



JUNE
JUNE 2020

Manassas District News

MANASSAS DISTRICT WEBSITE

aamanassas.info/

Monthly District Meeting

Second Tuesday, Bethel Lutheran Church 7:00 p.m.

All are Welcome!

WE CELEBRATE!! - ANNIVERSARIES - MAY 2020

NAME	YEAR(S)
Jennifer M.	2
Katie R.	3
Mike H.	3
Mike R.	5
Larry S.	23
Steve M.	38
Ed T.	30
Ed C.	31
Cliff B.	32
Kate R.	36
Craig L.	36
Bob Z.	44
Carol W.	45

District Officers 2019-20

DCM: John J.
 ADCM: OPEN
 Treasurer: Pati J.
 Secretary: Kenzie L.
 Intergroup: Kenzie L.

Committee Chairs

Archives: Steve M.
 CPC/PI: Yvette G.
 Corrections (M): Cameron F./
 Corrections (F): Sarah S.
 Literature/GV: Katie R.
 Newsletter: Sara J.
 Treatment Ctrs: Sarah S.
 Website: John W.

*If you don't drink, you won't get drunk
 Thank you for allowing us to serve!!*



MESSAGE FROM YOUR DCM



Dear Friends!

When I came into AA, it was to "check it out," since I knew that if I take something out of my life, i.e., alcohol, I need to replace it with something else. For me over these last years, the "something" has been a spiritual program that I was really looking for for my whole previous life. But, the implementation of that has been "slowly" not "quickly." What this time, since being under the COVID-19 restrictions, has given me is a whole different look at - life and me. June is month six in the year, so we look at Step 6, Tradition 6, and Concept 6, found in this newsletter.

Last month I likened this program to my running a race and the daily practice that needs to be done. There

have been days that it has been a real slog to run; other times it seems that I could "run forever" - my foot-steps seem light and effortless ["Run, Forrest, run!" there, I said it, because I know some of you are thinking that! Rule 62.]. And I never know until I get out there which it will be. I also know that, if it is a slog, that I need to keep going, same as "practicing these principles" and "one day at a time." I learned a number of years ago why people quit running as they get physically older; it does get harder to warm up and get into the run and it would be easy to tell myself, "I can't run as fast as I used to, so I'll just quit." So most folks give up - but even just going for a walk helps; some form of movement/exercise is always good. I also use this time of running for meditation - it is amazing how many "problems" I've gotten the answer for. Often it is not considering it to be "a problem," but a situation in my life, or a challenge with an answer, or even just the opportunity for a different way of looking at something,

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STARTING JAN 2019:
 Virginia Area Committee (VAC)
 VAC Treasurer
 P.O. Box 8624
 Virginia Beach, VA 23450
treasurer@aavirginia.org

Manassas District #33
 P.O. Box 1705
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DCM Report (continued)

just changing my way of thinking about something. And, sometimes I am rewarded with a poem or part of a poem.

What this time in the pandemic has given me is a different way to look at my step six, my defects of character. Some have "shown up again" to varying degrees, leading to opportunities to know myself better. Thankfully, we claim spiritual progress not perfection, as I have written about before. As I've heard exclaimed, the biggest room in the world is the room for improvement!

We do have a "secret weapon" besides our Higher Power - a sponsor or someone in our spiritual network with whom we keep in touch on a regular basis, who "knows" us. Like our literature says, it is always good, in fact, wise, to talk with another alcoholic.

On the events front: the Summer Meeting for DCMs and ADCMs scheduled for 10-11 July in Springfield will be meeting online only, as the live meeting has been cancelled. At this point, the Fall Assembly in Roanoke, 9-11 October is still planned to occur as scheduled.

The Sober at Sunrise pancake breakfast is still scheduled for **8 August** unless the situation with the church changes. Our district picnic with Centreville District is scheduled for **20 September**, and our 69th Anniversary of AA in Manassas is scheduled for **24 October**. As I am seeing other



UPCOMING EVENTS

Check website or see GSR for details

LIST OF ONLINE & PHONE MEETINGS:

Northern VA Intergroup LIST

<https://nvintergroup.org/wp-content/uploads/2020/04/TEMPORARILY-CANCELED-MEETINGS-AS-OF-4-4-20.pdf>

Virtual meetings

<https://nvintergroup.org/>

PHONE-ONLY MEETINGS (WAIA)

<https://aa-dc.org/phone-meeting-list>

ONLINE MEETINGS (WAIA)

<https://aa-dc.org/meetings?tsml-time=upcoming&tsml-type=ONL>

Online meetings thru GSO

<https://beta.aa-intergroup.org/>

<https://beta.aa-intergroup.org/oiaa/meetings/>

Thursday, April 23, 2020



Step Six

Were entirely ready to have God remove all these defects of character.

Tradition Six

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept Six for World Service

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

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DCM Report

events being postponed or cancelled for this year, I will try to keep you posted on the changing conditions.

Be safe, stay healthy, stay sober, thank you for the service you do -

And Thank you for letting me be of service!

John J.

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INTERGROUP NEEDS PHONE VOLUNTEERS!

Northern Virginia Intergroup Needs Phone Volunteers. If you have a year or more sobriety and could volunteer for as little as three hours a month, please call. Monthly training.

The Manassas District A.A. Newsletter is published monthly. Send items you wish to publish to Manassas District # 33, P.O. Box 1705, Manassas, VA 20108-1705 or email hdsara@earthlink.net