

My name is Katie and I'm an Adult Child from Nevada. My experience at the 30th Annual ACA Retreat at Mingus Mountain surpassed my expectations and filled me with overwhelming joy and gratitude. This was my fourth Mingus ACA retreat in a row and as long as my Higher Power wills it, I'll do everything in my power to continue attending.

I found information about this year's retreat on the WSO website which led me to the Arizona ACA Intergroup webpage. I frequently referred to that for everything I needed to know to be prepared and find the retreat comfortably.

This year, there were several educated, self-identified ACA members who presented workshops on various ACA recovery topics. I felt like I had a wide variety of activities to choose from (such as meetings, hiking, meditation, and more) if the workshops became overwhelming for me.

My decision for returning to the retreat this year was to have fellowship. I was pleased to see the friendly faces of ACA friends I met at the last retreat. I was also pleased to make new acquaintances and bond throughout the weekend.

The food on the hill is prepared with love and plenty of healthy options with varieties in colors, textures, and flavors.

I overcame my resistance of attending by trusting my Higher Power and diving in. I figured it was in such a beautiful location, I was sure to find joy and connection to my HP even if I didn't fully participate in the retreat activities.

My favorite part about this retreat was the acoustic jam sessions around the campfire each evening. To hear the unified voices and laughter and be surrounded by other loving ACAs filled me with so much joy, but to co-create beautiful sounds with them in an organic and spontaneous way was even more joyous for my Inner Child.

I am profoundly humbled each year I return to the mountain for recovery. The sweet wildflowers and grandfather pines welcomed me back as always. I saw a baby snake and an owl this year! It dawned on me that this land has *thirty* years of energy of my ACA family who came before me and who have given and received from the land each year. It is a power-packed, high-frequency, sacred place for me and it blows me away still. I hope you consider coming – I will be there!