

## **The Next Frontier: Emotional Sobriety**

“Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.”  
Bill W. (letter) Grapevine January 1958

## **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 April 2019*

*acanorcal.com*

*Together We Can Achieve Anything!*



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*My Mind Is My Garden  
My Thoughts Are My Seeds  
I will Harvest  
Either Flowers or Weeds.  
Sister B.*

*ACA No. California Intergroup  
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  
For more information: 916-833-6074*

Send newsletter submissions to: [cpierson1954@gmail.com](mailto:cpierson1954@gmail.com)

## Unhide

Heard one day in a meeting and it was said with such a  
beam, Today I live a life beyond my wildest dreams  
There is fear and exhilaration in that statement you see  
I wonder would it would take to be blessed by me  
Thinking about it brought serious panic to my belt  
Courage is the thing that would make it all melt  
But where does one start as I am unsure about that  
The serenity prayer due to suffering from its lack  
Because some become gladiator's and falsely emit  
Others take it on the chin wherever they sit  
Still others are very easily led astray  
While the rest just exist every single day  
Something extraordinary I think is wanted by all  
They just don't know how and worry about the walks fall  
To keep upright though, takes faith and desire  
Sometimes the walk includes coals of fire  
So, I say, unhide from your failures of the past  
Unhide from previous loves that didn't last  
Unhide from the opinions that others might think  
Unhide from those stares that in the past would sink  
Unhide from all the materialistic things  
Unhide and show that your heart does sing  
Unhide and take a step back to reassess  
Unhide and determine that your needs will be addressed  
For your particular journey these are needed by all  
To ensure stability as you step outside the box  
and not fall  
Remember as you enter the abyss and attempt  
to exit the other side  
It's imperative that you have the courage and  
faith to unhide.

Brian C.

## James R.

Chirpybird  
Sitting eyes closed  
You sing to me?  
You yell at me??  
Your consistent rattle  
And roll of tongue and breath  
I open my eyes  
Turn my head to see how near we are  
Within my three steps  
Your red neck and breast  
Shown, little bird  
Little sparrow?  
Your head dances quickly  
You levitate straight up  
Bye Hummingbird

Jimmy C.

It was my home, balancing on the edge of a cliff  
It seems to be where all of them are built  
It felt so safe,  
like when your shoe gets caught on a railroad track and  
the train is coming.  
I do it to myself  
I recreate the instability of my youth  
I try to fix everything.  
I have sat with my parents and watched my intoxicated  
mother try to keep her eyes focused on the television.  
I have watched my father try to balance himself before  
crashing into a cabinet filled with China  
I cannot save them  
And It crushes my heart.  
The people I have lost, the places I call home.  
There is no safe place  
Not until I make one for myself.

Amy K.