



ComLine

Adult Children of Alcoholics
Experience, Strength & Hope

Volume 27, Number 1

January 2011

Welcoming a New Year of ACA Recovery

With the arrival of another new year, we are also beginning a new series of Comline topics. Throughout 2010, we explored the Twelve Traditions of ACA, in addition to offering stories from the fellowship and highlights of ACA World Service Organization activities. In 2011, we will continue to feature the experience, strength, and hope of recovering adult children around the world, while keeping readers informed about the critical business of our growing fellowship.

The current issue details an exciting new ACA literature project: a daily meditation book for Adult Children of Alcoholics (dysfunctional families). This is a project that has been talked about for many years but remained on a backburner while the ACA Fellowship Text (big red book) was being written. Joanne S., Vice-Chair of the ACA WSO Literature Committee has brought a renewed enthusiasm and commitment to the project, and with the support of the fellowship, this book will finally become a reality.

First, and most importantly, the Literature Committee needs your original meditations. Like all ACA fellowship literature, this book will be written entirely by ACA members. You don't have to be an accomplished or professional writer to contribute; just follow the guidelines outlined on the next few pages, and the Literature Committee will do the rest. If you can only write 50 words on a topic, send it in anyway. The committee may be able to combine your submission with another one.

Also remember that this meditation book will be "anonymous". It will be written from the collective experience of us all, and no individual authors will be named. Diverse contributions from across the fellowship will ensure that the readings capture the depth of wisdom, healing, and emotional sobriety we have found through more than three decades of ACA recovery.

So, take a look at the meditations on page 4 and consider writing a few of your own. Your written experience of the ACA way of life may provide inspiration and guidance for decades to come.

About ACA

Adult Children of Alcoholics is an anonymous Twelve Step, Twelve Tradition program of women and men who grew up in an environment of addictiveness (alcohol or other substances) or in otherwise dysfunctional homes. Our willingness and resiliency bring us together.

We share our experience, strength, and hope to validate our experience as well as give some hope to the new member. We take positive action in our lives today. By practicing the Twelve Steps, focusing on "The Solution", and accepting a loving Higher Power of our own understanding, we find freedom from the past and a way to improve our lives.

For more information, please visit:
www.adultchildren.org

Inside this issue

- 2 The Outreach Committee Responds...
- 2 Contacting your ACA WSO
- 3 Invitation from the Literature Committee
- 3 Meditation Guidelines
- 4 Sample Meditations from the Fellowship
- 4 Suggested meditation Topics
- 5 Author Release Form
- 6 7th Tradition Contributions
- 6 2011 ABC Reminder
- 7 ACA WSO Treasurer's Report

ComLine is published thirteen times per year by ACA's World Service Organization (WSO). ComLine is intended as a communication line from WSO to the fellowship of ACA around the world, and as a forum for the fellowship to share their experience, strength, and hope in recovery. The opinions expressed are those of the individual writing the article and do not necessarily reflect the opinion of the ACA fellowship or WSO.

Copyright 2011 by Adult Children of Alcoholics World Service Organization, Inc.

This edition may be reprinted in its entirety for free distribution to anyone in Adult Children of Alcoholics or other Twelve Step programs. Otherwise, no portion or portions may be reproduced without the written consent of the copyright owner:
ACA WSO, Inc., PO Box 3216, Torrance, CA 90510.

What is ACA WSO?

Adult Children of Alcoholics World Service Organization, Inc. is an organization of volunteer members elected to serve in the capacity of corporate trustees according to the laws of the State of California, U.S.A.

WSO provides a sense of common purpose, stability, and continuity for meetings, Intergroups, and Regions. By serving as a central point of group communication, the WSO encourages unity and similarity among ACA meetings. ACA WSO coordinates meeting information worldwide. It is one place where ACA groups and the general public can find information, literature, and locations of meetings.

The mission, the singleness of purpose, of WSO is to carry the message of recovery to all who suffer from being raised in an alcoholic or other dysfunctional environment.

Contacting Your ACA WSO

Have questions regarding:

Local Meetings...

New Meetings...

ACA Events...

ACA Literature...

Fellowship Text and Workbook orders...

Hospitals and Institutions meetings...

ACA Outreach...

or Public Information?

Just go to www.adultchildren.org, and select "Contact WSO" from the options menu. Comments and requests submitted by this web form will then be routed to the appropriate ACA WSO committee or board member for response.

You can also write to us at:

ACA WSO
PO Box 3216
Torrance, CA, USA, 90510

(Please do not send Express Mail)

We look forward to hearing from you!



The Outreach Committee Responds...

THE most frequently asked questions received by the ACA WSO Outreach Committee are:

How do I find an ACA meeting?

For a list of all registered ACA meetings, just go to the ACA WSO website (www.adultchildren.org) and select "Meetings". This worldwide meeting directory can be searched by location and zipcode. Each registered meeting listing includes information about the meeting time and location, as well as a phone number or email address for that meeting's contact person. WSO tries to keep the meeting information current and accurate, but it is a good idea to contact the meeting directly to verify details.

For those without internet access, ACA WSO office volunteers also make an effort to provide meeting location information by phone. The phone number for the office is (562) 595-7831. Please leave a message, including your name, phone number, and location where you are searching for a meeting. A volunteer will return your call as soon as possible.

How do I find a meeting when there is none in my area?

Unfortunately, there are still many areas around the world without active ACA meetings. If you cannot find a meeting listed for your area, you might be interested in participating in a telephone or Internet meeting. These meetings are also listed in the online directory mentioned above (just search under the countries "Telephone" or "Internet").

Another effective solution to this problem is to start a new ACA meeting in your area. . .

How do I start a meeting?

Starting a new ACA meeting is easy. You may download the New Meeting Information from the ACA website, or order a 'New Meeting Packet' by mail. This packet includes all the basic materials for establishing and running an ACA meeting.

The ACA Fellowship Text also includes valuable information on starting a new meeting. Briefly, the process includes locating a suitable meeting site, obtaining meeting materials, informing potential ACA members about the meeting, and registering the meeting with WSO. Then, make a start and have patience!

An Open Invitation From the Literature Committee

The ACA WSO Literature Committee is currently overseeing the development of a meditation book for the Adult Children of Alcoholics fellowship. This is an exciting project in which we invite you to participate. Meditation pieces are being collected and reviewed with plans to move forward with the project as fellowship funds and committee work loads allow.

ACA members are encouraged to share their experience, strength and hope by writing meditation entries that illustrate ACA's program of recovery. All submittals must be accompanied by a signed author release form (see page 5). Once submitted, meditation pieces are owned by ACA WSO and can be edited, changed, or merged with similar submissions at the discretion of the ACA WSO Literature Committee. The Literature Committee will oversee the editing and organization of all meditations.

General Guidelines

- 1) Meditations will explore the principles of the ACA Twelve Steps and Twelve Traditions, or working the ACA program, i.e., attending meetings, working the Steps, sponsorship, Laundry List, Emotional Sobriety, Inner Child, reparenting, grief work, etc.
- 2) Appropriate topics for daily meditations can be found in the index of the ACA Fellowship Text.
- 3) Meditations will open with a quote from the ACA Fellowship Text or other ACA conference-approved literature.
- 4) In general, the writings should be 150 words to 200 words in length.
- 5) Meditations will be written in first person plural ("we", "our", "us") indicating the collective voice of the ACA fellowship.
- 6) Meditations will close with a final thought or affirmation written in first person singular voice ("Today I will...")
- 7) Meditations will not endorse another Twelve Step fellowship or combine the ACA message with the message of another fellowship or outside entity.
- 8) Writings will carry a clear ACA message that does not conflict with the ACA Twelve Steps or Traditions or other ACA conference-approved literature.
- 9) Meditation pieces will not alter the Adult Children of Alcoholics name or the ACA Twelve Steps, Twelve Traditions or Concepts.
- 10) References to recovery authors or similar sources should be avoided.

The ComLine Still Needs You, Too

ComLine Guidelines

Articles may be submitted for publication by mailing them to ComLine, PO Box 3216, Torrance, CA 90510, or by submitting them electronically through the web form found at www.adultchildren.org. Articles which are not used will be returned only if accompanied by a self-addressed, stamped envelope.

Articles will be selected for publication at the discretion of the editorial staff. Articles which might violate the Twelve Steps or the Twelve Traditions of ACA will not be printed. Profanity, related euphemisms, personal attacks on others, and libelous statements will not be used. Authors will be listed with a first name and last initial only, even if it's a pseudonym.

ComLine Subscriptions

ComLine is mailed to subscribers and to 7th Tradition supporters of ACA WSO. For those subscribing to receive the ComLine via postal mail, we request a donation to offset our cost of printing and postage. Rates shown are in U.S. Dollars:

Inside the US:	\$16.00/ year
Canada:	\$19.25/ year (USD)
International:	\$24.00/ year (USD)

To subscribe, please send your mailing information and donation to: ACA WSO, PO Box 3216, Torrance, CA 90510. Subscriptions can also be processed online at: www.acawso.com/wsobook/literature.php

ComLine Archive

ComLine editions published since 2004 are available to read or download, and new issues are posted each month. Just go to www.adultchildren.org and select "ComLine" from the options menu.

Sample Meditations from the Fellowship

Fear

"Adult children often live a secret life of fear." ACA Fellowship Text, pg. 10

Fear has ruled our lives for so long that many of us wonder if we will ever be free from it. When we are in fear, we can still re-feel the sensations and emotions of living in a home where every day was unpredictable.

ACA provides a safe place to face our fears of today by sharing honestly about our fears from childhood. Though our voices may shake and our hands may tremble, we give ourselves a chance by talking openly and honestly.

The more we share, the more we feel our fears give way to trust: trust in our program and the promises it offers and, even more significantly, trust in ourselves.

Today, with the help of my Higher Power and the wisdom of my program, I will care for myself unconditionally, and I will know that I am safe.

Perfection

"We face our mistakes and the opinions of others with confidence. In ACA, we get to say who we are, instead of a drunk or dysfunctional parent saying who we are not."

ACA Fellowship Text, pg. 94

By working the Twelve Steps of ACA, we face our mistakes and own them without shame. We learn that we can make mistakes without feeling like we are mistakes.

We learn that we are not perfect. We are human. And just like all of our fellow travelers in this world, we will upset others from time to time with our actions.

If we wrong someone today, we can own our part, apologize, and take whatever action is appropriate to make it right. It is OK to be imperfect. Learning from mistakes is part of a healthy life.

I am a good person, an imperfect person, and am worthy to be loved by myself and others.

Suggested Meditation Topics

Abandonment	Emotional sobriety	Humility	Reparenting
Abuse	Enabling	Imagination	Resentment
Acceptance	Enmeshment	Inner child	Resilience
Addiction	Expectations	Insanity	Running
Anger	Fear	Isolation	Secrets
Approval seeking	Feelings	Joy	Self-harm
Betrayal	Forgiveness	Laundry List	Self-love
Boundaries	Freedom	Letting Go	Shame
Childhood	Fun	Loss	Spiritual awakening
Choice	Family of origin	Love	Surrender
Clarity	Gentleness	Loving Parent	Survival
Compassion	Gift of recovery	Meditation	True self
Courage	Gratitude	Miracles	Trust
Creativity	Grief	Needs	Twelve Steps
Crisis	Guilt	Opposite Laundry List	Unmanageability
Critical inner parent	Happiness	Patience	Victim
Defects of character	Healing	Perfectionism	Voice
Denial	Higher Power	Power	Wants
Disease	Honesty	Progress	Willingness
Dysfunctional family	Hope	Relationships	

Adult Children of Alcoholics World Service Organization

ACA – Daily Meditations Book

You are invited to send your meditation submittals by regular mail along with a completed, signed, and dated Author Release Form. We must have this signed form before any work can be considered by ACA World Services. All information must be filled out. No author names will be used in the meditation book. If you have any questions, you may communicate with the ACA WSO Literature Committee at info@adultchildren.org. Include "attention ACA WSO Literature Committee" in the subject box.

Please complete the Release Form below and mail it with your meditation submittal(s) to:

Adult Children of Alcoholics WSO
Attn: ACA WSO Literature Committee/Meditation project
P.O. Box 3216
Torrance, CA 90510

.....

RELEASE FORM

I herewith give my permission to Adult Children of Alcoholics World Service Organization to use my mailed submission in the preparation of the Daily Meditation Book for Adult Children of Alcoholics, without compensation to me. I understand and agree that my submittal copyrights are owned solely by Adult Children of Alcoholics World Service Organization. The submittals can be edited, changed, or merged with a similar submittal at will by the ACA WSO Literature Committee without input from the author. There is no guarantee my submittal(s) will be used or returned to me if not used.

Print name, first and last: _____

Topic(s): _____

Address: _____

Telephone: _____

E-mail: _____

Date/ Signature: _____

Seventh Tradition Contributions– November 2010

“The fund flow model of ACA is based on a 60/40 disbursement. After a group meets its monthly expenses and sets aside money for a prudent reserve, 60 percent of what is left over is usually sent to the local Intergroup and 40 percent is sent to WSO.

A prudent reserve usually is the amount that equals one to two month’s worth of meeting expenses. Meeting expenses would include rent, utilities, and other group expenses.”

** Please note that Seventh Tradition contributions mailed to ACA WSO take approximately 3 months to appear in this ComLine report.*

AK019, Fairbanks, AK	20.00
Anonymous, Bridgehampton, NY	50.00
Anonymous, Bundabert, CN	902.49
Anonymous, Central, SC	10.00
Anonymous, Madison, WI	15.00
Anonymous, Red Wing, MN	40.00
Anonymous, Silver Spring, NV	10.00
Anonymous, Somerville, MA	50.00
CA428, Norwalk, CA	60.00
CA989, Mission Viejo, CA	100.00
CAN020, Toronto Ontario, CN	42.16
CAN141, Nova Scotia, Canada	143.67
HI010, Honolulu, HI	50.00
IL123, Evanston, IL	10.00
LA016, Lake Charles, LA	45.00
MA030, Hingham, MA	287.00
MA036, Shrewbury, MA	5.00
MO76/77, Bloomfield Hills, MI	50.00
NM022, Albuquerque, NM	20.93
NY022, Rochester, NY	100.00
NY075, Bronx, NY	78.00
NY082, Staten Island, NY	5.00
PA025, Bluebell, PA	95.00
TEL008, Telephone	15.00
TN013, Johnson City, TN	50.00
Total 7th Tradition	2,254.25

**The 2011 Annual Business Conference of
Adult Children of Alcoholics**

will be held April 29-May 1 in Smyrna, Georgia, USA.

All ACA members are invited to attend.

Registration forms and additional details about the conference are available on the ABC webpage:

www.adultchildren.org/abc/

World Service Organization Business

The monthly teleconference of the ACA WSO Board of Trustees is held on the second Saturday of each month at 1:00pm Central time (11:00am Pacific time). Visitors may introduce themselves and then listen for the next hour and a half as the Board conducts business for the ACA Fellowship.

To participate, call **712-432-0075**, and when prompted, enter the access code **427266#**. It is also now possible to connect to the teleconference through Skype. Details about this option can be found on the ACA WSO forum.

ACA WSO Treasurer's Monthly Report - November 2010

Bank Balances as of November 30, 2010:

Checking Account	24,236.89
Pay Pal Account	4,875.70
Savings Account	60,099.17
Total Funds Available	89,211.76

The balances above include transfers of \$21,000 of accumulating funds in the Pay Pal account to the ACA WSO Checking account.

\$40,000 of the ACA WSO Savings Account remains designated for office lease prudent reserve.

Profit and Loss Summary: November 2010

Income

7th Tradition	2,254.25
ACA Fellowship Text Purchases	13,181.20
Bank Interest	7.41
California Sales Tax	206.34
ComLine Subscriptions	64.00
Fellowship Text Index Sales	38.75
Literature Sales	1,240.50
Medallion Sales	208.05
Workbook Purchases	4,593.00
Total Income	21,793.50

Expense

Accounting Services	1,300.00
Insurance	638.00
Literature Committee	5,934.18
Office Expenses	9,161.35
Office Equipment	32.00
Office Supplies	2,300.69
Postage	4,492.94
Printing	196.24
Rent	1,777.00
Utilities	362.48
Pay Pal Fees	590.95
Payroll Expenses	5,394.75
Web and Support	25.00
Total Expense	23,044.23

Net Income (November) -1,250.73

Year to Date Summary: January - November 2010

Income

7th Tradition	19,397.76
ACA Fellowship Text Purchases	141,557.09
Bank Interest	104.18
California Sales Tax	3,189.32
ComLine Subscriptions	864.00
Fellowship Text Index Sales	827.25
Handbook Contribution	27.73
Literature Sales	16,415.74
Medallion Sales	2,830.75
Miscellaneous Income	222.83
Workbook Purchases	59,408.05
Total Income	244,844.70

Expense

Lodging/Travel	1,850.00
Repairs & Maintenance	171.15
ABC Committee	3,776.74
Meals/Drinks	55.00
Miscellaneous	81.91
Room Rental	272.23
Lodging/Travel	2,925.29
ABC Committee - Other	442.31
Accounting Services	8,100.00
Bank Fees	175.33
Business Taxes/Licenses	50.00
ComLine Expenses	958.21
Fellowship Text Expenses	49,088.81
Insurance	3,356.93
Literature Committee	13,858.92
Miscellaneous	0.00
Office Expenses	74,313.38
Office Equipment	548.69
Office Supplies	11,620.21
Postage	39,135.67
Printing	1,501.97
Rent	18,141.32
Utilities	3,359.26
Office Expenses - Other	6.26
Pay Pal Fees	7,280.58
Payroll Expenses	59,037.67
Tax	4,290.00
Web and Support	939.84
Total Expense	227,247.56

Net Income (year to date) 17,597.14

ComLine

**P.O. Box 3216
Torrance, CA 90510
USA**

**Return Service
Requested**

