

# Strengthening My Recovery Anniversary Celebration 2023

## 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***

Saturday, March 18

- Coloring with Conrad

<https://www.acamorning.org/3rd-anniversary-zoom-coloring/>

Sunday, March 19

- Be Your Own (belated) Valentine, led by Jessie-Jess

Monday, March 20

- Our Group Conscience Business Meeting, with Interim Chair, Eddie  
A look at the WSO Ballot Proposals with our WSO Rep, Vivienne

Tuesday, March 21

- Inner Child Show n Tell, with Tammy

Wednesday, March 22

- An Art Outing, hosted by Jim R

Thursday, March 23

**NOTE: Have fun before our meeting - 6:00 to 7:15 pm EST**

- Sunrise Dance Party, with our DJ, Will B

Friday, March 24

**NOTE: After the meeting**

- Encore Party! More dancing with Will B

Saturday March 25

**NOTE: Time to be determined**

- A Speaker Special: Annie, Founder of SMR, introduced by Rene



# Program

## **Coloring**, with Conrad

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

## **Be Your Own (belated) Valentine**, led by Jessie-Jess

**Love-Letters to Self Workshop** Tune-inward with gentle movement, a short meditation and write a love letter to yourself while practicing Mindful Self-Compassion.

A collection of love quotes will be available/shared. Please bring a stamped, self-addressed envelope to mail the card/letter to yourself. Also bring any arts supplies you'd like for your creation. Can't wait!

## **Our Group Conscience Business Meeting**, with Interim Chair, Eddie

Featuring a look at the 2023 WSO Ballot Proposals with our WSO Rep, Vivienne

## **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.

## **An Art Outing**, hosted by Jim R

Enjoy a virtual Art Excursion. Share a favorite collectable while learning about the honored paintings and art objects of fellow members. Zoom along for this private tour!

## **Sunrise Dance Party**, with our DJ, Will B *Before the meeting*

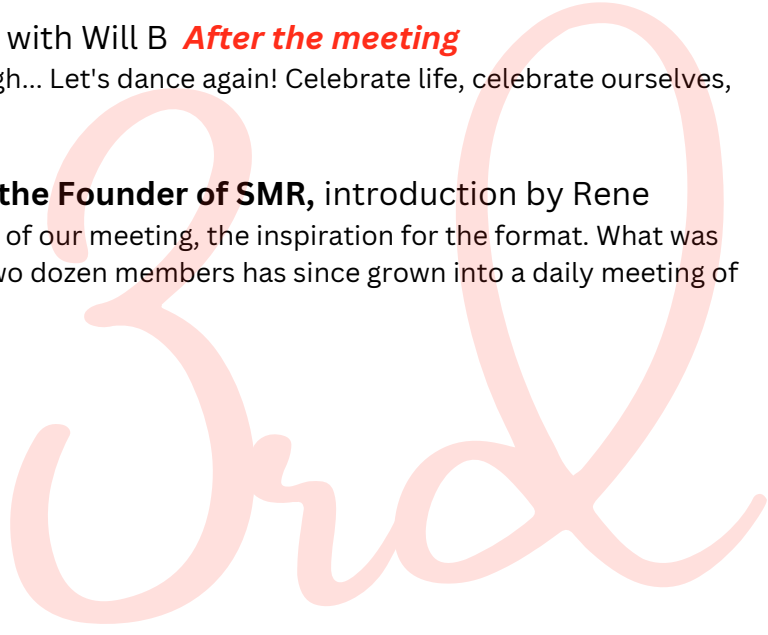
Move to the sounds of Funk and Soul as we celebrate three years of supporting recovery - for ourselves and our fellow ACA meeting members. Let loose and love the experience.

## **Encore Party!** More dancing with Will B *After the meeting*

And, because once is rarely enough... Let's dance again! Celebrate life, celebrate ourselves, celebrate spring.

## **A Speaker Special: Annie S, the Founder of SMR**, introduction by Rene

Hear about the simple beginnings of our meeting, the inspiration for the format. What was once a meeting group of one or two dozen members has since grown into a daily meeting of well over 300 people.



## And on our website, [acamorning.com](http://acamorning.com)

- **The Inner Family Album**

Celebrate our 3rd year anniversary as you peruse the family album and scrapbook. This has been an opportunity to share about you and members of your Inner Family. Now learn about the fellow travelers from our SMR meeting. Find it on our website.

- **The Meditation Slide selection**

Help choose our new meditation slides! We will be taking four from this group to add to our slide deck. Voting from Saturday, March 11th through Thursday, March 16th. <https://www.acamorning.org/vote-for-our-meditation-slide/>

- **A Special 7th Tradition Appeal**

Consider a **new** tradition - contributing for each year you've come to *Strengthening My Recovery*. Something like... 1 year/10 dollars... 3 years/30 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 2023 WSO Ballot Proposals**

Information about the ballot may be found at <https://acawso.org/bpc/>  
At the bottom of the page it says this: 2023 Ballot Proposals have been released for review. You can download the English version **here**, the Swedish version **here**, and the Spanish version **here**.

Visit our meeting website for information about our group's process for finding a group conscience.

