



Manassas District News

April 2022

MANASSAS DISTRICT WEBSITE
aamanassas.info/

Monthly District Meeting
Second Tuesday, 7:00 p.m., Bethel Lutheran Church
All are Welcome!

WE CELEBRATE!!
- ANNIVERSARIES -
MARCH 2022

NAME	YEAR(S)
Donna C.	5
Kathy	5
Tami	5
John W.	7
Raul T.	7
Matt B.	13
William C.	16
Geoff L.	18
Frank C.	16
Tim B.	21
Brenda D.	31
Dawn J.	33
Wayne R.	33
Doug W.	41
Margaret S.	41
Sherry W.	41

District Officers 2021-2023

Committee Chairs

DCM: David R.	Archives: John J./Sara J.
ADCM: Katie R.	CPC/PI: OPEN
Treasurer: Zach B.	Corrections (M): Cameron F./
Secretary: OPEN	Corrections (F): OPEN
Intergroup: Makenzie L.	Literature/GV: Katie R.
	Newsletter: Sara J.
	Treatment Ctrs: OPEN
	Website: Jamie C.

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

The 12 Daily Prayers, Meditations & Visions

I was taught by old time AA's that the Big Book gives us three major Spiritual tools: **Prayer, Meditation & Vision** and these three instructions are always listed in the text together; And, all three different components should be taken in concert.

1. Anywhere the Big Book says to "Ask," Bill Wilson is talking about us praying with God.
2. In conjunction with our Prayer, we think deeply [meditate] upon what it might look like to replace the negative attributes or possess the positive attributes we are asking God to bring into our lives. Often times our mind will bring up instances where we previously failed to practice these Spiritual principles. If it does, we simply think about what we should have done instead in that situation. Our attention is on the positive, not the negative & we are careful not to drift into worry, remorse or morbid reflection. 86:1.
3. Lastly, we focus upon what would look like if we were to face this type of situation today. We get a "mental movie" "in our minds eye [vision] of how we should act today if we were to face an opportunity to practice these Spiritual Principle in our lives. What would God's will be & how would God want us to act, if we were to face this exact same situation TODAY? This 'movie' offers us a new way to respond in the future instead of reacting in our normal, dysfunctional way. Once we have it, we don't have to change it until/ unless we screw it up. If we do, we just tweek our last vision to include what we screwed up on and use the new improved vision going forward.



If you don't see your anniversary listed above, please email the editor with the year and amount of time you have and you will be added to the list.

Please note new mailing address for contributions to GSO (General Service Office, NY) below as of January 1, 2022.



Mail Contributions to:
General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407
www.aa.org

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

STARTING JAN 2021:
Virginia Area Committee (VAC)
VAC Treasurer
P.O. Box 1127
Fredericksburg, VA 22402
treasurer@aavirginia.org

Manassas District #33
P.O. Box 1705
Manassas VA
20108-1705
www.aamanassas.info



Step Four

Made a searching and fearless moral inventory of ourselves.

Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

Concept Four for World Service

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

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UPCOMING EVENTS
Check website or see GSR for details



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

<p>New Hope Group – 36th Anniversary Rebos Club, 4231 Garst Mill Road, Roanoke, VA 24018 Find out more »</p>	<p>April 16 @ 4:30 pm - 7:00 pm</p>
<p>Last Chance Group 25th Anniversary Wesley United Methodist Church, 2510 N Armistead Ave, Hampton, VA 23666 Find out more »</p>	<p>April 24 @ 6:00 pm - 8:00 pm</p>
<p>Last Chance Group 25th Anniversary Wesley United Methodist Church, 3701 Conduit Road, Colonial Heights, VA 23834 Find out more »</p>	<p>April 24 @ 6:00 pm - 8:00 pm</p>
<p>District 37 11th Step Workshop Fairfield Presbyterian Church, 6930 Cold Harbor Road, Mechanicsville, VA 23111 Find out more »</p>	<p>April 30 @ 10:00 am - 3:00 pm</p>
<p>VAC Archives Office Open House Virginia Area Archives Office, 1320 Ohio Street, Suite B, Waynesboro, VA 22980 Find out more »</p>	<p>May 15</p>
<p>Virginia Area Corrections Workshop First Baptist Church, 310 N. Jefferson Street, Roanoke, VA 24016 Find out more »</p>	<p>June 25 @ 9:00 am - 3:30 pm</p>
<p>The Warrenton Presbyterian Church, 91 Main Street, Warrenton, VA 20187 Find out more »</p>	<p>June 25 @ 6:00 pm - 10:00 pm</p>
<p>VAC 2022 Summer Meeting Hilton Springfield, 6550 Loisdale Road, Springfield, VA 22150 Find out more »</p>	<p>July 8 - July 9</p>



JOY

Today I am trusting the urge to move ahead ... to grow ... to risk new directions.
 - Ruth Fishel

It IS time for joy! As you learn the process of quieting the voices and old tapes that are running around in your mind, you will begin to be in touch with new truths from within, new feelings, new urges. And as you begin to trust the ones that guide you toward growth and change, toward good and love, you will learn to discard those that come from fear and anger. As you allow yourself to listen to and follow this new voice, JOY will fill your life and you will never go back to the old blocking ways.

You will learn to listen solidly to the voice within you and follow only the path of joy. - Ramtha

Time for Joy

InTheRooms Daily Meditation February 10

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 or aamanassas.info or aavirginia.org for events as well.

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

