



ARCHETYPES

TRIBAL NEWSLETTER

VOLUME 01 • EDITION 03 • AUGUST 2026

A PUBLICATION OF THE TRIBE OF BROTHERS

GO SLOW • BE GENTLE • WHAT WOULD A LOVING PARENT DO OR SAY, RIGHT NOW?



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- UNITY** We rise by lifting each other.
- RECOVERY** From survival to thriving.
- SERVICE** Be the change you want to see.
- POTENTIAL** Release your truest self.
- GRATITUDE** Brotherhood. 12 Steps. A system.

CONNECTION IS THE OPPOSITE OF DYSFUNCTION



NEED A MEETING?

TAKE ONE SIMPLE STEP

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UNITY
UNITED WE STAND.



RECOVERY
From Survival to Thriving.



SERVICE
See the Change World.



POTENTIAL
True Selves. Truest Potential.



GRATITUDE
Brotherhood. 12 Steps, a System.

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ARCHETYPES

— Bi-Monthly Publication —



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ACAD Tribe
Men's Fellowship

Volume 01, Edition 03, August 2026

PROMISE TWO

"Our self-esteem will increase as we give ourselves approval on a daily basis." -ACA Promise Two

This promise contains a kind of condition attached to it. It's a good condition, one to which we ought to pay heed. We don't gain self-esteem just by wanting it. We gain it by doing something: giving ourselves approval. This is easier said than done.

Most of us have been told since we were young that we are worthless, even hopeless. We may have received this message in the unkind words of our caregivers, but it was probably also there in less obvious ways. The tone of voice used with us, how we were interacted with, the facial expressions and body postures of those around us, these all sent powerful messages to that young child we once were. These subtle messages are probably more long-lasting than overt cruelty (which is bad enough). They are harder to argue with, because they weren't said openly, but expressed without words. We had no way to resist them.

Recovery asks us to challenge these messages. One of the ways we do this is by offering to ourselves the kindness we did not get as children. Boys often find this more difficult, because society socializes us to avoid feelings as much as possible. By the time we grow up, we may be unaware of our emotions, except as something we must suppress and avoid showing. So on top of our families not valuing our feelings, we grow up in a society that tells us they must be hidden.

How is a man to give himself approval? The superficial ways to do this are to achieve things: big muscles, successful careers, sexual conquests, and defeating others in games or sports. These can be fun and exhilarating, and it is not wrong to exercise,

seek success and sex, etc. But they don't heal deep wounds. Instead, they tend to be attempts to go around that process.

So again, how might a man speak to himself in ways that address the profound traumas he has barely been able to acknowledge most of his life? We need to find words that are relevant and that probe us deeply. There are hundreds of affirmations written for various people in different situations. Most of these come from mental health specialists and addictions programs. Many of these are excellent, and worth looking at. But I'd like to suggest some that seem to work well for me.

-I survived terrible events when I was just a little boy. I can survive anything that comes my way as a man.

-I was born with all the same possibilities as anyone else. No one is unworthy of a chance to thrive.

-If God loves others and blesses them, it necessarily follows that He must love me too.

-Feeling pain is natural and normal. It doesn't diminish me as a man.

-I did not make this world, I was born into it as it is. Whatever wrongs I have done, they are a reflection of this truth.

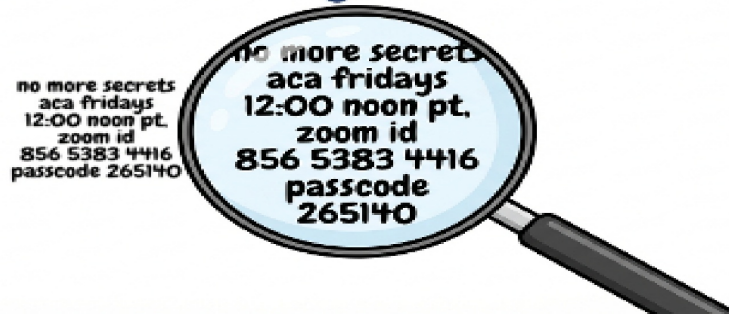
-I have the right to struggle through life, and I see struggle as a way to find my true strength.

-I am not alone in suffering. I can find other men who respect me for acknowledging my pain, and I will respect them the same.

You can create your own affirmations that speak to you. In fact, it is a good practice to try out different positive statements. Act as if you are worth it, and the belief will follow. It won't happen immediately, but it will happen

-David R

Meeting in Focus



NO MORE SECRETS ACA

Sexual compulsivity can function as a trauma response when the brain and body use compulsive sexual behavior to survive or cope with the aftermath of trauma. Rather than being driven by pleasure, it serves as a way to regulate the nervous system.

When stemming from trauma—particularly childhood abuse, sexual assault, or neglect—sex addiction typically develops for these primary reasons:

Reclaiming Control: Trauma often strips away a person's autonomy. Engaging in sexual activity can provide a temporary sense of agency and power, allowing the survivor to make their own choices.

Numbing Emotional Pain: Sex acts as a self-soothing or dissociative tool. It is frequently used to distract from overwhelming feelings, anxiety, or traumatic flashbacks.

Dopamine Release: During sexual activity, the brain releases a surge of dopamine (the "feel-good" chemical), which can temporarily calm the fight-or-flight response caused by trauma triggers.

Seeking Validation and Love: If a survivor only received attention, affection, or a sense of worth during childhood abuse, their brain may associate sex with safety, connection, or being valued.

Trauma Reenactment: Sometimes, individuals unconsciously seek out scenarios that mirror their past trauma, as the brain attempts to process, master, or rewrite the traumatic event.

Because this behavior is rooted in survival and escapism, it often leads to distress, risky behaviors, or feelings of shame and regret afterward.

Understanding sexual compulsivity as a symptom of unresolved pain is the first step toward healing. Our weekly meeting is a place where you can discuss these sensitive issues in an environment of trust and safety.

No More Secrets is a unique place where you can explore both the trauma and the behaviour resulting therefrom. At last we are no longer alone.

BOREDOM

Boredom is the feeling that everything is a waste of time; serenity, that nothing is. ~Thomas Szasz

I've never been easily bored. If I feel boredom emerging, I usually try to do something about it. I suppose that is one answer. But really, am I not distracting myself from a negative and nihilistic feeling by doing this? A great deal of my escape from boredom is escape into something fairly time-consuming and not very profitable. In other words, I waste a lot of my time escaping.

And do not imagine this has no impact upon my psyche. It surely does, as I allow myself to be swallowed up into activities that dull my senses. Hence, my answer to boredom seems to be to feel nothing at all, or as little as possible. Yet, I have an active imagination, that fuels many plans, hopes and desires. And there are other options besides... exercise, meditation, reading, journaling, etc. These seem healthier, and I try them. Yet are they not still forms of escape?

The question arises: why should boredom be escaped? Or even, can it be escaped? The answer to boredom is its opposite--acceptance.

For boredom is a reflection of unhappiness with the state of my affairs. Acceptance may not lead to happiness immediately, but it is a better route than escape. Nothing about us is wrong, per se. Even the darkest thoughts spring from some cause.

The impulse to action is often celebrated. But sometimes inaction is called for. Then the question is our attitude.

Will we find it intolerable because of what emerges in the empty time, or will we spend it getting to know ourselves just a little bit better?



HEALING OUR WOUNDED MASCULINE SELF*

The Crucible of the Shattered Mirror

How many times have you looked in the mirror and wondered if the man staring back at you is nothing more than a carefully assembled collection of survival tactics?

Have you ever stopped to ask yourself whose war you are actually fighting when you flare into sudden rage, or why your body defaults to a freezing, absolute numbness the moment someone questions your worth?

We live in a world that has turned the very word "masculinity" into a battlefield, dissecting it through academic terms, political adjustments, and cultural warfare. You hear the phrase "toxic masculinity" thrown around like a casual insult, weaponized by a society that often seeks to pacify the male spirit rather than heal its wounds. But if you look underneath the noise, underneath the cultural polarization and the broken family court systems, you find a deeper, quieter reality. The problem isn't "toxic masculinity" or "toxic femininity"—the truth is much simpler, much heavier, and far more intimate.

There are only toxic loops born of un-mourning childhood terror and frozen biological energy. What our civilization labels as an inherent gender flaw is actually the hyper-aroused, desperate flailing of an adult child trying to navigate a world he was never taught to trust. For the Adult Children of Alcoholic and Dysfunctional Families, the conversation around manhood cannot be resolved by taking a side in a cultural debate. True restoration demands that we strip away the moralizing veneer and examine the exact neurobiological architecture of the human animal under stress.

The Hydrostatics of the Somatic Fortress

Consider the mechanics of a deep-sea submarine navigating a pitch-black oceanic trench. If the vessel's steel hull plates are warped during early construction in the dry dock, the submarine does not malfunction out of structural malice when it submerges into the deep. It buckles because it is bound by the immutable laws of hydrostatics; the internal pressure cannot match the terrifying weight of the outside environment.

You are that vessel, brother. When an adult child is raised in an environment shaped by emotional freezing, narcissistic volatility, or chronic dependency, his biological alarm networks are physically re-wired for speed. According to Stephen Porges' Polyvagal Theory, your sympathetic nervous system became locked in a permanent, hyper-aroused configuration to ensure your survival. You learned to read the shifting micro-expressions of an unpredictable parent before you even learned how to tie your shoes. What the secular world carelessly brands as toxic behavior is almost always the trapped, un-discharged survival energy of Fight, Flight, Freeze, or Fawn operating automatically within deep somatic tissues. You built an unyielding armor because your original home was a warzone, and that armor is what kept your soul alive.

The Anatomy of the Internal Feudal Lord

We must deconstruct the operations of the inner and outer critical parent to understand how the prison stays stable. When childhood trauma alters the neural filtration grids, it establishes a cruel feudal lord who rules your consciousness through toxic shame loops.

The inner critic operates as a localized threat-focus, launching relentless attacks of self-loathing whenever you display normal human vulnerability or make a simple mistake.

To protect the boy from this internal executioner, your system automatically activates the outer critic, projecting that suspicion onto your intimate relationships. You begin hyper-scanning your partner for flaws, micromanaging your space, and retreating into a cold, prickly style of communication that alienates the very love you crave. This is how acquired neurodivergence manifests in the adult child: an inherited alarm system that treats intimacy as danger and isolation as safety. This polarity distorts conventional masculine behavior, turning natural protective instincts into aggressive hyper-control or codependent fawning. It is not a gendered crime; it is the natural consequence of emotional abandonment.

The Sovereign Blueprint of Integrated Power

What then does successful masculinity look like through the lens of an ACAD Brother of the Tribe? It is the total reclamation of your somatic sovereignty and the ancestral boundary reclamation that stops generational trauma dead in its tracks.

Successful masculinity is the transition from the fractured, defensive posturing of the Armoured Teen into the integrated presence of the Loving Warrior Leader. It is a state where a man is no longer driven by the unconscious impulse to qualify for the approval of an unstable environment or a primary parental figure. He establishes a firm, dominant, yet positive masculine frame that is rooted in personal security rather than performance. He likes himself exactly as he is, recognizing that his baseline sensitivities are not biological defects but his primary engine of connection and deep empathy.

The Polyvagal Exhaust Valve

Before we look into the architectural execution of this sovereign state, let us drop your nervous system out of foveal threat-focus. Take one deep, full inhalation through your nose, then immediately take a second, quick inhalation on top of it to fully expand the lower lobes of your lungs. Now, release a long, slow, audibly unconstrained sigh through your mouth, letting your shoulders drop completely into the earth. Repeat this cycle twice. Let the body register that the war is over.

An integrated man understands that true power is born in the space between stimulus and response, where the ability to subordinate a survival impulse to a deeply internalized value reigns supreme. He does not run from his personal suffering; he stays intimate with it, using the psychological flexibility metrics of acceptance and commitment to penetrate the pain to its source.

He speaks with absolute purpose, using universal prose devoid of toxic projections, and maintains an unyielding alignment with heroic truth. This is successful masculinity: a man who can hold his center in the middle of a storm, protect his inner boy with fierce compassion, and stand as an unshakeable fortress of certainty for his brotherhood.

*Written with help from AI.

Discussed in The Tribe, July 6, 2026



Warrior Archetype*

For men, the Warrior archetype is fundamentally about action, discipline, and devotion. It represents the proactive, focused part of the psyche that overcomes obstacles, endures hardship, and dedicates energy to a purpose larger than the self, such as protecting others or mastering a craft.

Core Characteristics

The healthy Warrior embodies several key traits:

Self-Mastery: The greatest battles are internal. It requires mastering your mind, emotions, and fears to remain calm under pressure.

Calculated Risk: Unlike the immature "Hero," the mature Warrior knows his limits, accepts failure as part of the process, and takes planned, strategic action rather than acting recklessly.

Clarity and Focus: He knows what needs to be done and does it with precision. He uses aggression as a controlled, motivating life stance rather than an act of violence.

Awareness of Mortality: Acknowledging the finite nature of life drives the Warrior to live intensely, make the most of every moment, and not waste time on hesitation.

The Two "Shadows" (Imbalances)

When out of balance, the Warrior can manifest in destructive ways known as shadows. A man can fall into:

The Sadist: Using force and aggression to dominate or harm others, detaching from empathy and conscience.

The Masochist: Losing self-discipline to the point of being paralyzed by fear, welcoming unnecessary punishment, or seeing oneself as a perpetual victim.

Everyday Examples

The Warrior is not strictly about physical fighting. You can see the healthy Warrior archetype in everyday life through:

Commitment to a craft: A musician practicing daily or a professional perfecting their skill.

Protecting and providing: A first responder, a dedicated father, or an advocate fighting for a cause.

Personal discipline: An athlete pushing through physical pain to reach a new goal.

To explore this concept further, you can read the comprehensive breakdown of this trait on *The Art of Manliness* or explore the psychological origins in Robert Moore's classic theories.

*Written with help from AI.



DISSOCIATION BLUES

I'm a genius, a rock star, a brilliant light...
When I dissociate,
That is.

I'm a superhero, a saviour, an intellectual giant...
When I dissociate,
That is.

I am also humble, perfect, saintly...
When I dissociate,
That is.

I get revenge, I prove to the world I am something...
When I dissociate,
That is.

My worth is infinite, but mostly a mind-game I play...
When I dissociate,
That is.

I cling to my wounds, and avenge them greatly...
When I dissociate,
That is.

I escape my pain, and keep it fresh and green...
When I dissociate,
That is.

I am stuck in old hurtful patterns, I know no other way...
When I dissociate,
That is.

I overcome nothing, I avoid life beautifully...
When I dissociate,
That is.

I lie to myself, and to others, out of annoyance...
When I dissociate,
That is.

I forget my true story, and my true self...
When I dissociate,
That is.

The life I need, the truth I must face, are all hidden...
When I dissociate,
That is.

The infinite worth I am promised is nowhere in sight...
When I dissociate,
That is.

My adaptability, my ability to change, is invisible...
When I dissociate,
That is.

That is.
That is.
That is.

THIS IS A DESCRIPTION NOT AN INDICTMENT

We live in a world where we act as if every fault must be blamed on someone, every error punished and even mocked or ridiculed. Or worse, they must be denied and we just pretend that nothing is wrong. We seem to think that existence must be scrubbed clean, made pure, and all defects must be cured or eliminated. It is not a nice world. It's more like a military drill sergeant is yelling at us all the time. I don't think it is a very realistic or healthy way to look upon the world either.

I remember the first time I heard The Problem read at a meeting. It felt like a long inventory of mistakes to be corrected and then "checked off" the list when dealt with. Then came that last line: "this is a description, not an indictment"* and I felt sudden relief. Up to that point, I had been tense, even angry, because it felt almost like an invasion of my privacy. But I relaxed when I heard that last part. Those seven little words made all the difference. I decided ACA was for me.

My therapist recently told me that I am not a "project" to be achieved, but a human being to become realized. Man, I'm learning a lot these days. From every corner. In fact, all of life is about learning and growing, not sweeping away and tidying up. True, I don't want to be "stuck" in patterns that are not good for me. But I also don't want to treat myself as an "issue." My problems are more like a "puzzle" to think about, or a "thread" to untangle. They are not wrongs, nor do they make me wrong. They are just starting points for my recovery.

This provides me with a whole new attitude. One that makes me feel safe to have my particular peccadillos and no longer be ashamed of them. Thanks to ACA I am learning to embrace myself as I am, and to see that I am evolving and changing along with the rest of the world. As I always have and always will.

The Problem, BRB pg. 589

THE GREAT STONE WALL OF DENIAL



My dad was the violent, abusive one. It was easy to see that he was the problem. Everyone could admit that he had mental illness. Well, sort of. In truth, my dad's violence was mostly unremarked upon in my family. It could be "whispered" about... briefly. But the idea that something needed to be done about it? That was never acknowledged.

In fact, I got a subtle message that I could "take it" that I could handle his violence and abuse. I can think of only one time my mother intervened. Otherwise, I took the brunt of the violence and abuse in our family, and I actually thought that was what I was supposed to do.

So, we pretended that everything was fine. We lived a lie. And even when I was grown up, it couldn't be talked about. Instead, I was met with a wall of denial with statements like those in the image above. Many of these were said by others in my family. But I had my own set that I told myself: *"you're a tough guy"* and *"your childhood proves you are strong"* and *"at least I was never the problem one."*

I still try to live in this denial. I very much wanted to believe that the violence and bullying and sexual abuse I had experienced had had no negative impact on me. It was the only way I knew how to move forward as a young man.

But denial is harmful. It is self-abandonment. It minimizes the suffering of that inner child and inner teen, who both need me to be honest about this. Yet I resist. Because it was how I was taught.

Thanks to ACA I have a chance to finally address these painful memories. It is never too late, they say. So I need to feel my anger, grieve the losses, and counter the denial. I do this by attending meetings, working the steps, meditation, journaling, and getting therapy.

It feels like a monumental task. But one stone at a time, I will erode away the wall of denial.

CLUTTERING MY LIFE

"Many of us leave clutter about our houses to cover up things we do not want to look at in our lives." -BRB pg. 459

I thought I was just lazy. That's what I'd always been told by my mother. Yet, I was a hard worker at my job, even a workaholic. I would exercise and work out regularly. I paid the bills on time (mostly). I was clean and well-groomed. But I sure didn't want anyone to see my apartment. It was usually very messy. I still struggle with this. Why?

The Big Red Book tells me that this is part of my dissociation. And this rings true for me. I am unhappy about my life. About my lack of success in the eyes of others. I'm embarrassed by my dysfunctional relationships. The anger I stifle and suppress, and the defensiveness that comes out as a result, overwhelm me.

To learn that these things make it very difficult for me to take care of personal space properly is a revelation. I've cluttered my life with many other things that can't be seen... a long list of old wounds, resentments without end, and shame-based behaviours. It feels so complicated, and it seems impossible to clean it all up. The physical clutter is minor, comparatively-speaking, to these.

ACAD is helping me to see things more thoughtfully and generously. I can tell other adult children things I never could admit even to myself. I have a lot of work to do. But I don't have to be perfect, and I especially don't have to appear to others as if I were perfect. I can begin to see the parts of my life of which I can be justly proud, and the parts I need to work on, and find no contradiction in both existing at the same time.

GROWING THROUGH THE CRACKS IN THE CONCRETE

All of us have noticed those plants that somehow sprout in the cracks in a concrete driveway, sidewalk or parking lot. We tend to think of them as weeds. And if the space is being used, these plants are usually cut down before they get too big. In fact these plants, especially when they are obvious, may be seen as a sign of neglected spaces, back alleys, unloved and even ugly places. But have you ever thought about how such plants are an amazing sign of life finding a way to thrive no matter what the circumstances? Perhaps a weed is just a plant for which we find no utility, but has every right to exist.

Recently someone in a meeting described their dysfunctional childhood as like concrete poured over his creativity, not letting it exist, but stifling it and discouraging it. We are told in the Big Red Book that our inner child is our link to our Higher Power, and also the source of our creative energy, the wellspring of our gifts which express who we truly are as a human being. But our families often were unable to recognize those truths, and many

families forced us to hide our gifts.

Somehow, for me, that creative part did occasionally find outlets. It was like that little boy found a crack in the concrete, and reached out through it to discover a little daylight. He might get cut down for doing so, like those "weeds" getting whacked in the driveway. But he was trying to find a way out. Like those plants, he had a resilience and a willingness to keep trying. But admittedly, he would often retreat into the darkness. Often I put him there, and sadly, sometimes I have been the one whacking off his tendrils.



Now when I see such a plant, I think of that little boy inside me needing a place to shine in the sun. I am learning to let him out, to even encourage him. This is not easy, because he and I are both used to hiding him from the light. But gradually, haltingly, and lovingly, we are finding new ground in which he might sprout. That means I have to make some changes in my life, some

of them uncomfortable changes. But if I want to thrive as a man, I need that boy to thrive too. He survived a lot of hell. He deserves the best I can give him.



BROTHERHOOD

"I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother and I found all three." (Variously attributed to William Blake and Martin Luther King, Jr.)

We were not meant to be alone. Nor were we meant only for family. We were meant for fellowship and service to others. We cannot be our true selves without the company of our brothers. We need both to give and to receive. Either alone is insufficient. And it is necessary that this be loving, compassionate and generous.

Yet we seem to live in a world that lauds the solitary achievement. We are given the impression that unless we've achieved massive economic success that we are good only to be used and exploited. Yet I suspect those hugely successful men are the loneliest of all men. You can tell by the way they act. They seem to need approval, and the most foolish among them insist that all must agree with them.

We've created a sad, pathetic world. One in which men are left to their own devices. We're supposed to be like tigers, alone in the jungle, surviving by our size, claws and incisors. Aloof and even scary. What have we done? And why?

We know it does not work. We know that our society has so many seemingly unsolvable problems. And instead of looking for answers, we look for people to blame. Men get the lion's share of that blame. There was a time when men were looked up to, as wise and capable members of the community. Now we are attacked as "toxic" and dangerous.

But blame is not the answer. No one living today created this system. We were all born into a world not of our own making. And neither gender is an error. The divide created between men and women is artificial and hinders solutions.

Both men and women need others. We men need our brothers to be mirrors to us. Instead of narcissistically looking in a looking glass, judging and comparing our image to some ideal, we need to see all the normal, imperfect, struggling, average guys who are worth so much more than the phony airbrushed images foisted upon us.

Recovery is about becoming real, authentic, and genuine. These are the things that matter. And we only find them in company with our fellows. Our Tribe is one of the best places to begin this process.

If you would like to contribute to future editions of this newsletter, please contact David R (Indy) at devedr@yahoo.ca or through WhatsApp.

Tribe Resources:

WhatsApp: <https://chat.whatsapp.com/GSMfqniDjBLD1WaWKlq8Wk>

Seventh Tradition: <https://paypal.me/12Steps347>

Meetings:

THE TRIBE: ACA MEN'S GRATITUDE MEETING / DAILY

North America Times: 2:30 pm PT, 5:30 pm ET / Europe Times: 2230 BT, 2330 CET / Sydney (Aus) Time: 0930

Meeting ID: 890 3200 3902 / Passcode: 837692

MEN, MASCULINITIES AND RECOVERY / MONDAYS

North America Times: 12:00 noon PT, 3:00 pm ET / Europe Times: 2000 BT, 2100 CET

Meeting ID: 821 2056 1171 / Passcode: 808678

A NEW HOPE FOR MEN ACA / TUESDAYS

North America Times: 11:00 am PT, 2:00 pm ET / Europe Times: 1900 BT, 2000 CET

Meeting ID: 811 7457 5758 / Passcode: 007783

HEALING IN BROTHERHOOD ACA: MEN CONNECTING WITH OUR EMOTIONS / WEDNESDAYS

Europe Times: 1930 BT, 2030 CET / North America Times: 11:30 am PT, 2:30 pm ET

Meeting ID: 859 2343 0060 / Passcode: 499821

MEN'S STEP STUDY - TONY A / THURSDAYS

North America Times: 11:30 am PT, 2:30 pm ET / Europe Times: 1930 BT, 2030 CET

Meeting ID: 858 1124 3854 / Passcode: 523106

NO MORE SECRETS ACA / FRIDAYS

North America Times: 12:00 noon PT, 3:00 pm ET / Europe Times: 2000 BT, 2100 CET

Meeting ID: 856 5383 4416 / Passcode: 265140

BROTHER TO BROTHER SIA/ACA / SATURDAYS

North America Times: 1:00 pm PT, 4:00 pm ET / Europe Times: 2100 BT, 2200 CET

Meeting ID: 858 1799 7467 / Passcode: 663957





SEVENTH TRADITION

The Seventh Tradition states that each group ought to be fully self-supporting, declining outside contributions.

We have no dues or fees, but we do have some monthly expenses, such as a Zoom account, an AI account, and other incidentals that help bring this education to you daily, and support 13 meetings per week.

Anything you can donate,
goes a really long way to
HABO - Helping A Brother Out.

Your donations are a blessing,
but your **Presence is a GIFT.**

We couldn't do Recovery without you, Brothers.

Thank you. **Keep Coming Back.**



THE ACAD TRIBE OF BROTHERS