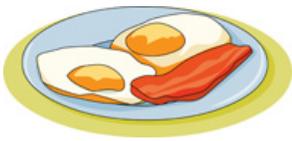


116 West Broad Street * Unit B * Falls Church, VA 22046

They're Back!!!!

August 2018

SATURDAY MORNING BREAKFAST! Scrambled Eggs – Bacon – Ham - Home Fries – Rolls and butter! Yum! Join Ennio and all your friends for a traditional Saturday Morning Breakfast September 8. Serving time is from 8:30-9:30AM. Go to your favorite morning meeting or make a



special trip to join us. Either way – don't miss the food and fellowship. If you can't join us on the 8th – mark your calendar for September 22nd. Donations are greatly appreciated. See you there.

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.

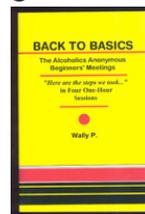
BACK TO BASICS September 9, 16, 23 and 30

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



I'm Amazed by John M.

"I'm amazed." I said those words at every meeting I attended for about two weeks after my last drink. It was true - I could hardly believe it. For the previous two years, I had pretty much given up on everything, and thought my life hopeless – nothing but pain and misery. After trying off and on for many years, sometimes seriously, sometimes half-heartedly, to either stop or control my drinking, I woke up one morning almost six months ago with no desire to drink, no desire at all. I usually had a drink first thing every morning, if I didn't need to throw up first. How could this be possible? (Cont. on Back)

Unity Club Looking for Talented Volunteers

Electricians: to help fix our lightning challenges. Replace/Fix lights that don't work or are too bright. Brighten hallways.

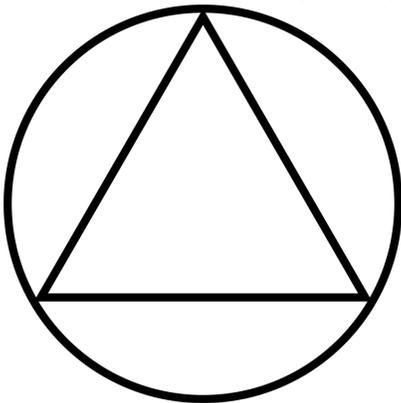
Artists: To help make the Unity Club entry more inviting. Create a mural, a slogan a simple drawing... anything to make the top of the steps welcoming.

Any volunteers interested please contact Claudia @ csangel100@gmail.com

I'm Amazed by John M. (Cont.)

I had loved, then relied on drinking so much for so many years that I believed I could not live without it. As a bonus that morning, I didn't want to smoke either, another habit I had tried to quit many times. How could this be?

Fortunately for me, a longtime friend, a friend like a brother, a man I trusted completely and of course a former drinking buddy, came to visit. I brought up the subject of drinking, and told him I was drinking a lot, pretty much all day every day. He didn't say anything like "you should stop or cut back," instead he simply told me he not had a drink in over seven years, and had never been healthier or happier in his life. No bragging, no emotional outcry or fevered pitch, simply that he had stopped drinking, went to AA, and felt happy and healthy. I was amazed, how could you be happy without drinking? How could you have fun? How could you kill the pain? We went to a meeting that afternoon, had dinner, and he went on his way. (btw, his name is Bill). I didn't drink the rest of that day, went to bed and prayed to my higher power. I woke the next morning, not feeling sick, actually feeling good for the first time in a long time, and went to a 7:15 meeting. I went to a meeting every day for over five months. Today, I look forward to the daily meetings. I haven't had a drink or cigarette since that first day. I got a sponsor, try to work the steps every day, and have learned that while life still has its pains and difficulties, they are much easier to handle sober, while trying to remember and to rely on my higher power. I see and hear about similar miracles at every meeting I attend. I am still amazed!



Our Whole Attitude and Outlook on Life Will Change

- Things turn out best for those who make the best of the way things turn out.
- Look at everything as though you are seeing it for the first or last time.
- I once asked for all things so I could enjoy life; instead I was given life so I could enjoy all things.
- To gain that worth having, it may be necessary to lose everything.
- The only handicap in life is a bad attitude.
- AA changed the mirrors of my mind to mirrors.
- In AA we don't change as much as we are changed.
- Live each day like it is your last – because one day you'll be right.
- AA's biggest gift is learning how to handle the smallest problem.
- Life didn't get better – it got worth it.
- Not living is worse than dying