

Affirmations

Listen to your inner child not with fear but with openness.

Love this child for all she or he has had to defend against.

Know that feelings are to be listened to; they are cues and signals that indicate where you are and what you need.

Mistakes are a sign of growing; remember, be gentle with yourself.

Success is not relative to others.
It is a feeling of love and accomplishment for yourself.

Recovery is accepting yourself for who you are, no longer waiting for others to define you or approve of you.

It is safe to take time to play today. Play fuels your creativity, tickles your Inner Child, and nurtures your soul.

May you respond with the vulnerability of your child, but with the strength of your adult.

Surround yourself with people who respect and treat you well. In faith one finds the strength to survive times of great fear and sadness.

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 September 2018*

acanorcal.com

Together We Can Achieve Anything!



Come Play With Us!

2nd Annual BBQ Potluck Extravaganza

Sat. Sept. 15, 2018 11 am – 1 pm

Chicken and Ribs Provided!

Bring a dish to share. Basket Raffle!

3 blocks from Vic's Ice Cream Land Park

*ACA No. California Intergroup Church Code 220000
Meets the second Saturday of each month @ 5:00
2100 J Street Sac, CA 95816 Enter on J Street*

As Soon As The Rain Comes Down

By Mary C.

California's burning
A searing, sweltering, hot emptiness
Driving highway 49 again I see
Images of my past, my ancestor's ghost riding shotgun
They did the best they could, but really
Did they?

As soon as the rain comes down
the fires will be, finally, out
As soon as the rain comes down
I will be new. A sprout reaching
Ever so high for that which I
have never been able to have before
Peace, calmness, hope.



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Powerlessness vs Empowerment

By Mardi M.

Admitting I am truly and undeniably powerless over the effects of alcoholism and/or other family dysfunction is a marvelous step. After years of persistent step work with a variety of dedicated sponsors and co-sponsors and years of saying the Serenity Prayer, I finally got it.

The twelve-step process is a straight-forward road map that leads to a better life for those of us who have the courage to face our demons in order to discover an incredible life; this spiritual awakening is like none other. I was rigorously honest with the exercises in the Yellow Book, and that inventory created a crystal-clear picture to see and understand just how insane and dysfunctional my family-of-origin really was. The multi-generational dysfunction of my families, unfortunately, made sense. The uncovering of what really happened, and tearfully working through the grief process, provided me with a freedom and a life I never dreamed was possible.

Then there's Step Five; what we can't talk about, will own us. However, willingly trusting the process lightens a load, and we can quit holding ourselves in bondage. Life Just Gets Better I thank my higher power for the guidance I have been given in the ACA program. By truly turning it over and accepting powerlessness, life just continues to get better and better. That's empowerment!

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