



Northern Virginia District 4

Quarterly Newsletter



JULY - SEPT 2018

VOLUME 3

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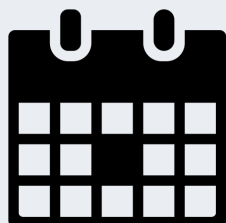
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A note from the District Committee Member, (DCM)

Greetings from District 4!

A little over 4 years ago, with all of 6 months sobriety, I was asked to show up to a district meeting and take notes. I didn't need to speak; just listen. From that early reference point, I have witnessed firsthand the evolution of District 4 through an increase in active GSRs and multiple new outreach efforts. Now as the ADCM, I have a strong belief that the Dulles District will continue to thrive because of strong service-minded and willing folks that God has brought to us.

As we look forward to the end of the calendar year, we will hold our biannual District Workshop on September 15th, service elections in October, and our annual Sober-thon in December. Through strong CPC/PI connections and Growth committee activity, our outreach efforts will continue to establish a stronger sense of trust, communication and cooperating across our community. We are also exploring new methods of communication for internal and external purposes to better serve our groups.

God Bless,
Matt S. - ADCM

Up Coming Events

District 4 Fall Workshop - Saturday, Sept 15th.

Location: Good Shephard Lutheran Church, 1133 Reston Ave, Herndon Va.

Topics: Two Panels, 8 speakers:

- **Practicing the principles in all our affairs.**
- **It's a program of action – "Just Do it!"**

Time – 9:00AM to 9:30AM – Fellowship and light breakfast
9:30 – 11:30 – Panel Discussions.

Hosted by the Life is beautiful Group and the Good Morning Group.

VAC Fall Assembly

October 12, 2018 @ 5:00 pm - October 14, 2018 @ 5:00 pm
DoubleTree by Hilton, 1021 Koger Center Blvd
Richmond, VA 23235 United States.

The 2018 Southeast Regional Forum November 16 - 18, 2018

Washington Dulles Airport Marriott
https://www.aa.org/assets/en_US/en_SE_informationflyer_2018.pdf



Service Positions – Help Wanted – Inquire within!

1. Visit and share with Treatment centers
2. Newsletter and Website contributors
3. District Newsletter and Website Committee alternates

Contact your GSR or Inquire at aad4news@gmail.com

“What is District 4?” – by Todd T., Growth Committee Chair

“An AA district is a geographical unit containing the right number of groups – right in terms of the committee member’s ability to keep in frequent touch with them, learn their problems, and find ways to contribute to their growth and well-being. The number of groups per district varies widely, from as few as five in a rural district to 90 or more in a metropolitan district.”¹

Our District has 45 registered and active groups hosting a combined 110 meetings each week! In addition, there are at least 6 meetings not associated with a registered group. Geographically, our District includes meetings in Great Falls, Reston, Herndon, and Sterling. Of our 45 groups, 35 have elected a Group Service Representative (GSR) to communicate and inform the group conscious at monthly District Committee meetings and Virginia Area Assemblies twice per year. District meetings are on the third Wednesday of each month at St Anne’s Church and are open to all A.A. members.

“The Twelve Traditions make clear the principle that A.A., as such, should never be organized, that there are no bosses and no government in A.A. Yet at the same time, the Traditions recognize the need for some kind of organization to carry the message in ways that are impossible for the local groups.”²

Our District Committee is led by 4 elected officers – The District Committee Member (DCM), Alternate DCM (ACDM), Secretary, and Treasurer. Our District has 8 sub-committees charged with performing district tasks, critical to carrying the message to the suffering alcoholic – Intergroup Liaison, Workshops, Newsletter/Website, Grapevine, Growth, Cooperation with the Professional Community / Public Information, Mailing Lists, and Archives. Based on contributions from groups in the district, we have a modest budget to support the work of our committees, fund officer travel to assemblies, and encourage district fellowship and unity.

The District needs your contributions of time and talent to help carry the message to the still suffering alcoholic. Those who volunteer for the District Committee describe unique rewards from their general service work. They experience an intense sense of contribution to A.A. unity through their efforts, small and large; and they develop deep relationships with A.A. members that they would normally not meet, benefiting from the incredible experience, strength, and hope of the A.A. community at large.

1. “The A.A. Service Manual” copyright 2016 – page S31
2. “The A.A. Service Manual” copyright 2016 – page S15



District 4 - Committee Mission and Quarterly Highlights

Growth

Last quarter, the Growth Committee focused on encouraging Group Service Representative (GSR) selection and involvement. While Tradition 4 says that "Each group should be autonomous," it goes on to add "except in matters affecting other groups or AA as a whole." GSRs are charged with transmitting ideas, opinions, and facts so that each group becomes a part of "the collective conscious of our whole fellowship," placing our common welfare first, to keep our fellowship united. "For on A.A. unity depend our lives, and the lives of those to come." Of our District's 45 active groups, 35 have a GSR (77%). So, get to know your GSR and ask about what goes on at District meetings or Virginia Area Assemblies – perhaps you will find it interesting, have an opinion to pass on, or even sign up to be the next GSR for your home group!

Archives

Building a Digital Archive

In an effort to bring the Dulles district archives into the internet age, the Archives committee is in the process of giving our records a digital makeover. District meeting documents, reports and proposals, as well as event flyers, group histories, and information on our ever-evolving meetings are being digitized and compiled into an interactive database to more easily search, sort, and learn from the history of Alcoholics Anonymous in the Dulles district. For preservation purposes, the original physical copies of our archives will be compiled for long term storage at the VAC Archives office in Waynesboro, Virginia, but the digital catalog will be kept locally, and will be accessible by request through our archives committee.

Group Histories

Our district consists of more than 60 individual groups--many of which hold multiple meetings per week. In an effort to keep a record of how our district's groups have evolved, and continue to do so, we're setting our sights on updating our collection of group histories and stories. We encourage all groups to submit a Group History for our records. You can submit your group's history and story by following the link provided on the District 4 website. A printable copy of the form is also available on the district website. Copies of all group histories submitted to the district will be forwarded to both the Virginia Area Archives and the Northern Virginia Intergroup Archives.

New Virginia Area AA History Book and Group Histories

The Virginia Area Archives is currently in the process of writing a new history book for us! This new book, *Sharing Our Common Wealth*, will include excerpts of submitted group histories from across Virginia. It's hoped that the book will be completed and ready for publishing within the next few months. Aiming to be representative of all groups, the VA Archives has requested that as many groups as possible submit a story-form historical write-up to be included.

If you have any questions for or about our archives, would like to request information from our records, or would like to contribute memorabilia significant to recovery in our district, please contact us at ArchivesDullesDistrict4@gmail.com

Cooperation with the Professional Community, CPC

Holding true to our primary purpose the Cooperation with the Professional Community (C.P.C.) has continued to be one of our great assets in carrying the A.A. message to the still-suffering alcoholic. Our purpose is to inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. Through this medium, District 4 helps establish a stronger sense of trust, communication and cooperating with our community.

Since last quarter we have carried the message to a hospital, a major university and a shelter all here in Northern Virginia. Additionally, we have 13 literature racks placed in establishments in the area.

We are actively seeking individuals and groups who would like to be of service in the following ways.

- Reach out to the professional community
- Provide presentations
- Bring regular meetings into institutions
- Sponsor a literature rack
- and more!!!

Treatment Facilities - Hospitals and Institutions

The purpose of a Treatment Committee is to coordinate the work of individual AA members and groups who are interested in carrying our message of recovery to alcoholics in treatment and outpatient setting and to set up means of "bridging the gap" from the facility to an AA group in the individual's community.

Treatment service work requires a minimum of 1-year of sobriety to lead or chair.

The district is in need of female volunteers to help with this important work. A team of experienced members are available at the Stepping Stones to help guide you along.

More about treatment facilities can be found here:

https://www.aa.org/assets/en_US/treatment-committees/m-40i-treatment-committee-workbook

<i>Meeting location</i>	<i>Day</i>	<i>Time</i>
Detox Chantilly	Mon	7pm-8pm
Veterans Administration Medical Center DC	Mon	11am-12pm
Inova CATS Fairfax	Mon	11am-12pm
Inova CATS Fairfax	Tues	7pm-8pm
Detox Chantilly	Wed	7pm-8pm

Inova CATS Fairfax	FRI	8:30pm
Detox Chantilly	SAT	7pm-8pm
Detox Chantilly	SUN	7pm-8pm

Intergroup

The Northern Virginia Intergroup (NVI) is a service resource maintained by more than 400 Alcoholic Anonymous groups in our area. Our primary purpose is to help the alcoholic who still suffers. NVI works with the groups in the area to help carry the message. To accomplish this, the Northern Virginia Intergroup (NVI):

- Provides 24-hour telephone contact for AA information.
- Maintains a schedule of AA meetings in the area which lists more than 800 meetings a week.
- Stocks Conference approved literature for groups and individuals to purchase.
- Stocks Sobriety Chips for groups and individuals to purchase.
- Maintains a list of members willing to do 12th step work, such as give rides, talk, and provide temporary sponsorship.

Regular Intergroup sponsored support and services include:

NVI Monthly Meeting- 1st Tuesday of every month. 7:30pm at the Fairfax Presbyterian Church 10723 Main St. Fairfax, VA 22030

AA Hotline Training- 1st Saturday of every month @ 10am and located at 10400 Eaton Place, Suite 140, Fairfax, VA 22030-2225

GSR Training Workshops- 2nd Tuesday of every month @ 7pm and located at 10400 Eaton Place, Suite 140, Fairfax, VA 22030-2225

Events calendar around Northern Virginia: <http://www.nvintergroup.org/>

Grapevine and Literature

Grapevine September Issue *Young & Sober*

Each year, we devote an entire special section to members who found AA in their teens, 20s and 30s. We want young members to know that they're not alone and that life is definitely not over. In fact, in many ways it's just begun. Speaking of which, this year we celebrate the International Conference of Young People in AA for 60 terrific years of sobriety, fellowship, service and fun. Happy birthday, ICYPAA! Dulles District, Enjoy the September issue.



New Literature from Grapevine *AA in the Military*



In District 4 we have many members who have served or have loved ones who may currently be serving in the armed forces. A recently released Grapevine publication should be of particular interest! *AA in the Military* is a collection of stories, previously published in Grapevine, by members of Alcoholics Anonymous who have served in the military. The book begins with letters from the troops during World War II, when Grapevine first became a vital tool in keeping soldiers sober and connected to AA. The chapters that follow are filled with stories of experience, strength and hope—by both men and women—who served their country on land, sea and air.

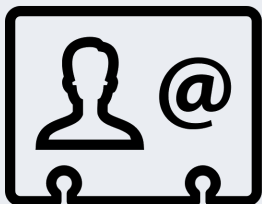
Gifting a Grapevine Subscription

Giving Grapevine subscriptions to another alcoholic is always special. Did you know that there are ways that you can do this to correctional institutions, rehabs and treatment centers, nursing homes, doctors offices homebound members of the Fellowship and others in need. Below is a diagram of this 12th Step work in action. This is a great way to ensure that those in real need get the message of recovery. More detailed information is on the Grapevine website. But as always feel free to contact the District Grapevine Rep through your GSR.



Grapevine's Audio Project-A Service You Should Know About

This is a service provided by the Grapevine office in New York which affords you the opportunity to record your story...I know, pretty cool! Grapevine collects up to 7-minute stories from the Fellowship in the form of audio recordings. The recorded stories go through Grapevine's editorial process just like the stories published in the magazine and online. If your story is accepted, Grapevine will publish it online and/or transcribe it for the magazine or website. For those interested in participating, additional information is provided on the Grapevine website.



Newsletter and Website

The District 4 web site is live and can be found at www.aadistrict4.com. Resources can be downloaded from the site include the newsletter and event flyers. Many hot links are hosted here for easy access to a 'where and when' and other important resources. The Web site has also been optimized for mobile for easy access from your smartphone.

Contacts

- **District 4 Dulles**
Meets on the 3rd Wednesday at 7:00 pm
St. Anne's Episcopal Church
1700 Wainwright Drive
Reston
- **District 4 Officers can be reached at:**
 - dcmdullesdistrict4@gmail.com
- District 4 Donations can be mailed to:
POB 2202
Reston VA. 20195
- **Northern Virginia Intergroup**
10400 Eaton Place
Suite 140
Fairfax, Virginia 22030
(703) 293-9753

<http://www.nvintergroup.org>
- **Newsletter**
 - aad4news@gmail.com
- **Website**
 - aadistrict4.com
- **Grapevine**
 - <http://www.aagrapevine.org>

Find a Meeting

- Looking for a meeting in Virginia, DC or Maryland ?

<http://www.aa-dc.org/meetings>

- Find a meeting AP for IOS and Android

<https://meetingguide.org>

