

One Day at a Time in ACA – Daily Meditations

The ACA Sunday Group in Keyzersgate, Norway is working on a book of daily reflections with the ACA WSO Literature Committee. We need one short text for each day of the year. **We hope you will contribute to this exciting project! Your thoughts and experiences, your strength and hope are invaluable, and they would help and inspire other adult children in their recovery.**

You are invited to send your work via snail or e-mail but before any work is considered ACA WSO **must** receive by way of snail mail the following release duly **signed** as well as a hard **copy** of the e-mail submission.

E-mail submissions should be sent using MeditationBook@adultchildren.org.

Please highlight the Release Form below, copy it to your word processing program and submit it along with a hard copy of your story to:

Daily Meditation Chair, ACA Sunday Group
Keyzersgate 1, N-0165 Oslo, Norway

RELEASE FORM

I herewith give my permission to the World Service Organization of Adult Children of Alcoholics to use my e-mail submission in the preparation of the Daily Meditation Book for Adult Children, without compensation to me. If my name is used at all, only my first name and last initial will be used. I understand that my submission may be edited. The copyright will belong solely to Adult Children of Alcoholics World Service Organization, Inc. There is no guarantee my submission will be used.

Print name, first and last: _____

Topic(s): _____

Address: _____

Telephone: _____

E-mail: _____

Date/ Signature: _____