

*ACA No. California Intergroup 640
Newsletter May, 2018*

Together We Can Achieve Anything!

In recovery,

I am learning to let go of what he said or she said.

I am learning to forgive what he or she did.

For we are all doing the best we can.

As I am healing, I will learn to focus on today,

And say I feel...



We will be accepting your stories in next month's newsletter. Our topics will be on grief and hitting bottom. Please email your submission to: cperson1954@gmail.com; preferably in Microsoft Word format.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The Most Important Lesson: Listening And Trust

I guess the most important lesson I can take away from Step Five is that I finally trusted someone enough to tell him my story. I finally got to tell someone about all of the thoughts and behaviors I thought made me beyond help.

I remember feeling odd about talking about some things, but my sponsor just listened and nodded his head in agreement. Sometimes he talked about an incident that he had done that was similar to mine. He did not judge me. This was a huge relief.

I have since sponsored others and listened to their Fifth Step, and the rewards have been great. I have been able to return the gift of listening to someone and not judging him. This is the heart of ACA in my opinion. We could never do this as children. We could never trust of have someone just listen to us. I thank God every day for this program. BRB
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She Followed Through with Step Five

I once thought I could skip admitting the exact nature of my wrongs to God and myself since I seemed to be doing that in writing my Fourth Step inventory. Looking back, I can now see that the Steps separate Step Four and Step Five so there is enough time for real progress to happen. We need time to recall what happened. We also need to talk to a trusted sponsor or counselor about our story.

The benefit of Step Five is improving my relationships with my Higher Power as well as myself. I do this through trust and open communication. BRB Pages 191-192

Divine Creator. Thank you for this chance to speak honestly with another person about the events of my life. Help me accept responsibility for my actions. Let me show compassion for myself and my family as I revisit my thinking and activities that have blocked you from my love. Restore my child within. Restore my feelings. Restore my trust in myself. Amen.

Become My Own Loving Parent

by Pamela M.

I wasn't always doing a great job of being a loving parent to my Inner Child. Heck, I didn't even know I had been emotionally broken into pieces. And when I grew up, I realized I had an ever-present internal conflict between good and evil, right and wrong, moral and immoral, and insane urges that drove me to self-medicate that I now see as my addiction. You know, that self-will run riot was a part of me (the angry, vindictive, massively abused Inner Child) that always showed up to destroy all the good things I had methodically done to get to be an adult that others respected. Hard to be my own loving parent when I didn't have a model to follow.

Thanksgiving in my childhood home inevitably ended in the Thanksgiving turkey taking a final flight (yes, turkeys do fly, at least into the tops of trees), only this time it was across the dining room, leaving gravy stains on the walls, looking a lot like blood splatter from an old television movie. In ACA, I finally got the message in the meeting readings, the one that begins, "The solution is to become your own loving parent." It was then I gave myself permission to construct my own theoretical loving parent.

What do you suppose one of those would look like? Huh? What would a loving parent do? So, I create my vision of my preferred parent, the one I would have sold my soul to have had – what that parent did, what that parent said, how that parent treated me.

Then I actually had to morph into that ideal parent for my Inner Child who had been abused by others and by me, too. I did a guided imagery exercise, and that's where I first met Little Bear. Little Bear was wary. I couldn't blame her. I had to be the adult and reach out, apologize to her, promise to love, protect, and listen, talk, and provide for her needs and wants within reason. I had to promise to hug her each day for the rest of our lives. I had to promise I would heal her by guiding her through the grieving of her childhood losses and traumas to finish up each emotional life-stage that she had not yet completed.

When I asked Little Bear what she wanted from me, she looked up at me eye to eye. She said, "This is all I want from you: Love me. Protect me. Hear me. Hug me. Heal me."

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