

Strengthening My Recovery Anniversary Celebration 2024

Our Group History

Recovery in a Time of Covid

Seemingly overnight, the world of recovery abruptly closed. Lockdowns and health scares kept people from congregating. Face-to-face meeting ended. The quirky and rarified experiences of phone and online meetings offered the only recovery. Suddenly it seemed as though everything was Zoom.

Annie D and the New Jersey Intergroup

Utilizing the Intergroup Zoom account, Annie D created a morning meditation meeting for herself and friends. The format was an amalgam of pieces and parts of other appreciated meetings. The meeting was small, no more than a dozen or two participants.

Inviting the World

In order to send a delegate to the World Service Organization's Annual Business Conference, the meeting had to be registered. Being listed with WSO announced our presence to the world. Within months they left the Intergroup, having their own treasury and Zoom account. By August the Zoom account had to be expanded since we were hitting the 100 participant limit. At that time we also developed a preliminary website so that our script and slides would be readily available to all members. The website became official before the year was over.

4th

to these celebrations continuing.

Supporting Recovery

From the outset, our meeting has valued fellowship and the opportunities we have found to 'play and have fun in our lives.' From pumpkin carving to dance parties to talent shows and coloring - we have enjoyed being together throughout the years. And not just during our Anniversaries. We look forward

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Schedule

*All Programs are on the SMR Zoom account, after the Newcomer session - beginning between 8:50 and 9:00 am EST, unless otherwise **NOTED***

Wednesday, March 20

Coloring with Conrad

<https://www.acamorning.org/group-coloring-8/>

WSO Ballot Proposal Review, with Vivienne

Thursday, March 21

Inner Child Show n Tell, with Tammy

Saturday, March 23

"A Fourth Possibility – Completing the Recovery Process" with Clara T

Sunday, March 24

Trauma Informed Yoga, with Daria

Vision Board Workshop, with Jim R and Friends

4th

Program

Coloring, with Conrad

Everyone, everywhere, all at once... coloring! Chat with friends while coming together to enhance the same drawing. Join the mind-expanding, global phenomenon.

WSO Ballot Proposal Review, with Vivienne

Learn more about the proposals being put forth at the Annual Business Conference in May. Offer your perspective as we gather our Group Conscience for a vote by April 15th.

Inner Child Show n Tell, with Tammy

Inviting all Inner Kids to express creativity in a safe and respectful space. May include singing, dancing, juggling, poetry, art, wholesome comedy, musical instruments, crafts... The sky's the limit! Let's play and have fun.

“A Fourth Possibility – Completing the Recovery Process”, with Clara T

Participants will explore the drama triangle dynamic and gain a deeper and more loving understanding of their Inner Family members. Consider bringing: a picture of yourself as a kid, blank paper, pencils, crayons, scissors, old magazine cutouts, and glue. Have affirmations/feeling words, blankets, stuffed animals, etc.

Trauma Informed Yoga, with Daria

This practice will pay special attention to some of the unique challenges facing adult children, as they strive to recognize and embody their True Selves.

Vision Board Workshop, with Jim R

Join the ongoing workshop as we continue to create and refine our maps to our future. Bring the materials you will need to create this collage of sorts - paper, foamcore, pictures and text from magazines, pencils, markers, crayons, stickers, glue and tape. Jump in or gather ideas for future creation.

4th

And on our website, acamorning.com

A Special 7th Tradition Appeal

Consider a **new** tradition - contributing for each year you've come to *Strengthening My Recovery*. Something like... 1 year/1 dollars... 3 years/3 dollars. Here is a direct link: <https://adultchildren.org/7th-tradition/>

The steps are simple and clearly explained. To contribute in honor of our meeting, click on **ACA Meeting** and then type **WEB0120** in the box. WSO accepts credit/debit cards; Venmo, PayPal and Google Pay. You can even write a check. All contributions are gratefully received.

The 2024 WSO Ballot Proposals

Information about the ballot may be found at: <https://acawso.org/bpc/>. That webpage offers translations of the ballot into a number of languages. Also find links to the recordings of the Town Hall presentations about the issues, which were held in January.

Visit our meeting website for information about our group's process for finding a group conscience: <https://www.acamorning.org/2024-ballot>

4th