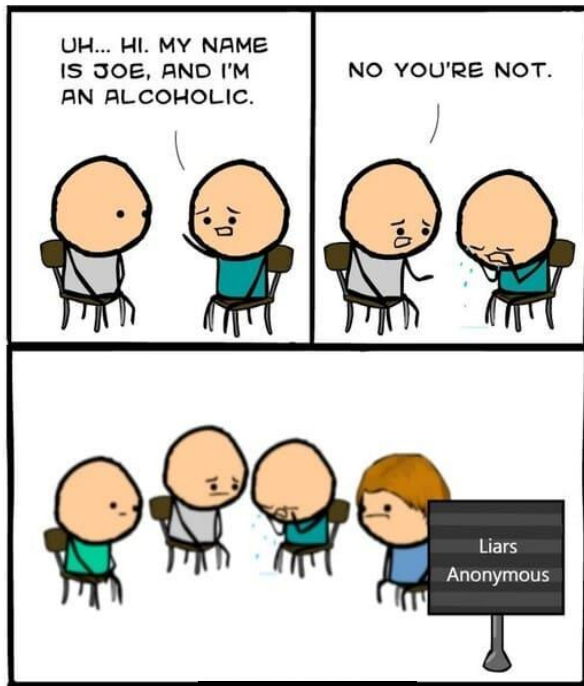


“To make amends can be viewed two ways: first, that of repairing damage, for if I have damaged my neighbor’s fence, I “make a mend,” and that is a direct amend; the second way is by modifying my behavior, for if my actions have harmed someone, I make a daily effort to cause no further harm. I “mend my ways,” and that is an indirect amend. Which is the best approach? The only right approach, provided that I am causing no further harm in so doing, is to do both. If harm is done, then I simply “mend my ways.” To take action in this manner assures me of making honest amends.”

— Alcoholics Anonymous,

[Daily Reflections: A Book of Reflections by A.A. Members for A.A. Members](#)

A.A. HUMOR



Why shouldn't you join Alcoholics Anonymous on Thanksgiving?
Because all they serve is cold turkey.



What do you get when you mix alcohol and literature?
Tequila Mockingbird.

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.
The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."
The officer then asks, "Really? Who is giving that lecture at this time of night?"
The man replies, "That would be my wife."



Two AA's are talking about what is going to happen to them after they die. One believes in heaven, the other isn't so sure, so they agree a pact. The first one to die will come back as a ghost on the anniversary of their death and appear in front of the surviving one to prove whether or not there is an afterlife. A few years pass and the first AA dies sober. A year later the surviving AA is sitting in a meeting, and he feels a coldness in the air, looks around and sat next to him is the ghost of his old pal. He's holding a harp, wearing a gold halo and has a couple of white feathered wings on his back. The ghost turns to his pal and says, "I've got some good news and some bad news. The good news is there is a heaven. Bill and Bob are up there and they have AA meetings every week, you'll love it. The bad news is you're sharing next Tuesday."

WOODBIDGE DISTRICT 28 EVENTS

EVENT	DATE / TIME	LOCATION	INFORMATION
District Board Meeting	Sept 18 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.
Woodbridge District 28 Picnic Shelter 2 \$10 per car	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
Mount Vernon District Picnic New Location Open to all!	Saturday, Sept. 13 th 12pm – 5pm Speaker at 3pm	Martin Luther King Jr. Park 8115 Fordson Rd Alexandria, VA 22306	Please bring a side dish or dessert to share Kickball Sober Count Down
VA Big Book Presents TRIVIA NIGHT!	Saturday, Sept. 13th	Emmanuel Lutheran Church 2589 Chainbridge Rd. Vienna, VA 22181	Food – Fellowship 6:30pm AA Speaker 7:30pm Triva 8:45 – 10:15
Grapevine Writing Workshop Sponsored by Dulles District 4 & I Heard it Through the Grapevine Meeting	Sunday, Sept. 14 th 11:00am – 12:20pm	IAMAW 1037 Sterling Rd Suite 103 Herndon, VA Look for AA Symbol in window	The Grapevine is always looking for AA Jokes, Cartoons, and Letters. Pads & Pencils supplied. Feel free to bring your laptop, tablet or your own writing tools
NV INTERGROUP Celebrates 65 Years BINGO NIGHT	Saturday, Sept. 27th 5pm – 9pm	Fairfax res Church 10723 Main St. Fairfax, VA 22030	NVI opened March 22, 1960 Potluck, bring a dish or dessert Speaker, Prizes All proceeds go to NVI
SAVE THE DATE! GRATITUDE BREAKFAST	Sunday, November 9 th 8:30am	Hilton Springfield 6550 Loisdale Rd.	Food & Fellowship 50/50 Cash Raffle All proceeds go to NVI



“May I always remember that the power within me is far greater than any fear before me. May I always have patience, for I am on the right road.”