



Love



# Manassas District News

February 2021

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 -**  
**JANUARY 2021**

NAME	YEAR(S)
Katie L.	3
Marcus P.	2
Nora F.	2
Yvette G.	6
Danny S.	12
Craig D.	14
Margaret W.	22
Donna S.	23
Harold S.	25
Rodney H.	31
Wayne H.	32

District Officers 2021-2023		Committee Chairs	
<b>DCM:</b>	David R.	<b>Archives:</b>	Steve M.
<b>ADCM:</b>	Katie R.	<b>CPC/PI:</b>	OPEN
<b>Treasurer:</b>	Zach B.	<b>Corrections (M):</b>	Cameron F./
<b>Secretary:</b>	Sara J.	<b>Corrections (F):</b>	Sarah S.
<b>Intergroup:</b>	Kenzie L.	<b>Literature/GV:</b>	Katie R.
		<b>Newsletter:</b>	Sara J.
		<b>Treatment Ctrs:</b>	Sarah S.
		<b>Website:</b>	Jamie C.

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

Alcohol Anonymous can replace the Hideous Four Horsemen with Faith, Hope, Gratitude, Desire.

- ♦ **Faith:** complete trust or confidence in something.
- ♦ **Hope:** a feeling of expectation.
- ♦ **Gratitude:** the quality of being thankful.
- ♦ **Desire:** a strong feeling of wanting to have something.

In the AA rooms, we hear stories about how one day we wake up with the Hideous Four Horseman's outlook of our place in life, AKA *the "gift of desperation."* And how working the program helps us change. The Four Horsemen leave, and the hideous feelings are replaced with Faith, Hope, Gratitude, and Desire. Sometimes quickly, sometimes slowly, new feelings of Faith, Hope, Gratitude, and Desire materialize if we work the program. That was the case for me and countless others.

Best,

**David R.**

**MESSAGE FROM YOUR DCM**

*Dear Friends,*

**H**ideous Four Horsemen—Terror, Bewilderment, Frustration, Despair.

- ♦ **Terror:** extreme fear.
- ♦ **Bewilderment:** a feeling of being perplexed and confused.
- ♦ **Frustration:** the feeling of being upset or annoyed, primarily because of the inability to change or achieve something.
- ♦ **Despair:** the complete loss or absence of hope.

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 Two**

Came to believe that a Power greater than ourselves could restore us to sanity.

**Tradition Two**

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**Concept Two for World Service**

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

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**UPCOMING EVENTS**  
**Check website or see GSR for details**



VAC: <https://aavirginia.org/events/>

NVI: <https://nvintergroup.org/nvi-area-events/>

<a href="#">Fairfax District 5 16th Annual Pancake Breakfast</a> Virtual Event, 9:00 AM to 11:00AM Virtual, VA <a href="#">Find out more »</a>	Sat., February 13, 2021
<a href="#">District #10, Loudoun, Presents – 24th Annual Day of Sharing</a> Virtual Event, 8:30AM – 4:00 PM	Sat., February 27, 2021
<a href="#">General Service Speaker Meeting VIRTUAL</a> , VA @ 8:00 pm - 9:15 pm <a href="#">Find out more »</a>	Sat., February 2021
<b>NERAASA 2021- Northeast Regional Alcoholics Anonymous Service Assembly (Virtual)</b> Questions? Email <a href="mailto:info@neraasa.org">info@neraasa.org</a> . <b>Documents and Downloads Register Online</b>	February 26, 27 & 28, 2021
<a href="#">Service Structure Workshop VIRTUAL</a> , VA @ 10:00 am - 12:00 pm <a href="#">Find out more »</a>	Sat., February 27, 2021
<a href="#">Spring Assembly 2021 Virtual</a> , : <a href="#">Find out more »</a>	March 19 @ 5:00 pm - March 21 @ 12:00 pm



**God is a comedian playing to an audience afraid to laugh.**

Are you too serious? Are some of the tragedies you perceive in your life really comedies? Taking ourselves too seriously can lead us to relapse. It is far better to shake our heads and chuckle over something that doesn't go our way than it is to drink over it. It is better to remember that we don't have to live up to our own or others' high expectations.

It is better to remember that we are far from perfect and don't always have to implement a perfect solution to everything. How do we lighten up? It actually takes some serious faith that God will protect us no matter what happens...that we will be OK if we stay sober and try to do his will. ...that Life and Ourselves may be throwing us some loops but that God is a safety net.

It takes an attitude that we will not let the ordinary ups and downs of life drive us crazy...that it's OK to laugh over them because we have been given the gift of sobriety.

Look for the humor by accepting, having faith, and then not taking things so seriously.

*SoberTool App Mar 14 2017*

**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.



**MEETING HELP**



For up-to-date meetings (in person and online), check the GSO Meeting Guide app downloaded from aa.org

Also, check [nvintergroup.org](http://nvintergroup.org) or [aamanassas.info](http://aamanassas.info) or [aavirginia.org](http://aavirginia.org) for events as well.

Please note: Newsletter editor's email address will be updated soon. Watch this space!



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)