

Noticing.  
The birds are having fun in the sky.  
I'm grateful their antics caught my eye.  
Seconds.  
Moments.  
Briefest Brevity Builds.  
Patience flows.  
Love soars.  
LIFE IS!  
--Shirley

### **A 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 is usually sent to the local Intergroup and 40% is sent to 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 E. 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 95816

Thank You!

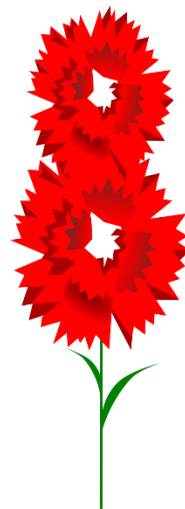
# *Inner Child Voices*

*ACA No. California Intergroup 640*

*Newsletter March 2019*

*acanorcal.com*

*Together We Can Achieve Anything!*



# *March International Women's Day*

### ACA Serenity Prayer

*God, grant me the serenity  
to accept the people I can not change,  
the courage to change the one I can and  
the wisdom to know that one is me.*

*ACA No. California Intergroup Church Code 867530  
Meets the 2nd Sat. of each odd month beginning in  
January @ 5:00 pm in Room 206.  
2100 J Street Sac, CA 95816 Enter on J Street*

Send newsletter submissions to: [cpiereson1954@gmail.com](mailto:cpiereson1954@gmail.com)

## **The Truth**

No one wants to hear the Truth.  
And the Truth to an Alcoholic is like Sunlight  
to a Vampire.  
Painfully Bright.  
And if exposed too long, deadly.  
In fact, Alcoholics are a lot like Vampires.  
We love dark places, and we suck the life out  
of people including our own.  
In the beginning, we were thrilled with our  
new super powers and exciting life.  
We drink to drown our fears, pains and  
regrets, our securities and our successes.  
To numb the urges to be responsible, mature  
and contributing adults.  
Then one day, we realize we are alone in the  
dark.  
Still, we continue because it's all we know,  
and Somehow, we are comfortable even  
satisfied with the familiar.  
It seems we would rather die than try  
something different.  
Then one day I woke up. Cold, alone and  
nearly dead; wondering how did I get here!?  
When I looked in the mirror, I didn't recognize  
the pale, thin and under dweller in the mirror.  
This isn't what God had planned. I've been  
cheated!  
I desperately try to Blame Someone,  
Something. But the cold hard Truth is-  
I am to blame.

I chose this life as an Under Dweller.  
By some miracle, I got into the Rooms of Alcoholics  
Anonymous, and I saw The Truth, The Way and The  
Light. –*Courbet*

## **My Promise**

I am soaring with broad, strong wings.  
An eagle gaze.  
Higher in a beautiful blue sky than ever I've been.  
The weight of my chains of critical father and mother  
Falling off below me as I climb.  
I ascend farther than I have ever been  
Life's troubles fade to tiny, non-perspective specks,  
Only pastels of solid color.  
Weaving, diving, gliding with lightness, my skin tingles  
to prickly bumps.  
My lungs fill with air to a new undiscovered depth.  
This feeling of letting go - of one with my higher spirit.  
"Please let this be my release from the shackles  
forever".  
The Promise - Freedom my reward.  
--*KayLynn*

Creator loves us this we know  
for all creation speaks it so...  
Revealer loves us this we know  
for all it reveals shines through so...  
Redeemer loves us this we know  
for all the gifts given us so...  
--*Jimmy*