



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

**Steps & the Serenity Prayer**

*The Twelve Steps and the Serenity Prayer remind us we can receive real power and apply it in our lives to things we are able to change. We need to recognize that we gained sufficient strength from our parents, as destructive and confusing as they were, to let go of the false sense of security they provided and to find true security in a new attachment to our Higher Power, who is always accessible and ready to direct our lives in a meaningful, loving way. BRB pg.89*

**Step 2** Came to believe that a Power greater than ourselves could restore us to sanity.

**Step Two Summary**

Before finding ACA, many of us believe that a Higher Power is indifferent, fake, punishing, or reserved for the true believers of the world. Step Two helps us revisit our earliest messages about a Higher Power to find out what is true for us. We make this journey with an open mind. BRB pgs. 133-134. In one respect, Step Two implies that we had sanity and lost it when in reality we may be learning about sanity for the first time in ACA. A helpful tip in working Step Two involves replacing the word “sanity” with “clarity”. By working Step Two, we gain clarity about how our family dysfunction affects us in our lives as adults. We gain clarity about our abandonment and internal shame. Many of us find Step Two sanity through clarity. BRB pgs. 135-136

**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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