



## Valentines Day Dance

February 14, 2020

9-Midnight Room 1



Celebrating the 1980's

Music and Games

Best Dressed Contest

**February 2020**

*Unity Club of Falls Church, Virginia is a meeting place for members of Alcoholics Anonymous and fifteen other recovery fellowships based on the 12-Steps of AA. It is a safe haven for people to come to while they work on a different way of life. It is a place of hope.*

## Trudging the road to Happy Destiny

What a difference 12 Steps make. I came into AA because I was miserable, lonely and unhappy. I didn't know how to face life or manage emotions. I definitely knew how to drink straight gin and champagne and do both better than anyone around me. I remember literally crying in my gin and realized there was a solution. In the last eight months I had been seeing someone with 13 years in AA... and most of our dates consisted of going to an AA meeting followed by dinner and/or coffee. So I knew where to go.

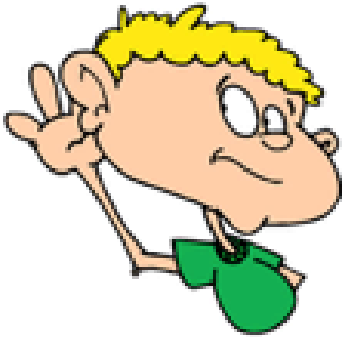
I can't say the journey has been easy but I can say that it is a wonderful new way of life (right Noaa). So many things have happened during my journey. I was blessed with a wonderful and fulfilling career, I found the man of my dreams and have been married for 27 years, I have real friends that I know I can count on, and I have a roadmap (the 12 steps) that show me how to live life.

If you've heard me in meetings, you've heard me say numerous times that on any given day I can be loony tunes. I understand that this program and life on life's terms takes effort. (See back)

## The Unity Club

Well, we survived!  
Holidays are always tough for us alcoholics. Now we have the dark, cold and often wet days of winter ahead of us. It gets way too easy to cut back on meetings or to isolate. The Unity Club tries to work even harder to make sure that we have the doors open – the heat on and the coffee made. Come visit with us – we are open from 5:30 a.m. to 9:30 p.m. every day. Catch a meeting, relax in the coffee bar, use our internet, visit the bookstore. Just come --there is always someone you'll be glad to see!

## Heard in the Rooms:



- *“I used to think HP meant Hewlett Packard.”*
- *“There was a small town experiencing a drought. The word was out: ‘Pray for rain’. Only one little boy showed up with an umbrella. Now that’s faith.’*
- *“I was led to the decision to come just for the love.”*

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**Thanks** to everyone who continue to support the Unity Club. Our annual Christmas drive is over and we reach around 80% of our goal of \$50,000.00. We couldn’t have done it without you. Our next event is the 24<sup>th</sup> Annual Spring Golf Classic. . This year it is again at Laurel Hills Golf Club in Lorton, VA-- the Monday after Father’s Day-- June 22, 2020. Mark your calendar so you don’t miss this event full of fun and fellowship.

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## Trudging the road to Happy Destiny (cont.)

Character defects such as self-righteous indignation and resentments pop up without notice. When I feel that knot in my stomach I have to back up and ask “What is my role in all this?, What are my motives, and what am I supposed to learn?” That little litany and a bunch of meetings usually do the trick.

In the last two-years life has been more challenging than usual. Taking care of our last elder parent – long distance – has been stressful and time consuming. Last summer, we were called upon to witness her death. Before we could get over that loss – another family member had a sudden illness and died within 30 days. Not what I would have planned but because of this program I was able to be there for my husband and his family during this journey. Just doing the next right thing.

So, to quote my favorite passage in the 24-hour-a-day book: Life is not a search for happiness. Happiness is a by-product of living the right kind of a life, or doing the right thing. Do not search for happiness, search for right living and happiness will be your reward. Life is sometimes a march of duty during dull, dark days. But happiness will come again, as God’s smile of recognition of your faithfulness. True happiness is always the by-product of a life well lived.”