



ACA Massachusetts Intergroup 3rd Annual Spring Gathering

Sunday, May 5, 2019 from 1-4:30pm

Come meet fellow travelers from across Massachusetts, learn or deepen your knowledge of mindfulness, enjoy good food and great conversation!

This event is a potluck - if you would like to bring an appetizer, dessert, soda/juice/water or the like, please contact acamassintergroup@gmail.com to RSVP! Not necessary but helpful for planning!

Program will include:

Intergroup progress update

“The Power of Mindfulness in Recovery”

In this hands-on 2-hour workshop, you will learn:

- How to pay attention to your thoughts, feelings, body and Inner Child.
- A simple reparenting process you can use alone or with others.
- How to integrate mindfulness into everyday activities to live more fully.

With practice, mindfulness helps us live in the solution - we live in the present and make healthful decisions as actors, not reactors.

Fellowship and literature purchasing

Where:

Salem Covenant Church
215 Mountain Road, E
Worcester, MA

Parking and entrance to the event are located at the back of the building.