



Coming Event

Look for more details in the coming weeks!

- Saturday Morning Breakfast – on going
- Bake Sale
- Unity Club Chili Cook Off – April 26
- Back to Basics - May
- 24th Annual Unity Club Spring Golf

March

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.

A 3rd Tradition Miracle by Sandy B.

I am not alcoholic-ish. I am not alcoholic-esque. And I do not have an addictive personality. I am an alcoholic, and today I know what that means. I have a body that cannot handle alcohol and a mind that won't leave it alone. If I could drink normally, I'd drink all day long.

On March 6th of 2008, I came into my first AA meeting in Nashville, TN, a pile of broken promises and great excuses. I was not an alcoholic; the only problems I had were other people, my job, and my white hot rage over my childhood wounds. I could not handle laundry; I could not answer my phone, or pay my bills. I came into my first meeting, picked up a silver chip and said I was an alcoholic; and, after a lifetime of being a fraud, saying that I was an alcoholic made me feel like an imposter.

At each meeting that month, someone read the 3rd tradition. After being a teacher and all of the hoops and paperwork I had to fill out to keep my certification, I was relieved that the only requirement for membership is a desire to stop drinking. I found out later that AA removed the word "honest" from this requirement so that I could make it under the wire. I did not have an honest anything, much less an honest desire to stop drinking.. I didn't come into AA with a first step. It took four months of not drinking and going to two to three meetings a day for me to finally realize that I was an alcoholic.

(Cont. on back)



Heard in the Rooms

THINK:

Thoughtful. Honest.
Intelligent. Necessary. Kind

HOPE:

Happy. Our. Program. Exists

NUTS:

Not. Using. The. Steps

DETACH:

Don't. Even. Think. About.
Changing Him/Her

STEPS:

Solutions. To. Every. Problem

LOVE:

Let. Others. Voluntarily.
Evolve

A 3rd Tradition Miracle (Cont)

I know now that I suffer from three layers of a delusion: the delusion that I am like other people; the delusion that I can control and enjoy my drinking (or anything else); and the delusion that I can wrest satisfaction from this world if I only manage well. I have come to believe that applying the spiritual principles as outlined in the Big Book brings about awakenings and access to solutions that my human mind cannot devise.

On the verge of celebrating 12 years, I am amazed at what can sprout from a desire. For me, this desire led to an admission which ultimately gave way to a decision in my 3rd step. The word “*decision*” which literally means “*to cut away.*” In this decision I continue to make in my 3rd step, I cut away the selfishness, the separation, the smaller self and my unreasonable demands. When I look at the steps, I see a series of cutting something away, so that more Spirit can flow in; there is the ebb and flow of this until we reach step 12, when I practice this process of making more room for God in all of my affairs.

It is not a miracle that I came to AA; it is a miracle that I stayed long enough for a change to occur. Once I stopped drinking, this disease unfurled its wings, and I got to see alcoholism without the drink. I stopped drinking and did not work a program, I got worse. I have hit several bottoms in AA, and because I have not had to drink over them, the pain has always been the touchstone of progress; the agitation that once held me back has become the thing that pushes me forward, time and again. Today, I do not drink, no matter what. I sit in the front row; I cry in front of people and say stupid things; I save my ass not my face. And I roll with a circle of people who remind me to do all of those things a day at a time. And I don't drink no matter what.

When I looked around for options, everywhere I went, a strong simple suggestion hung on every wall: MARCH. I learned later that “trudge” is a military term that means “to walk with purpose.” And so we march this day, one at a time, holding up our lanterns for those coming out of the dark world of addiction, as others did for us.



You may have read it through the *Grapevine*

The Unity Club is pleased to have purchased 10 subscriptions to the *AA Grapevine* monthly magazine through members' generous donations. Described by many as “a meeting in print”, copies will be available in the Café throughout the year. Thank you for supporting this effort.

With the loss of print magazines and newspapers, members of the club decided that we may be missing a tool from the AA toolbox and that the Grapevine may fit the nut (get it?) Join the 7:15 meeting any Tuesday morning to hear how the “meeting in print” comes to life. Thanks again. We do attempt to put thoughts into action and carry the message to others who may still suffer.

Help Us Help You The Unity Club is trying to add fellowship activities in addition to meetings. We tried a Valentines Day Dance, which was met with mixed reviews and a Bake Sale – which appeared to be successful. Below I have listed a number of ideas that the staff has for future events.

Please detach, circle events you are interested in and drop into the clear box at the coffee bar.



Open Mic Night

Bake Sale

Game Night

Unity Club 5K Walk/Run

Charity Drives

Book Sale