

A close-up photograph of a person wearing a bright yellow jacket, sitting at a desk and writing in an open notebook with a black pen. The person's hands are the central focus, with the right hand holding the pen and the left hand resting on the notebook. The notebook pages are filled with handwritten text. The background is softly blurred, showing more of the person's jacket and the desk surface.

**A HEALING
CREATIVE &
PRACTICAL
SEMINAR**

JOURNAL-MAKING EVENT NOV 16 2019 1-4PM

**MAKE AND TAKE YOUR OWN JOURNAL
LEARN THE BENEFITS OF JOURNALING IN RECOVERY
SHARE YOUR CREATION WITH OTHERS
ENJOY FELLOWSHIP AND REFRESHMENTS**

Fairbanks Hospital 8102 Clearvista Pkwy 46256 Rm 158
Hosted by InRecovery Intergroup of Adult Children of Alcoholics

A PROMISE OF ACA

FROM "TO THE BEGINNER IN ALL OF US"

Doing the healing "work" one day at a time, we have seen the temporary glow of our early days become the permanent radiance of our awakened spirits as we take spiritual flight from our protective cocoons and transform into the unique beings our Higher Power intended us to be.

ACA is a spiritual program based on action coming from love. We are sure that as the love grows inside you, you will see beautiful changes in all your relationships, especially with yourself, your higher power and your parents. (From "The Solution")