

## *The Medal of My Humanity*

My longing is the medal of my humanity,  
and I wear it proudly for all to see.  
It commemorates my desperate weakness,  
without which I would never have grown.  
It reminds me that I must surrender  
every day  
my longing and my medal  
to the power which forged them both  
with a gusto that embraces all. By Marty



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## *Inner Child Voices*

*ACA No. California Intergroup 640*  
*Newsletter August 2018*

*Together We Can Achieve Anything!*



*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.*

## *What Really Matters?*

What really matters, at the end of the day?  
When the final darkness creeps in,  
does it matter what you've done,  
that you've left products of your labor,  
or that hundreds remember your name?  
Perhaps you should ask,  
what really matters, at the end of *this* day?  
And why should that be different  
than at the end of the final day?

I do not know the answers,  
though I know there must be answers,  
which I crave quite promiscuously.  
I cannot know until after the end,  
for only then will I be blessed  
with the complete vision of the entire day,  
to know all its direction and content—  
and by then it would be too late.  
Life, it seems, is also governed  
by the Uncertainty Principle.

Therefore we might want to ask,  
what really matters *before* the end of the day?  
In the depths of our incomprehension,  
we pray only to be totally present  
in the moment we do have—  
*this* Now, which if we cherish it with care  
will sustain us beyond all knowing. By Marty

## **Light of Stone**

The performance reveals the family dynamics behind traumatic childhood events, and then explores the process of recovery. We are introduced to the parental couple, who meet, fall in love and marry. When intoxicated, the husband relives his PTSD, encountered in childhood, during wartime. The husband's violent behavior and addictions terrify the wife. The story develops with the birth of a daughter. The child has a bright, pure inner light. But the light fades with each traumatic event – abandonment, ridicule, physical abuse. As the family's bundle of shame is passed to the daughter, the figures of stone emerge from the child. Her light is almost gone when she reaches adulthood. Recovery Now an adult, her behavior is unnecessarily urgent, though robotic. At work she becomes assertive, bossy. With men, she is first loving, then violent. One boyfriend doesn't allow abuse. He is strong and certain. She breaks down sobbing. He lets her experience her feelings. With him, she attends an ACA meeting. Her light grows. Her frozen figures stand nearby and follow her home. Later, as part of grieving, she opens the family bundle. Understanding the frozen feelings, she invites them in. Touching one stone figure, merging, her light becomes stronger. Her mother visits. Embracing, they open the family bundle together, recognizing loss. Light appears in her mother and grows stronger in herself. A second stone figure is integrated. Recovery continues when she calls her father, offering forgiveness. As they talk, he cries. Smiling, a light appears in his chest. Finally, one night, waking frightened, she turns to her Higher Power. Dreaming, on a beach with her inner child, she realizes how to become her own loving parent. The performance ends; light fills her heart.  
A play by Agata MJ ACA ComLine 3<sup>rd</sup> Quarter 2018

