

Pie of Life

The ol'family recipe handed down from generations...

Distrust for crust

Unfeel the filling

Don't talk it smells of rot.

Our new recipe is simple...

Trust the crust

Feel the feeling

Talk its essence

Mmmmmmmgood Jimmy C

ACA Group Funds – Seventh Tradition

The group treasurer should make a monthly report to the group and calculate the amount of the 7th Tradition donations being sent to their Intergroup and to the ACA WSO. This is sent monthly or quarterly.

The fund flow model of ACA is based on a 60/40 disbursement. After the group meets its monthly expenses and sets aside money for a prudent reserve, 60% of what is left over goes to the Intergroup and 40% goes to the WSO. A prudent reserve usually is the amount that equals two months' worth of meeting expenses. The meeting expenses would include rent, utilities, and other group expenses. BRB pg. 609

40% to ACA WSO Headquarters

Payable to: ACA WSO

1458 East 33rd Street

Signal Hill, CA 90755

60% to ACA Northern California Intergroup

Payable to: ACA Intergroup

3300 13th Street

Sacramento, CA 95818

Thank You!

Inner Child Voices

ACA No. California Intergroup 640

Newsletter November 2018

acanorcal.com

Together We Can Achieve Anything!



This is my Say Baba (my God), me, steps of recovery, and ACA triangle of body, mind, and spirit, and circle of support uniting all of them. *by Hitesh*

ACA Sponsorship Workshop

Saturday February 2019 1:00 pm

This workshop will teach you how to take a sponsee through the Steps using the ACA Red Book.

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

Send newsletter submissions to: cpierison1954@gmail.com

"I signed up for a 10K run today. I have a job that I could only dream about a few years ago. I live in my own one-bedroom apartment that I have beautified with an eye of my inner child. I am more than 90 days sober from my addiction to cigarettes, and I am learning to practice healthy habits, not perfectly but I know today that God doesn't want perfection from me.

Today, I have a lot of peace and serenity in my life. However, my life was not always like that. A year ago, I had no one among my family and friends to celebrate my Thanksgiving with, and terribly depressed with no hope in life, I knew I had to give up and do something different to get different results. Thanks to my Al-Anon sponsor who picked me up that day and took me to alcathon meetings, which kept me alive to live this day with a lot of gratitude in my heart. For me, it was the gift of desperation and my open-mindedness that brought me to the doors of ACA, where it felt like for the first time, I was able to truly understand the reason for my dis-ease and see my "ism". Growing up in an alcoholic household, I witnessed a raging and violent dad, drunk or not, beating my mom and us (myself and my sister) almost every other day. Years of emotional, verbal, and physical abuse under the disguise of "parental love for my own benefit" left me with a false self that had no worth of its own, no sense of self care, and was deeply rooted in codependent and approval seeking behavior.

But in recovery, I started learning to walk out of this fog of denial around me to experience my true self. I know today that I no longer just want to survive. I want to truly live. I still have long way to go but with each day, I know that God of my understanding is unfolding every event of my life that is bringing me closer to who I really am as a human being and what I can do with the gift of life and recovery that God has given to me." By Hitesh

The Story of Wild Bill

During WW II, the Americans liberated a Nazi concentration camp. Many prisoners were so malnourished and weak that they still died even after they were freed. Those who survived needed to be returned to their homes, but the Americans did not speak all the different languages. There were German Jews, French Jews, Polish Jews, Russian Jews, and more.

It was discovered that one of the prisoners spoke 5 different languages, so he was asked to help. This man had a long wiry mustache that reminded the Americans of Wild Bill Hickok, so they nicknamed him Wild Bill. Since Wild Bill was in good health, the Americans assumed that he had just arrived to the concentration camp.

After a time, the Americans asked Wild Bill how long he was there, and he said 6 years. The soldiers were amazed and asked what his story was. Wild Bill told them the Nazi's came to his village and rounded up all the people. When they found out that Bill could speak five languages, the Nazi's thought he would be useful to them. The Nazi's shot his wife and five children right in front of him. Wild Bill decided that he could hate them or forgive them.

Over the years in the concentration camp, Wild Bill became known for his unbiased positions and was often the mediator for all the different groups in the concentration camp. Even inside the concentration camp, many of the people could not get along. Wild Bill became known for his fairness, kindness and compassion so many people brought their disputes to him. Even after 6 years, Wild Bill stayed and worked tirelessly 12 hours a day to help people get on the right train, back to home.

This story illustrates the power of forgiveness, blooming where you are planted, and unconditional love for all.