



January 2020

January 2020 EVENTS

Back to Basics every Saturday this month

Room 1 at 7:00 p.m.

Meditation Meetings Room 3

Monday, Tuesday, and Thursday 7:15 a.m.

Sunday 4:30 p.m., Tuesday 7:00 p.m., Wednesday 5:30 p.m.

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.

Forgiveness by Janet B.

The Holiday season is difficult not only because of ubiquitous booze (watch out for rum balls, no kidding) but also because of lingering family resentments. Most of us learn the hard way that we can't afford resentments. One key element in letting go of and moving beyond resentments is forgiveness. Forgiveness arises out of compassion for our own and others' frailties, and not from that part of us that was actually wounded. As David Whyte teaches: "to forgive is to assume a larger identity than the person who was first hurt." Forgiveness is a skill, a way of discovering sanity and generosity which then helps us shape the future we want for ourselves and all our relationships. So while forgiveness can't eliminate the original wound, through kindness toward ourselves and other human beings, we're able to shift our relation to it so the sting can fade and ultimately be healed (and remember: God reads "knee" mail).

If this healing seems impossible, maybe the wound is still too fresh and we have to allow more time and the light of meetings to do their good work. If the wound is ancient and resentment still gnaws, perhaps healing can't occur because we've not fully examined and acknowledged our role in the situation. Sometimes multiple workings of Steps 4-9 are necessary before we get clarity. For instance, what assumptions did I have about this person that turned out to be wrong (eg., did I trust her more than was warranted or expect too much?).

So a good question during this Holiday season is "what can I do to lighten the burden of the past so that today I can experience more of the Promises?"

New Year's Resolutions

Historically, most New Year resolutions focus on

- * Diet or healthier eating
- * Weight loss
- * More Exercise
- * Saving Money

See the back for better ideas for making 2020 a better year.

Heard in the Rooms:



“Maybe my job on the planet is to tend well the little garden I’ve been given.”
“Sometimes you don’t know where you belong until you get there.”
“I kept real bad company when I drank. I drank alone.”
“Every day above ground is a win.”
“There are seven days in a week and one of them is someday.”
“For every mile of highway there are two miles of ditches.”
*Nobody loved alcohol more than I or hated themselves more than I—my very own *portable torture chamber*.

*All my creativity went into ensuring my supply and pretending I was normal.

*I wanted to get as far away from me as possible.

*I wore an accurate T-shirt: “Do not disturb--I’m disturbed enough already”

Suggested New Year’s Resolutions

- Don’t drink
- Take one day at a time
- Add one meeting a week to your routine
- Let five people off the hook each day without telling anyone
- Call someone everyday to touch base
- Be of service – chair a meeting, hand out chips, make coffee or support any local organization
- Find one thing each day to be grateful for
- Be gentle with yourself
- Include meditation in your life



And – if quitting smoking is not one of your new years resolutions – Please be considerate.

Walking up to the Unity Club door, it's easy to notice that the City of Falls Church has gone to some great lengths to spruce up the area. Unfortunately, it is marred by the many cigarette butts left on the ground in the parking lot. Please, **no butts about it**, dispose of cigarette butts in one of the containers for that designated purpose. We thank you in advance.

We Have So Many to Thank

- Thanks to all of you who supported the Thanksgiving and Christmas Dinners. It’s not an easy task! Thanks to Deborah, Ennio and Sarah for all the organization and food prep..... And thanks to all of you who set up, served and cleaned up. We couldn’t have done it without you.
- Thanks to everyone who participated in our Annual Christmas Drive. Our goal was \$40,000.00 and we fell short making only \$35,000.00 but every penny counts and we thank you for supporting the Unity Club. If you still want to make a contribution, please feel free to deposit your donation in the donation box in the coffee bar, donate on lone or give your donation to any coffee bar staff.

Thanks to all the friends of the Unity Club and Happy New Year.