



# Manassas District News

SEPTEMBER 2020

MANASSAS DISTRICT WEBSITE  
[aamanassas.info/](http://aamanassas.info/)

**Monthly District Meeting**  
Second Tuesday, 7:00 p.m. **NOW ON ZOOM!!**  
**All are Welcome!**

**WE CELEBRATE!!**  
**- ANNIVERSARIES -**  
**August-September 2020**

NAME	YEAR (S)
Tabitha R.	2
Makenzie L.	3
Joe C.	38
Kathy Z.	38

District Officers 2019-20		Committee Chairs	
DCM:	John J.	Archives:	Steve M.
ADCM:	OPEN	CPC/PI:	OPEN
Treasurer:	Pati J.	Corrections (M):	Cameron F./
Secretary:	Kenzie L.	Corrections (F):	Sarah S.
Intergroup:	Kenzie L.	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!*

I have mentioned that this COVID-19 time has been a challenge that those of us in the program may be better equipped to handle than other folks. You may ask why. Here is the very basis of it: After completing the Steps for the "first time," a change has happened, a spiritual awakening. Even a tacit reading of them can lead to at least a little change - spiritual awakening - as it sets us to thinking about ourselves and our situation. It becomes a cycle, until we may find that the program is working us, through an inside job. Over that time, we lose things and we gain things. Knowledge about ourselves and our condition. What we lose, what we gain - self inventory.

The program, thus, equips us for change - "... nor wish to shut the door on it." Our disease becomes our greatest asset. The biggest "room" in the world is the "room for improvement" - change. And yet many - most - of us resist change. It is comfortable here, the familiar, whether it is good for us or not. Yet, the program sets us up for change, very gradually. We see others change as a result of the program. Another paradox of AA - "the spot it ya' got it" tool works both ways, to reveal not only character defects but character assets as well.

When the pain of changing is less than the pain of not changing, you will change. That is how many get to AA. Their lives were not working for them; they were in pain from drinking and its myriad symptoms. And once I got into AA, I heard, "The same man (woman) will drink again," implying you had better do those "suggested steps" and . . . change!

If nothing changes, nothing changes. "When you change the way you look at things, the things you look at change." -- Dr. Wayne Dyer.

In the title words of a song by Sheryl Crow - "A change would do you good."

"There is nothing permanent except change."  
— Heraclitus.

My personal favorite: "Civilization exists by geological consent, subject to change without notice."  
— Will Durant.

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

And Thank you for letting me be of service!

*John J.*  
jj26june@earthlink.net

Alcoholics Anonymous  
Grand Central Station  
P.O. Box 459  
New York NY 10163  
[www.aa.org](http://www.aa.org)

Northern Virginia Intergroup  
10400 Eaton Place #140  
Fairfax, VA 22030-2225  
[www.nvintergroup.org](http://www.nvintergroup.org)

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

Manassas District #33  
P.O. Box 1705  
Manassas VA  
20108-1705  
[www.aamanassas.info](http://www.aamanassas.info)

### Step Nine

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

### Tradition Nine

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

### Concept Nine for World Service

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

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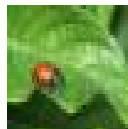
## UPCOMING EVENTS

**Check website or see GSR for details**

<b>Workshop: Strange and Interesting Facts about AA</b> Norfolk, VA 23509 Zoom 873 4983 5744 PC 433206, <a href="#">Find out more »</a> <b>2:00 pm - 4:00 pm</b>	September 26 <b>2:00 pm - 4:00 pm</b>
<b>Workshop: Clarence Snyder-The Home Brewmaster</b> Zoom ID 873 4983 5477 PC 433206, Zoom Norfolk, VA 23509 <a href="#">Find out more »</a> <b>2:00 pm - 4:00 pm</b>	September 26 <b>2:00 pm - 4:00 pm</b>
<b>Pockets of Enthusiasm</b> Online, <a href="#">Find out more »</a>	October 1 - October 4
<b>District 28 AA Fall Picnic</b> Woodbridge 11AM to 4PM Free	Sunday, October 4, 2020
<b>VAC Fall Assembly 2020</b> Online, <a href="#">Find out more »</a> <b>October 9 @ 5:00 pm - October 11 @ 12:00 pm</b>	October 9 - October 11
<b>The VAC 2020 Growth Workshop</b> <a href="https://zoom.us/j/98515175782?pwd=OUxYOXdvMUNhQ0RYYTZBNFYvemRSUT09">Zoom Meeting https://zoom.us/j/98515175782?pwd=OUxYOXdvMUNhQ0RYYTZBNFYvemRSUT09</a> Meeting ID 985 1517 5782 PW 653832, 926 Woodstock LN, Winchester, VA 22601 <a href="#">Find out more »</a> <b>October 24 @ 10:00 am - 1:00 pm</b>	October 24 <b>10:00 am - 1:00 pm</b>
<b>Workshop: Clarence Snyder, The Home Brewmaster</b> <b>December 12 @ 2:00 pm - 4:00 pm</b> Zoom 816 5514 9755 PC 018426, Norfolk, VA 23509 <a href="#">Find out more »</a>	December 12 @ 2:00 pm - 4:00 pm

### In The Rooms Daily Meditation May 13

## Change



To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly. -Henri Bergson

Spirituality is about change. Why? Because spirituality is about life, and life is always changing. To resist change is to resist life, and this involves God. When we resist change, we are resisting God. When we understand that God is alive in each of us, then resisting change is self-defeating. Opportunity, growth, prosperity, and peace are all necessarily connected with change; therefore, to resist change is to say no to the dynamic rhythm in life. God is inviting us to dance in life-to play in life and to take risks. Change is the music to this dance.

*I am happy today because I joyously embrace change.*

[Say yes to your spirit](#) ©2008 Leo Booth. All rights reserved. Health Communications, Inc.



### LIST OF ONLINE & PHONE MEETINGS AS OF Thursday, April 23, 2020 (Many of these meetings have changed—pls check first.)

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/>

### 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](mailto:hdsara@earthlink.net)