

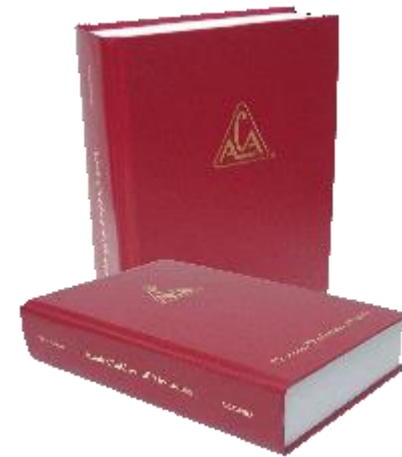
### ***The ACA Promises***

- 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) Fear 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!***

### **Step Ten Guide**

- ***Am I isolating and not talking about what is really going on with me?***
- ***Did I view anyone as an authority figure today and feel frightened or rebellious?***
- ***Did I dissociate, fantasize, or become involved in self-harm today?***
- ***Am I keeping secrets and feeling unique? Am I talking about my feelings?***
- ***Am I being honest in my relationships or am I seeking approval over honesty?***
- ***Am I acting "perfect" and obsessing over making mistakes?***
- ***Do I overreact or isolate from others when I perceive that I have been criticized?***
- ***Am I attending ACA meetings to nurture myself and to give back what was given to me?***
- ***Have I acted helpful recently to manipulate others?***
- ***Am I secretly angry at someone, but I am avoiding talking about it?***
- ***Have I listened to my Inner Child or True Self today?***
- ***Did I judge myself or someone else without mercy today?***
- ***Am I listening to the Critical Parent or Loving Parent?***
- ***Am I remembering that I can ask for help today and that I can call someone?***

# **ACA MEETING LIST FOR CONNECTICUT**



**Connecticut Intergroup of ACA**  
[www.ct-aca.org](http://www.ct-aca.org)

*Intergroup meets every other month  
On 3<sup>rd</sup> Saturday of month 10:00-11:30am  
Rocky Hill Congregational Church  
805 Old Main St. Rocky Hill, CT 06067  
Contact Info: odatski@gmail.com*

*Revised 2/1/2020*

## SUNDAY

**East Lyme-10:00am(CT095)En-WH-D**  
"Innermost Group"..248 Flanders Road  
Upstairs Conference Room @ Stop & Shop

**Branford-5:00pm (CT0132) Open to all**  
"Love Tribe ACA" 1008 Main St.

**Milford-6pm(CT0128)AF-WH-D-12Step-Bk**  
"Road to Recovery" 30 Ormond St.  
Meet in library (front door)  
Park in back or on street.

## MONDAY

**Guilford-7:00pm(CT087)En-D-Bk**  
129 Ledge Hill Rd.  
St. John's Episcopal Church

**Canton-7:00pm (CT0125)En-12 Step**  
184 Cherry Brook Rd  
1<sup>st</sup> Congregation Church (basement)

## TUESDAY

**Hartford 12pm(CT118)En-Laund Lst-Top**  
"Searching for Serenity" 198 Wethersfield  
Ave. Parking in the back  
Located within the CCAR building

**West Hartford-6:30pm(CT112)En-D-12Step**  
Women's Meeting...47 Pleasant St  
St. Peter Claver Church

**Marlborough-7:00pm(CT051)En-D-12Step**  
"Get a Life"...24 South Rd.  
Fellowship Community Church

**Norwich-6:30pm(CT0124)En-WH-D-Bk**  
"From the Beginning" 326 Washington St.  
Backus Hospital PHP Room Main Entrance

## WEDNESDAY

**Grosvenordale(CT129)-11:00am Wh-Bk-St**  
"Someday Just Began" 15 Thatcher Rd  
TEEG Bldg. Enter near flag. 1st flr conf. room

## WEDNESDAY(cont.)

**Mystic-10:30am(CT057)En-D-Bk**  
"Growing In The Light"  
Yacht Club Rd.- Enders Island  
Maint. Building far right corner  
For Directions call 860.536.0565

**Westport-7:00pm(CT096)En-WH-S/D-12Step**  
"A Safe Place" 55 Myrtle Av. Mackenzie  
House Christ & Holy Trinity Church  
Park in large prk. lot-entrance off of Elm St.

**Mansfield Center-7:00pm(CT089)En-WH-D-12Step-Bk**  
189 Storrs Rd. (Rt. 195)  
Natchaug Hospital

**Middletown-7:00pm(CT100)En-WH-C-D-**  
"Pathway to Emotional Sobriety" 12Stp-Bk  
229 High St. South College Bldg.

**Oakville-7:30pm(CT083)En-D-Bk**  
"Love Over Fear"..262 Main St.  
All Saints Episcopal Church...1Hr Mtg.

**New Haven-7:00pm(CT130)WH-D-Bk**  
"Elm City Solution" 1302 Chapel St.  
Place to Nourish Your Health

**Windsor-6:30pm.1 hr.(CT0133)Bk-D**  
"Strengthening My Program"  
118 Palisado Av.(off Rt.159)  
Recovery Club 2nd floor Angel Room

## THURSDAY

**Mystic-6:30pm(CT080)En-D-12Step-Bk**  
"Rejoicing In The Growth" 119 High St.  
Union Baptist Church-The Morgan House

**S.Windsor-5:45pm(CT0127)**  
S. Windsor Women's Mtg. En-D-Women's  
Unity of Greater Hartford  
919 Ellington Rd,(Rt. 30)

## THURSDAY(cont.)

**Danbury-7:00pm(CT0122)En-D-12Stp-Bk**  
"Moving On" 1Glen Hill Rd(Glen Hill/Genesis  
Center) First driveway on right. Lower level  
Conference room.

## FRIDAY

**Windsor-7:30pm(CT073)En-12Step-Bk**  
"Surrendering to Serenity"  
118 Palisado Av.(off Rt.159)  
Recovery Club 2<sup>nd</sup> Floor Angel Room

**New Haven-6:30pm(CT119)En-D-Women's**  
"Strengthening My Recovery"  
305 St. Ronan Street  
Bethesda Lutheran Church Hall  
305 St. Ronan St.

**East Haven-7:00pm(CT131) Mens/CI/Bk**  
"Talk, Trust,& Feel Group" 39 Park Place  
Christ & Epiphany Church  
Behind the green, park in rear-mtg. dwnstairs

## SATURDAY

**Shelton-10:30am(CT072)En-D**  
ACA Women's Group 188 Rocky Rest  
Rd.(Corner of Long Hill Av.)  
Meet in Upper Lounge FUM Church

**Old Lyme-12:00pm(CT102)En-WH-D-Bk**  
"Safe Harbor"...82 Shore Rd.  
St. Ann's Episcopal Church (rear entry)

**Mansfield Center-10:00am(CT120)En-WH  
12Stp-Bk**  
"Find Healing & Freedom Through the Steps"  
189 Storrs Rd. (RT 195) Natchaug Hospital

**New Haven-  
3:30pm(CT0135)Spanish/En/Bk**  
"Nuevo Horizonte" 62 East Grande Ave.  
St. James Episcopal Church-Second Floor  
Property or street parking All Welcome!