

## ACA Women's Retreat



### **WORKSHOP Day!**

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[WWW.ACAWomensRetreat.org](http://WWW.ACAWomensRetreat.org)

## *Finding Acceptance as We Age*

**Date:** Sunday, January 23, 2022

**Meeting Id:** 814 0310 4216

**Passcode:** 632169

**Time:** 9 am - 12 pm **PACIFIC TIME**

- **8:30 am** Check in and coffee chat
- **9:00 am – 10:30 am** ACA Workshop with Nancy M. *Finding Acceptance as We Age One thing we all have in common is that life is constantly changing and we are changing, too. Some of us are moving from school to searching for work. Some are considering the next stage in life, moving from the role of full-time employee to what may feel like a retirement abyss. There are so many iterations of change. How do we navigate and embrace the inevitable changes and how our identity is impacted? How do we support ourselves along life's journey of change? The solution is to be our own loving parent.* Please join us in this exploration.
- **10:30 am – 10:45 am** Break
- **10:45 am – 11:50 am** ACA Meeting
- **11:50 – Noon** Announcements, Readings and Closing Prayer

7<sup>th</sup> Tradition donations may be made via Zelle to  
[acawomensretreat@gmail.com](mailto:acawomensretreat@gmail.com)

ACA World Service Organization  
Website: [www.adultchildren.org](http://www.adultchildren.org)

## The Twelve Steps of ACA

1. We admitted we were powerless over the effects of alcoholism or other family dysfunction, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understand God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and, when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others who still suffer, and to practice these principles in all our affairs.

## *The Serenity Prayer*

*God, grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.*

## The Twelve Promises of ACA

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to "people-please" will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failure and success will leave us, as we intuitively make healthier choices.
11. With help from our ACA support group, we will slowly release our dysfunctional behaviors.
12. Gradually, with our Higher Power's help, we will learn to expect the best and get it.

## *The Beautiful Prayer*

*God, help me to believe the truth  
about myself...no matter how  
beautiful it is.*

## *The ACA Serenity Prayer*

*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.*