

## Resentment

By Victoria

Resentment is a poison

It lives in mind and heart.

When I want to heal from it,

I ask, "What is my part?"

## ACA Group Funds – Seventh Tradition

The group treasurer should make a monthly report to the group and calculate the amount of the 7<sup>th</sup> 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 33<sup>rd</sup> Street  
Signal Hill, CA 90755

60% to ACA Northern California Intergroup

Payable to: ACA Intergroup  
3300 13<sup>th</sup> Street  
Sacramento, CA 95818

Thank You!

# Inner Child Voices

ACA No. California Intergroup 640  
Newsletter October 2018

[acanorcal.com](http://acanorcal.com)

*Together We Can Achieve Anything!*



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## ***Come Join Us!***

***ACA Sunlight Fiesta Potluck***

***Saturday November 3<sup>rd</sup> 5:00 pm***

*Celebrate four years for Sunlight Group*

*Bring a dish to share and your Inner Child!*

*See address below*

*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: [cperson1954@gmail.com](mailto:cperson1954@gmail.com)

## **The Journey**

By –Mary O.

One day you finally knew  
what you had to do, and began  
though the voices around you  
kept shouting  
their bad advice  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
“Mend my life!”  
each voice cried.  
But you didn’t stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.

It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,

and there was a new voice  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do—  
determined to save  
the only life you could save.

## **Mixed Greens**

By James

Are obviously green...Duhhh!...No duh  
Okay, okay enough already  
Let’s take a closer look, shall WE?  
What I didn’t know  
Much more than a plastic bag bought at the grocery store  
labeled  
Mixed greens  
On further investigation  
Includes; baby romaine and oak leaf lettuces, Swiss chard,  
mizuna, arugula, frisée, radicchio...  
Radicchio? Radicchio? There’s reds and greens and yellows  
and, and What the... I had no idea what to call the many colors  
and flavors and textures...  
Besides salad  
Like mixed greens emotions  
Are not just a bag of mad and sad  
They are a whole world of flavors and textures and colors and  
oh ya don’t forget the gratefulness dressings.  
And your fruitiness and nuttiness.  
So, what are you eating now?