



A Woman of Recovery Artwork by Karina

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 95816

Thank You!

Inner Child Voices

ACA No. California Intergroup 640

Newsletter February 2019

acanorcal.com

Together We Can Achieve Anything!



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ACA Sponsorship Workshop Sat. Feb. 23rd 5:00 pm
Learn how to take a sponsee thru the 12 Steps using the ACA Red Book and A New Life Workbook. Free. Refreshments provided. Everyone is welcome! Location listed below. In Room 206 upstairs.

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 AM A WOMAN OF RECOVERY

I bleed for the joy and understanding of Life.
My deepest thrill is to make you smile. Laugh. Joy.
I've come to understand you through the quiet of mind.
With the past behind me, and the future undone,
I ask to be Quiet.
Breathe in peace;
Breathe out love.

I was unknown to recovery,
Seeking balance in life.
An obsession so deep-
Unknown to the mind,
Unbroken by soul.
Body rejects allergen,
Subtly begins chemical disturbances.
A craving develops and takes master,
Leaving an unfit spirit to run wild and free.

Now left out of balance,
Mind irrationalizes warnings.
Faster and faster,
The compulsion to act,
Instead of to think.
Unmanageability sets in
Unable to distinguish value from joy.
My body craves excitement,
And my mind fears suicide-
Incongruent option of escape.

I am a woman of Recovery.
Today I know there is more to it
Than weakness and fear.

Watt Ave CDRP,
Sought by way of psychiatric needs,
Became that first step to truly finding me.

Though the search is not over
What I have learned there is plenty.
To begin living how I deserve to be;
I could see you and others,
But no, not me.

No credits and co-dependent,
-The mind-battles and anger-
Overcome denial, self-destruction, and fear.
I let them all love me,
Until I could finally see.
I am a miracle!
Worthy of self-love and serenity.

My Joy is all encompassing,
As I learn I am me, and trust you are you.
With healing comes gifts,
Those "thats" and "desires"
Fade with every new Light.

In a convincing promise,
One day at a time,
My God does for me what I cannot do for myself.
The universe, the true spirit, a healing power.
An Energy connecting my rooted compassion
Through Love and into Service.

For all those who still suffer:
Fear. Denial. Hate.
May this message nourish your spirit,
And firmly plant a seed,
Just wait and see!
A new, progressive Freedom CAN grow.

I am a Woman of Recovery
In Love and in Peace,
Because I took the advice
To pause and release.

-Karina