



April 2018

116 West Broad Street * Unit B * Falls Church, VA 22046

Unity Club Annual Meeting

Saturday April 21, 2018 9:00-10:00 AM

Room 1 – Unity Club

Agenda

Intro Officers

2017 Accomplishments

Financial Overview

Proposed Falls Church Park

Fund Raising Support

Q&A

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.

Are You On or Off “The Beam”? By Heidi B.

“Are you on or off the Beam? That was the final question asked every evening in the 30 day treatment program I attended after a decade of inconsistent sobriety.

Thirty or so men and women (all ages, backgrounds, and substance addictions) would gather for our “Tenth Step Meeting” at 10:00p.m. in our conference meeting/classroom. The week’s house chore team captains would facilitate it. On the wipe board at front of the room was listed a series of unchanged questions each individual was to answer aloud to the group.

- **How was your day?**
- **What did you do for your recovery today?**
- **Did you show any of your character defects?**
- **If so, did you make an amends?**
- **What are you grateful for today?**
- **Are you on or off “The Beam”?**

If an individual answered “off the Beam,” the group would command: “Get Back On the Beam!”

“The Beam” was outlined in a large poster, which identified 2 columns of behaviors: “on the beam” and “off the beam,” which reflected common character defects. Although I had attended many AA meetings in the past, the terms and concept were new to me. The meaning of “beam,” as used in AA, appears to be based on the definition: “a constant directional radio signal transmitted for the guidance of pilots; also : the course indicated by a radio beam.”* Some of us also think of a beam as a shaft of light. References are found in the *Twelve and Twelve* (Pages 84.110-111, & 112, Steps 9 and 12). (Cont. on back.)

Are You On or Off “The Beam”? (Cont.) By Heidi B.

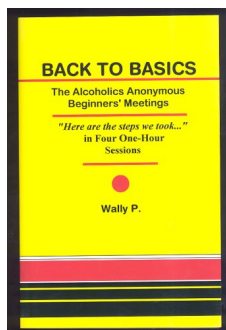
When I left the cocoon of the recovery center, I knew it was important to structure my day for continued spiritual growth and positive psychological development. Certainly daily meetings, having a sponsor and network, daily contact with others in recovery, service, and step work are crucial. What I do with my time internally, on my own is also important. What does it mean to pray and/or meditate? To make a “conscious contact” with my higher power? I firmly agree with the oft-said statement “you can do any step with a ‘one’ in it from the day you begin your twelve step recovery.”

Thus, I chose to make this little exercise a daily habit, privately written in a small journal. I usually do it in less than 10 minutes. While I only manage to write it about 3-4 times a week, usually weekdays, I do run it through my head at other times, including sometimes doing it as a mid-day emotional sobriety check when I am feeling anxious, restless, and irritable. I also prefer to do it early evening, either before or after dinner. As a “real” alcoholic, I can complicate anything, so keeping this simple is necessary for my continued recovery. I have tweaked the questions for my own benefit, adding:

- To the question of my recovery - have I changed in any positive way today?
- To the question of gratitude - did I thank someone today, and how have I served someone?
- And after the on/off Beam question - what will I do tomorrow?

And I follow all of this with a simple prayer, either the Serenity or Third Step Prayer.

I have learned the hard way, that if I abandon this habit for more than a few days, I am quickly “Off the Beam” and my sobriety is in jeopardy and all progress is stalled. The good news is that once learned, it is an easy habit to recover. No matter where I go, or what time of day it is, using this formula of self-evaluation will help me return to “The Beam.”



BACK TO BASICS
April 15, 22, 29 and
May 6, 2018
5:30-6:30 PM
Room 3

Work the 12 Steps as they were originally taught in the 1940's when recovery rates approached 75%.

Recommended for

- Newcomers and old-timers alike
- Sponsors and Sponsees
- Anyone looking to refresh and deepen their AA program
- Those looking for a spiritual awakening

Questions, please contact
UnityBacktoBasics@gmail.com

Unity Club **2018 Spring Golf** **Classic** **Coming Soon**

June 18, 2018

Laurel Hills Golf Club

Lorton, Virginia

1:00 PM Shotgun Start

\$135 – Single Golfer

\$540 – Foursome

