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ACA No. California Intergroup 640 Newsletter January, 2018 *Together We Can Achieve Anything!*

Affirmations

My life is unmanageable when I focus on others rather than myself.

I did not cause my parents' addiction or dysfunction.

My feelings & thoughts are separate from the thoughts of my parents & others.

I can stop trying to change others.

I can stop condemning myself without mercy.

I am a valuable person. Yellow Workbook pg. 42

Step 1 We admitted we were powerless over the effects of alcoholism or other family dysfunction, that our lives had become unmanageable.

Step One Summary

The basic spiritual principles of Step One are powerlessness, unmanageability, surrender and letting go. Step One requires that we admit that our family is dysfunctional and the dysfunction affects our thinking and behavior as adults. We must realize that will power or self-determination is no match for the effects of growing up in a sick family. We cannot figure it out on our own. We need help. ACA recovery begins when the adult child gives up, asks for help and then accepts help offered. We have the support of our ACA group.

Yellow Workbook pg. 23

ACA Sponsorship Workshop February 24, 2018 3-5 pm

Sunlight of the Spirit Bookstore 2314 J St., Sacramento, CA 95816

Learn how to take a sponsee through the 12 Steps using the ACA Red Book.

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