

Peace

Peace
Enthusiasm
Acceptance
Consistency
Energy
Sister B.

A 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 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. 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 May 2019

acanorcal.com

Together We Can Achieve Anything!



Artwork by Jacque

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

*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: cpierston1954@gmail.com

The Rescue

Like Carol Ann my inner child needed liberation
Determined as I might, I could not provide the salvation
Gladiator tendencies seemed to help back then
But as the years piled, the effectiveness thinned
Pleading for help this inner being loudly spoke
I could not be bothered and was not awake
Comprehension did not exist that the child was there
So I lived my life alone and scared as if no one cared
Then one day I felt a spirit step to my side
Told me there was a mission to help a small child
My gladiator suited up and was ready to battle thee
What I didn't know is that this child was the former me
So it took a little longer to formulate a plan
How could an inner child exist, I did not understand
But the Higher Power refused to let this issue rest
So, into the room of recovery I went at his behest
Once understood that I had this being inside
I was on a rescue mission to have the child unhide
Into combat I went, slaughtering all the demons before me
As the onion was peeled, more challenges presented thee
In the cauldron of battle I continued to slay
The gladiator tendencies defeated them all by the way
With the mission half over and his location now known
Comes the voyage back, so he can become grown
The child has been located and is closer to freedom
The end to this harrowing saga is starting to become
Brian C. 02/13/19

DARKNESS OF THE NIGHT

Night falls with the promise of sweet slumber;
An enticement which lures me into bed.
But alas darkness turns to torture as the illusion of a cozy
slumber is shattered.
Interrupted by the restless discontent of the unconscious
mind released.
Endless Tossing and Turning in what becomes a padded
prison.
I am flooded with images and ideas racing through the
corridors of my mind.
Trapped in an abyss of torment - The Darkness of the
Night.
Courbet 2011

Who Loved ME???

Where were you when I was sad and blue? Where were
you when I needed to hear I love you? Where were you
when I was hurt and I needed a hug? Who loved me when
I was a little kid? It's all one big blank to me Who loved
me? No one I could see! It's a big empty spot inside of
me! Who loved me? No one I could see! When I found
God it was plain to see He was the one who loved me. He
was the one I could not see. Yet by thirteen I knew He
loved me. Years later God is not enough. I need to learn
how to love myself.
Toni P. First Quarter 2019 • ACA ComLine