

District 28 Newsletter

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Sheila M Newsletter Editor

woodbridgeaa.org



Tackling Fear

I usually manage to stay calm, exercise good self-awareness, and just roll with life. Things come up, I handle them, and they're gone. Like life itself. Self-awareness is about noticing how I feel about something, not just taking the easy way out by blaming my feelings on someone else. But sometimes, an issue or situation doesn't go away right away and bothers me enough that my self-awareness tells me I'm disturbed. Because I'm so used to being chill, being disturbed is strange and uncomfortable. Some of you might know discomfort as a familiar feeling—maybe even an old friend—but that's not my story or experience. I'm uncomfortable being uncomfortable. My conscience has grown enough that I know everything happens on purpose in God's world. When I'm disturbed by something, I recognize it as something on purpose, and my discomfort is God's way of saying, "Pay attention because I'm teaching you something." But what? Usually, when something bothers me, it's because of fear. Fear of losing something I have or not getting something I want. Seeing it that way gives me something specific and actionable to focus on, which usually calms me down because it gives my brain something to do. I can then address my desires or wishes: Do I really want that, or will something bad happen if I don't get it? Is there something I can do besides feel disturbed? If so, do it. If not, then calm down. I recognize when God is telling me something. I use my emotions as a tool for rational action instead of just feeling them, letting them control me, or letting them build resentment.

Jon O

UPCOMING EVENTS

**District 28 AA spring
roundtable Saturday May 30
9am-1pm
Bethel in Woodbridge**

**Pizza and Panel on Safety in
Meetings
June 3 7-830pm
Warrenton Meeting Place**

**VAC 2026 Summer Meeting
July 10 5pm- July 11 @ 5pm
Doubletree Front Royal Blue
Ridge Shadows 111
Hospitality Dr Front Royal**

**Valley campout, Natural
Chimneys July 30 to August 2**

**VAC 2026 Convention
August 14 to August 16**

Whatever is done is over. It cannot be changed. But my attitude about it can be changed through talking with those who have gone before and with sponsors. I can wish the past never was, but if I change my actions in regard to what I have done, my attitude will change. I won't have to wish the past away. I can change my feelings and attitudes, but only through my actions and the help of my fellow alcoholics.

A FEW WORDS FROM OUR DCM

Hello District 28!

I thought I would start this off with a joke:

One night, a newcomer took his daughter to dinner at a downtown restaurant. As they walked in the door, the first thing they saw was an enormous sign advertising what used to be his favorite beer. The man's eyes immediately widened, and he began remembering just how good the old brew tasted. Then his daughter interrupted, "Oh, look, Daddy," she said pointing to the sign. "They have Your-Life's-in-a-Toilet on tap."

Almost halfway through the year. I am looking forward to the Delegate report on the 27th. 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. We also have our annual Karaoke event coming up Aug. 1st. If you are looking for service or want to find out what is going on in the District come join us on the 3rd Thursday of every month at 7 pm at Bethel, corner of Smoketown and Minnieville.

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 T.

DCM 28

A Journey Through Time: Visiting the VAC Archives

By Jen K [Archivist/District 28]



On May 2, three members from District 28 carpoled down to Mechanicsville, VA, to attend the Virginia Area Committee (VAC) Archives Open House. Walking through the rooms feels less like visiting a museum and more like exploring a family attic. Between walls covered in photos of Bill W., Dr. Bob, and Father Martin (of "Chalk Talk" fame), we found treasures that bring our collective history to life. The office may look unassuming from the outside, but inside, every item in those four rooms

represents a life changed.

Woodbridge Oral History Local Roots: It was a thrill to find a piece of our own backyard in the archives: a bound "Oral History" of District 28 from June 1991. Reading through these transcripts reminds us that our local groups were built by the dedicated service of sponsors and friends whose stories are now preserved for the next generation.



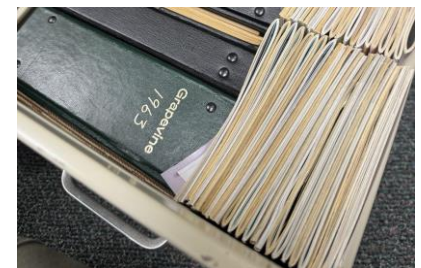
Accessibility in Action: One of the most moving displays featured the Braille editions of our literature. The sheer volume and weight of these books are a physical testament to the 5th Tradition. It serves as a powerful reminder that our message knows no barriers and that the fellowship goes to great lengths to ensure the hand of AA is available to anyone, anywhere.



Poignant Reminders: We saw the transcript of Bill's final message from 1970—a deeply moving document where he thanked the fellowship for his very life. Alongside these heavy moments, we also chuckled at the "Bill's Java Joint" sign, a nod to the countless gallons of coffee that have fueled our recovery since 1935.

the AA *Grapevine*. Seeing drawers full of issues dating back to the 1940's shows the evolution of our "meeting in print." It's incredible to see how the language has changed, yet the core solution remains exactly the same.

The "Meeting in Print": We couldn't resist peeking into the file cabinets dedicated to



Bringing History Home The archives are more than just a collection of documents; they are the heart of our fellowship's survival and growth. Whether it's a hand-stitched International Convention quilt or a well-worn copy of a pioneer's pamphlet, these items remind us that we are part of something much larger than ourselves. If you ever get the chance