



MAY 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 -
APRIL 2020

NAME	YEAR(S)
John H.	4

District Officers 2019-20

Committee Chairs

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

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,

The alcoholic who still suffers could apply to each and every one of us! Especially in these times. We may even start to see new folks come into our rooms sent by whatever reason. And they will need a meeting room (live, when possible), and sober members of AA to see that this program works.

We have to maintain a balance as we live one day at a time: this highlights the realization that we HAVE to stay sober the rest of our lives and that we can only live one day at a time. Our book says that "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." (page 85) That is the message of the Daily Reflections for 20 May. It compares to running a race in a couple of ways. First I must do some "training" every day so that I can get strong or maintain my strength, and doing conditioning, so that when the day of the race comes, I am prepared. I have done that maintenance. I KNOW I can do it. But, then, the race itself is one step at a

time. I cannot think of the finish line or I set myself up for failure. I must be in the moment and continue to monitor my body - the physical and the spiritual - as I move forward one step at a time. I need nourishment, both physical and spiritual. So it is with sobriety. I cannot stay sober today on yesterday's sobriety. I need to practice today what I did yesterday. I have also discovered that there is always more to learn.

The VA Spring Assembly was cancelled, but there were a number of online committee meetings in early May previous to the GSC so that our delegate, Barb D., could get a sense of the Virginia area's conference concerns. I participated in four of those. Barb participated in 3 intense days of continual on-line meetings for this year's general service conference.

There are some upcoming events, which as they approach, we will need to see how they can play out as our restrictions are eased. There is still the **delegate share** scheduled for **27 June** at the Re-bos Club; Barb will present her experience and the outcome of those 3 days at the (virtual) General Service Conference held in mid-May. This will be
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Alcoholics Anonymous
Grand Central Station
P.O. Box 459
New York NY 10163
www.aa.org

Northern Virginia Intergroup
10400 Eaton Place #140
Fairfax, VA 22030-2225
www.nvintergroup.org

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
Manassas VA
20108-1705
www.aamanassas.info

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in conjunction with the Woodbridge District. We will keep you posted as to what will happen with this event. **Sober at Sunrise** has its **annual pancake breakfast** scheduled for **early August**. **Sessions by the Sea** fliers came out on 15 May; it is scheduled for **8-13 September**. The flier also stated that they would make a go or no-go decision by 1 September. Our **district picnic** with Centreville District is scheduled for **20 September**, and our **69th Anniversary** of AA in Manassas is scheduled for **24 October**.

Bethel continues to be our lifeline for in-person meetings. Let's all continue practicing being the good neighbor so we may continue to have in-person meetings there.

There are a lot of online meetings out there; check the websites for listings. Even some meetings on the Meeting Guide app have their online site listed.

Like recovery, we can do this together!

Be safe, stay healthy, stay sober, and Thank you for letting me be of service!

John J.

jj26june@earthlink.net



Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Concept Five for World Service

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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-tvpe=ONL>

Online meetings thru GSO

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

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

Thursday, April 23, 2020



NORTHERN VIRGINIA INTERGROUP (NVI)
10400 Eaton Place, Suite 140
Fairfax, VA 22030-2225

Telephone: 703-293-9753

Office Mgr.: 703-293-9757



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