

Primary Sources- ACA Self-Care in a Pandemic Year

Historians call documents like diaries or journals, such as *The Diary of Anne Frank*, **primary sources**. Historians value these documents as they give insight to both the events and the lived experiences of people in extraordinary times.

In an act of self love and care, ACAs use journaling to become the primary sources of their own stories, experience, and evolution. We know that the process of reflection on our experience and story is how we break the cycles of denial, disparagement, and confusion.

Quote from the BRB on the subject of journaling

In addition to Step work, an effective way to cultivate self-love involves journaling... (Pg. 440)

Quote from ACA Daily meditations book:

One of the tools we use in recovery is the art of journaling all of the things we've been holding in for so long in order to help us get in touch with our Inner Child. (June 20th)

Taking time to reflect is especially important after a year like 2020- of disease, death, and quarantine, a consequential and conflict ridden election, natural disasters, and tumultuous social justice uprisings.

In this event, we will take time to journal about our ACA vulnerabilities and strengths, struggles and recovery in 2020. By gathering together and sharing honestly in the group, we support each other in the process of feeling and talking and share our strength, hope, and experience.

Structure of the event:

4pm (Pacific Time US)- open meeting

4-4:20: Introductions and Readings from The Big Red Book

4:20-5: Journaling on theme of our "ACA Self-Care in a Pandemic Year"

5-6: Sharing and close the meeting

Where: Zoom

When: April 10th, 2021 from 4 to 6pm Pacific Time

Attendance limited to 20

RSVP at: blozzom2@gmail.com

Secretaried by Michael H and Michael A- Oakland CA ACA