

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

**APRIL 2017**



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

## ***UPLIFT***

In this issue we are treated to everything from original writing/artwork, learning about a new ASCA meeting, how we raised awareness for Child Abuse Prevention Month and even Informational Resource on some upcoming ASCA related training you may be interested in.

*As this Newsletter issue's theme is Child Abuse Awareness Month, please be advised some content could be triggering for some people.*

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*Echosaisis, Director Of Outreach (left) and Kim, Email Correspondence Team (right)*

April is Child Abuse Awareness Month. The Morris Center thanks [VSP](#) for their support in inviting us to participate in their 2017 employee volunteer fair at their corporate headquarters. We met up to 200 different people, providing education on the many group and individual [volunteer opportunities](#) The Morris Center now offers. VSP asked if we would like to participate in next year's volunteer fair and the answer we gave is a definite YES!



*The Morris Center provided education and resources on both the volunteer and the ASCA support group program.*

Because of the volunteers who made this day possible, we met employees who had never heard of us before. Some of those employees disclosed they themselves are Adult Survivors Of Child Abuse.



Everyone benefits from the ASCA program. We showed examples of the recovery and thriving that comes out of being a participant in the 21 step ASCA program. We featured: a unique coloring therapy book for adults, created by ASCA participant Nix, from Zimbabwe and original art pieces from ASCA participant Amaroq, from San Francisco. We learned today was also "take your child to work day". Children enjoyed stickers and candy while we talked with and handed out reading materials to the adults. The day was a win-win for everyone.



*We provided stickers to raise awareness for Child Abuse prevention Month.*



*Exclusively from this volunteer fair,  
Congratulations to: **Ronnie, Kayla,  
Lisa, Tito, Chris and Kelly**  
for winning some original artwork!*



*original photography by  
TheArtfulScientist*

Adult Survivor of Child Abuse [TheArtfulScientist](#) was [featured by Sanrio](#) for April's 2017 World Art Day.



*Original artwork by an Adult  
Survivor of Child Abuse*

An Adult Survivor of Child Abuse shares a [Mary Oliver](#) poem that gives inspiration

Mary Oliver - The Journey

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice - - -  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
'Mend my life!'  
each voice cried.  
But you didn't stop.

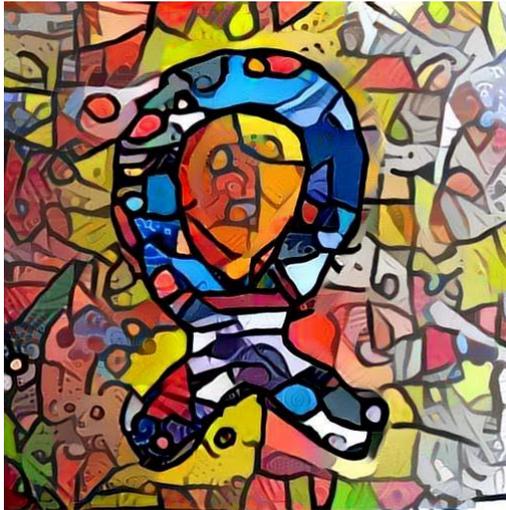
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations - - -  
though their melancholy  
was terrible. It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.

But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice,  
which you slowly  
recognized as your own,  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do - - - determined to save  
the only life you could save.

## NEW ASCA MEETING

"The Indianapolis meeting started in the fall of 2016. It is a small group but growing. Being new to each other, we are slowly building trust through sharing - and building confidence too. Meetings encourage processing the past and discovering where you are in the journey." - *Jillian*

[ASCA Indianapolis, IN](#)



*Original artwork by an Adult Survivor  
of Child Abuse*

### **WE TALK OF IT**

creative non-fiction submission to UPLIFT in Honor of Child Abuse  
Awareness

*Dear Chris,*

*I am hoping that this letter may help us move forward as brother and sister by breaking the silence of where we come from.*

*Silence serves to empower the offenders and shame the victims.*

*The more I talk, the healthier and more vibrant I feel, and the more fear and grief I leave behind.*

*While you were never beaten, burned, shamed or sexually exploited, you did watch from the doorway when I was a little girl. You had to tolerate your little sister being abused.*

*You learned to blame her, and stand by our abusive  
parents.*

*One day, if you can talk with me of this abuse, we can  
move on to a hopeful future.*

*With Love, Your Sister*

Chris phones early  
Following the mail  
On the ninth day of the ninth month  
*Chris here*, he says when I answer  
Catches his breath,  
*What do we do now*

I let tiny drops of grief dissipate  
He waits  
*We talk of it*, I say  
*Your letter is upsetting*, He manages  
I catch a glimpse of the child that I was

Embrace her  
Let courage pass between us

*I agree with everything in it*, He breaks the silence,  
Don't get me wrong  
He wants to come for dinner  
Walk our dogs  
You are the only *family* I have, He says  
As if there is a chance that we might know what that means  
He looks weary when I see him  
Awash in grief  
Robbed no less of a childhood

***Ivy Shawl-Song ©2017***

## **INFORMATIONAL RESOURCE**

### **[Sign Up for the May 13th Co-facilitator Training](#)**

As an Adult Survivor of Child Abuse, you're invited to experience our Virtual ASCA meeting and receive training to become a Virtual

ASCA meeting co-facilitator. There is no obligation to become a co-facilitator and best of all, the training is free!

- Experience a real, ASCA Support Group meeting from the comfort of your own computer, phone or mobile device
- Learn about The Morris Center's relationship to the ASCA program
- Have your questions answered about how the meetings are run
- Take your first step in developing leadership skills that will help you become a co-facilitator

Our virtual ASCA support group happens every Saturday, from 11:30am-1:00pm, Pacific time. On **May 13th**, we will take a short break after the support group before beginning the training. The training will last about an hour and a half. May 13th will be the first part in a two part series of virtual co-facilitator trainings. Those interested in the training are strongly encouraged to participate in the earlier virtual ASCA support group. Those already trained as co-facilitators are welcome to attend. To attend the Virtual ASCA support group and sign up for the training, send an email to: [info@ascasupport.org](mailto:info@ascasupport.org)

Don't delay, [sign up, today!](#)

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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