



## Thanksgiving Events

November 2019

- Regular Meetings 6:15 and 7:30 am
- 10:00 am Discussion Meeting Room 1
- 11:00 am Coffee, Fellowship and Music
- 1:00 pm Thanksgiving Dinner is Served
- 3:00 pm Speakers Meeting, Room 1

*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.*

## Thanksgiving Festivities

Thanksgiving is both a celebration and an opportunity. We learn so much from being with our friends and new families. We have an opportunity to show our best selves on this holiday, and to be among friends who support us and care about us all year long. The Unity Club goes all out to make Thanksgiving special. To be a part of this amazing holiday,



you can be there in person or in spirit. There are sign-up sheets in the lobby. If you can be there in whole or in part, please sign up to cook, volunteer time to set up or clean up, or donate money. Please join us for this important holiday.

## November is Gratitude Month

What is Gratitude? According to the dictionary Gratitude is “the quality of being thankful; readiness to show appreciation for and to return kindness.”

**Gratitude** is a thankful appreciation for what an individual receives, whether tangible or intangible. With **gratitude**, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.

Why is gratitude important? **Gratitude** is strongly and consistently associated with greater happiness. **Gratitude** helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

We asked our members what they were grateful for and their responses can be found on the back.

## I am Grateful For:

- God.
- Everything.
- Being fine after surgery. God is good.
- My friends from the coffee bar.
- My mother. My health.
- Grace and Mercy.
- My new life.
- Friends at the Unity Club!
- The coffee bar employees and Good Coffee!
- A second chance and God's blessings.
- Sobriety. My daughters. Family.
- I'm grateful to accept my volatile feelings enough to begin the process of taking it easier on myself and others and having the privilege of working here helps with that.
- My mom who was always there for me no matter what. She put me above herself.
- This year I am grateful for being an alcoholic in recovery. Had I not become an alcoholic, my life would still be miserable.
- The Unity Club and misfits like me.
- I'm grateful for my family! A roof over my head.
- Everyone at Unity: This club has been a place of hope, love, support and comfort that I have never felt before. I am so grateful for all the kindness and generosity of everyone .
- I am grateful for the wonderful people ( like Greg ) who have been sooo kind to me.
- Health insurance and taxes.



Help support those who are less fortunate than us. Donate unopened, unexpired foods for the Arlington Food Assistance Center. Their most needed items are: Canned tuna, low-sugar cereal, low-sodium soup, canned tomato products, plain pasta, rice, canned fruit, peanut butter and cooking oil. Look for the donation box located in the Unity Club lobby. Food Drive runs through January 5, 2020.



### Heard in the Rooms:

I had accumulated enough years in the program, but not enough days.”

- “I always wanted the bars to be just like AA is to me.”
- “It’s not the change that’s painful. It’s the resistance to change that’s painful.
- “If you mess up, fess up.”
- Drinking to get happy is like setting your home on fire to get warm.