

My Cat...Abecedarius
By Nikolas W.

Always full of mischief.
Bony little thing.
Critter with vigor.
Daring and courageous as a mouse.
Effortless in your cowardice.
Formally begging for food.
Green-eyed and unexplainable.
Helmet of hair.
Ill-begotten mutt.
Jealous of my access to food.
Killer of small insects.
Lowered intelligence.
Mulling behind a refrigerator,
not coming out.
Obeisant, based on habit only.
Perpetually bored and prone to
quietly sneaking, to chew shoes.
Related to a snow leopard.
Silly and playful.
Together we are a good team,
until you destroy my stuff.
Vaulting towards the
window, to get a better view.
Exacting and picky with your food.
You are only as nice as necessary.
Zealously desiring to kill birds.

*To view and print this newsletter, visit our website at
acanorcal.com. We will be accepting your recovery stories in the
monthly newsletters. Please email your submission to:
cpierson1954@gmail.com; preferably in Microsoft Word format.*

Inner Child Voices

*ACA No. California Intergroup 640
Newsletter July 2018*

Together We Can Achieve Anything!



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*God grant me the serenity to accept the people I
cannot change, the courage to change the one I
can, and the wisdom to know that one is me.*

Having My Own Back by Nanaki S., India

I have always felt abandoned and had this constant fear – and still do, sometimes – that my friends, family, or people I care about, are suddenly going to up and leave me. I had this attitude of ‘poor me’ when I thought about how I was the one who needed to be rescued without ever understanding the consequences of my statements to people. I would threaten my codependent relationship partner by saying she would leave me or that she never really cared for me ever; these words I spoke were harsh, and I was so flippant in my usage. Today I’ve come to realize that words have consequences. I have forgiven myself for my reactions, but I feel a lot of compassion for my old “non-program” self. The idea of loving myself and forgiving myself was such a foreign concept. When I apply it daily in my life, I feel a tremendous amount of calm and serenity. Having my own back means I get to come back to myself and know that it’s okay if I mess up sometimes. I know I’m still always here for myself and my inner child. This has been such an eye opener and healer for me. Thanks for letting me share in the ACA ComLine.

*Second Quarter 2018 * ACA ComLine*

There IS Hope by Cliff J

My name is Cliff. I have been in recovery programs since 1989. I have only been in ACA for about 4 years, but I have solved more of my problems in these last 4 years than I have in the other 69 years. I came to the reality that, for me, I have been trying to fill that rather large hole in my soul with everything I could put my hands or mind on. I realized that that hole was part of me, just like a scar. It should not shame or label me in any way. I don’t have to fill it with ANYTHING. I am me – warts, faults and all – and I am lovable and good enough, just like I am. This realization has freed me from past and future attempts at fixing my past; it’s impossible! I will live the rest of my life with my head held high and a smile on my face. Good luck to the rest of the people out there who were shamed and abandoned as children. There IS hope.

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Promise 5: Applying Healthy New Behaviors by Barb N

When I first heard this promise read at an ACA meeting, I had no idea what it meant! All my life I believed I was inherently flawed because of my weaknesses, and I let myself off the hook as a regular human being. Then someone at our meeting said we eventually become more tolerant of our own weaknesses and that made sense to me. As my recovery grew, I started to understand what it meant to be attracted by strengths instead of being attracted to people who were weak or needy. I started being attracted or drawn to people who had healthy boundaries and took care of themselves. Now, I’ve learned that being more tolerant of weaknesses means to stop being so judgmental of myself and others. That is, I allow people to just be – weaknesses and all – without trying to fix them. They have their own Higher Power, just as I do. When I first came into recovery, I thought it was my job to fix and rescue others. For me, facing my abandonment issues meant understanding what happened to me and how it affected me. Once I did that, I could stop abandoning myself by always rescuing others and putting their needs before my own and by being hard on myself. Through my recovery process, I have learned that self-abandonment is no longer my “go-to” behavior. I’ve learned to replace old behaviors with healthy new behaviors. Instead, I am more attracted by strengths and tolerant of weaknesses. I get it now! *Second Quarter 2018 * ACA ComLine*



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