

UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.

JANUARY 2018



Featuring positive, uplifting information exclusively from The Morris Center for Healing from Child Abuse.

## ***UPLIFT***

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Original Poetry

***A winter's prayer for survivors of child abuse***

**Deep into winter  
when Life feels so slow  
May there be warmth  
and somewhere to go**

**May I be grateful,  
for Courage and Grace**

And know to let go  
and when to embrace

And if, in those moments  
of grief and despair  
May kindness still find me  
no matter where

May Faith in myself  
hold my hands going forth  
And assure me tonight  
of all that I'm worth

Assure me tonight  
if it's I, I forsake  
The Light is still coming  
there's Hope when I wake

**Author: Ivy Shawl-Song [©2017, Shawl-Song]**

We are excited to announce that The Morris Center was invited to participate in [SHARE!](#) Recovery Day, 2018. SHARE! is a Southern California based not-for-profit organization that provides friendly, accessible and supportive meeting space to more than 140 weekly recovery meetings! We are excited to participate and facilitate a first ever ASCA meeting in Culver City, CA!

**Discover  
NEW MEETINGS!**

# **Recovery Day!**

**Saturday January 27th 2018**

**9:00am to 5:00pm**

**Speakers, Literature Booths, Recovery  
Panels and More!!**

**Debtor's Anonymous**

**Gam-Anon**

**Nicotine Anonymous**

**Co-Dependents Anonymous**

**Crystal Meth Anonymous**

**Neurotics Anonymous**

**Emotions Anonymous . . . AND MANY MORE!**

For more information contact  
[pam@shareselfhelp.org](mailto:pam@shareselfhelp.org) (310) 305-8878



**FREE LUNCH! FREE PARKING!**

**SHARE! the Self Help and Recovery Exchange!**

**6666 Green Valley Circle, Culver City, 90230**

The Morris Center will also be providing pamphlets, encouragement, and support for all survivors who are interested in starting their own meeting! Come down and

experience the benefits of sharing in a safe and supportive meeting. Free lunch is provided by our gracious host!

## Recovery Day Schedules for Meetings



Rooms	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm
<b>Prosperity</b>	African American Self-Improvement Coalition	Neuro Linguistics Program For Better Living	LUNCH	Mankind Project	Women for Sobriety	Workaholics Anonymous
<b>Harmony</b>	Bereavement Grief and Loss	Nicotine Anonymous	LUNCH	Communicating Personally	Cocaine Anonymous "Young Guns"	Neuroticos Anonimos Spanish
<b>Unity</b>	Crystal Meth Anonymous	Gam-Anon	LUNCH	Co-Dependents Anonymous (English)	Codependientes Anonimos (Spanish)	Emotions Anonymous
<b>Serenity</b>	Nar-Anon	Neurotics Anonymous	LUNCH	Reflections of Procovery	Cleptomaniacs And Shoplifters Anonymous	Narcoticos Anonimos (Spanish)
<b>Tranquility</b>	Depression and Bipolar Support Group "Continued Recovery"	Recovery Couples Anonymous	LUNCH	Alcoholics Anonymous	Debtor's Anonymous (Artists in Recovery)	Recovery International
<b>Felicity</b>	Toastmasters Dynamics 90's	Cocaine Anonymous (Long Beach Panel)	LUNCH	Nar-Anon (Spanish)	Sex and Porn Addicts Anonymous	Los Angeles County Young People in A.A. (LACYPAA)
<b>Main Office</b>			LUNCH			Adult Survivors of Child Abuse

Please contact Pamela Velazquez with any questions you may have.  
[pam@shareselfhelp.org](mailto:pam@shareselfhelp.org) Contact number: (310) 305-8878

Our 1 hour Open Share ASCA Support Group meeting will start at 3pm in the Main Office.

## An inspiring speaker shares inspiring feedback

I continue speaking around the country about prevention of bullying and child abuse primarily because through my association with ASCA, I have come to realize that a personal story from an adult survivor of child abuse can be very inspiring to children who are currently being abused. What also inspire me greatly are the comments I continue to receive from children around the country who attend my presentations. Here are a few examples:

*"I just wanted to say that your story was incredibly inspiring. I think a lot of kids in our school needed to hear everything you said."*

*"I was bullied a lot when I was younger. I want to thank you for giving me inspiration, and putting something that was tragic, to good use."*

*"I just wanted to say that your speech was extremely inspiring. I have had sort of a traumatizing life, so this made a HUGE impact on me."*

*"I was the one that talked to you about the kids calling me n word and a teacher is doing nothing about it. Thank you for your advice and help."*

*"I just wanted to say thank you. Also I passed what you said to me to one of my friends it helped her she quit self-harm! It made me happy and I hope I can do what you do later in my life I'm thinking about going to school to be a therapist."*

[Sumi Mukherjee, Author and Speaker](#)

## Exclusive news for present and future ASCA Co-facilitators

### INTERESTED IN FREE TRAINING TO BECOME A CO-FACILITATOR?

- Start your own ASCA Support Group!
- Receive mentoring and guidance from other co-facilitators
- Give back to the ASCA community by learning how to hold safe meeting spaces

[February 10 & February 17 contact us to sign up today!](#)

### ALREADY ONE OF OUR AWESOME ASCA CO-FACILITATORS?

- You're invited to our first ASCA Co-facilitator conference of 2018
- Join the conference from anywhere in the world
- Chance to meet members of the board

[February 18 contact us to sign up today!](#)

We continue to look for your personal stories, photography, artwork and positive forms of self expression. We consider all entries that relate to the ASCA program.

[Send in your submissions](#)

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UPLIFT joins our still ongoing, quarterly newsletter. We would love to feature you. If you would like to volunteer, have comments or would like to provide supportive feedback for anyone featured in this newsletter, send an email to [ascanewseditor@gmail.com](mailto:ascanewseditor@gmail.com) by including their name in the subject line of your email.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.

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