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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 January 2019

acanorcal.com

Together We Can Achieve Anything!



Art submitted by Hitesh

*ACA No. California Intergroup Church Code 867530
Meets the 2nd Saturday of each odd month @ 5:00
2100 J Street Sac, CA 95816 Enter on J Street*

Send newsletter submissions to: cpierson1954@gmail.com

I Find Myself in Darkness

There is so much pain
Tears stream down my face
It has opened the floodgates
My heart becomes more open
Seeing clearly in the darkness
My tears misty and moist,
Unlock the gates I hold so tightly
Watching my pain drift away
By Jacques

Flying Again

Like birds
flying into a window
With a thud!
Some die.
Some return to fly.
Knocked unconscious
They
with time
begin to stir, shake and convulse
It's ok
It's the process
Of waking up
Coming to
Coming to know
We are flying again

Jimmy C.

The Tornado of Denial

Once I met a man who read the poetry of Rumi and practiced the art of “turning.” With care and precision he explained the turning practice of the Mevlevi as a spiritual ceremony – a ritual whirling as an act of love and faith. We know them as “dervishes.”

The fundamental condition

Their belief is that the fundamental condition of our existence is to revolve: as particles revolve around atoms, as the moon revolves around the earth, as the earth revolves around the sun.

Union with God

Their ceremony represents spiritual journey of “turning” toward God and truth – of maturing through love. This is how each transforms his self into a union with God, thus returning to life as the servant of creation.

Forces arising from nature

I have seen whirling dervishes arising from nature in the deserts of Utah and dancing across the sands. I have experienced the power of the intense turning force of tornadoes in Oklahoma.

Spiritual disruption

I imagine that the spiritual disruption in a dysfunctional home is a corruption of this positive energy. I imagine that this corruption is manifested as practiced deception.

Transformation through meditation

I am in my childhood, seeing and feeling the constant swirling of the dust of deception – the denial that is endured as the norm. Self-soothing is not possible in an atmosphere like this. I hear my inner child, a healthy protesting infant: “This is not good for me!” I imagine denial masking itself as a symbol of control, gyrating in an upward spiral, growing greater in its ascent. In my meditation, this tornado of denial grows so large it can no longer support its own momentum. Its power diminishes as it spirals back towards earth in ever tightening circles. Faster, faster, faster – growing smaller and smaller with each gyration – until it vanishes into itself. Inner peace is restored. By Yvonne J.