



Strengthening My Recovery Anniversary Celebration 2025

Welcome

Recovery in a Time of Covid

March 20th, 2020. Seemingly overnight, the world of recovery abruptly closed. 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, *Strengthening My Recovery*, for herself and her 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. Listed with WSO announced our presence to the world. Within months, a now larger meeting group established their own treasury and Zoom account. Reaching the 100 participant limit by August, the Zoom account was expanded. At that time we also developed a preliminary website so that our script and slides would be readily available to all members. The website, acamorning.org, was officially adopted before the year was over.

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 to these celebrations continuing.

Happy 5th Anniversary!



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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**

Monday, March 17

- **SMR Meeting Script Review**, with Jim R. [click here](#)

Tuesday, March 18

- **Magic Treasure Hunt**, with Moonti [click here](#)

Wednesday, March 19

- **Story Time** with Tammy [click here](#)

Thursday, March 20

- **Coloring** with Conrad [click here](#)

Friday, March 21

- **ACA Scavenger Hunt** with Jim R. [click here](#)
- **“The Complete Picture”**, with C.J. and ACA Intergroup 754 [register here](#)
NOTE: 11:00 am Eastern; **Zoom ID** 927 7560 4362 **Passcode:** LOVE

Saturday, March 22

- **Inner Child Meditation** with Edmundas

Sunday, March 23

- **Pantoum Poetry Session**, with Hala [click here](#)

Monday, March 24

- **Service Celebration!**

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Program Highlights

SMR Meeting Script Review, with Jim R

Take some time to see some of the proposed changes to our meeting script. Learn about the process we are undertaking. Offer your suggestions. See also the new 'silent meditation' slides being offered.

Magic Treasure Hunt, with Moonti

Rediscover childhood dreams... Express joy with drawing, writing, or an 'online shopping spree'... Anything is possible - learn to expect the best. Practice receiving with a deep dive into abundance. Hmm... what do you truly want?

Story Time, with Tammy

Inviting all Inner Kids to settle in with a snuggly companion and enjoy a storybook reading. You may bring your own favorite kid's book and read it for the group. Let's play have fun.

Coloring, with Conrad

Everyone, everywhere, all at once... coloring! Chat with friends while coming together to enhance the same digital drawing. Join the mind-blowing, global phenomenon. And, if you'd prefer, have pencils and a coloring book and play along at home.

ACA Scavenger Hunt, with Jim R.

Join the pursuit. Teams search the world wide web for solutions to trivial questions about ACA, the programs and meetings.

"The Complete Picture", with C.J. and IG 754

This workshop offers a nurturing space for healing and self-discovery with a deep dive into the Drama Triangle, exploring the dynamic relationships we have with both our inner family members and with others.

In addition to ACA readings, we will have creative activities such as collage making, non-dominant handwriting, journaling, drawing, coloring and meditation. And we will have exciting guest speakers who will share their personal experience, strength, and hope.

Inner Child Meditation, with Edmundas

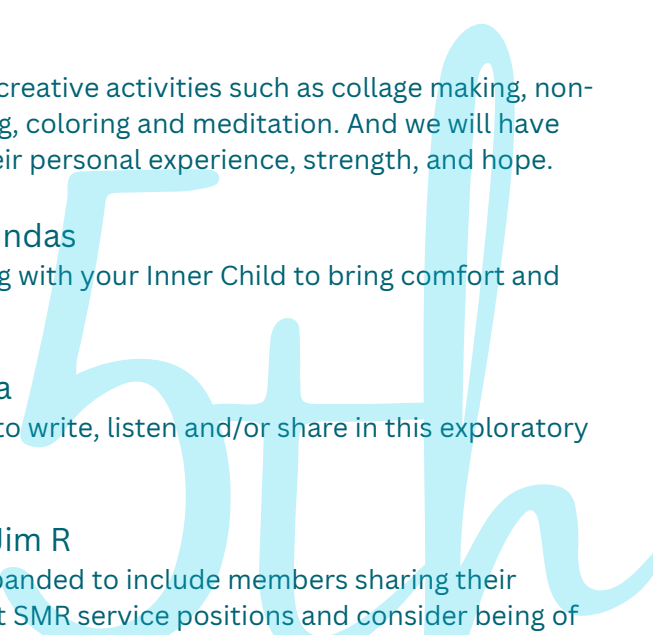
Experience techniques for communicating with your Inner Child to bring comfort and connection.

Pantoum Poetry Session, with Hala

Celebrate with us! Invite your inner poet to write, listen and/or share in this exploratory heart-focused session

A Service Celebration, hosted by Jim R

Our usual Healthy Service 24/7 will be expanded to include members sharing their experiences and suggestions. Learn about SMR service positions and consider being of service to the SMR family.





And on our website, acamorning.com

- **The NEW Meditation Slide selections**

Help choose our new meditation slides! Members will vote to determine which four images we will utilize during our morning meetings. Voting will begin on Monday the 17th and end on Monday the 24th. New slide submissions and the opportunity to vote will be found on our website and will be announced in our Latest News.

- **A Special 7th Tradition Appeal**

Consider a *new* tradition - directly contributing to ACA World Services in appreciation for the literature and programming they provide. Perhaps based on your years in ACA recovery. Here is a direct link for contributions: <https://adultchildren.org/7th-tradition/> It's easy... and, if there is a space to comment or identify your home group, you may honor us by indicating our meeting: **WEB0120**. The WSO accepts credit/debit cards; Venmo, PayPal and Google Pay. You can even write a check. All contributions are gratefully received.

- **The 2025 WSO Ballot Proposals**

Voting on these proposals will aid in setting the agenda for the ACA Annual Business Conference. We will review these proposals and offer a single vote from our group. The ballot proposals are found here on our website

Visit our meeting website, acamorning.org, for information about our group's proposal process for conducting business and for finding a group conscience.

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