



# ComLine

Adult Children of Alcoholics  
*Experience, Strength & Hope*

Volume 27, Number 3

March 2011

## Gratitude, a Universal Language

At a recent Adult Children of Alcoholics meeting, I gratefully and enthusiastically stated that everything I enjoy in my life today is a gift of ACA. Driving home later, of course, my inner critic began to question the statement, and I worried for a moment that I had seriously exaggerated ACA's benefits. But as I mentally inventoried the many "good things" in my life, I realized again the truth of my claim.

Self-love? Self-acceptance? Forgiveness? I felt none of those before working the ACA Twelve Steps. Healthy boundaries? Didn't have them. A loving Higher Power? Didn't know one. Freedom from decades of internalized shame and fear? Didn't even think it was a possibility.

My checklist continued: Steady employment. Friends. A connectedness to myself and others. Feelings. Discernment. Sanity. A re-awakening of my spirit. The ability to ask for what I need. The courage to be direct. A chance to love my family members "where they are" today. Clarity to act, instead of react. Awareness of who I am. Knowledge that I am enough. Opportunity to build the safe and emotionally sober relationships I have always wanted and deserved.

These are the gifts of my program. These are the things I'm grateful for.

My sponsor once told me that when we find ourselves grateful beyond what words can describe, it's best to let our actions speak for us - giving back through service and by carrying the message to others who still suffer. As you will see on the following pages of this ComLine issue, grateful members of the ACA fellowship now span the globe and are giving back in a unique and remarkable way: by translating the fellowship's literature into many of the major languages of the world.

From the ACA World Service Organization committee which coordinates the translation process, to each individual member of each language committee translating the Big Red Book one page at a time, every effort is an act of voluntary service. Every translated word is an act of gratitude. And as a fellowship, we thankfully accept the work of our recovering fellow travelers eager to share the hope and promises of ACA.

- ComLine editor

### 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](http://www.adultchildren.org)

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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.

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## 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.



## The Outreach Committee Responds...

### What is an ACA Intergroup?

Currently, there are about 35 Intergroups across the world from California, to New York and from Canada to Denmark and beyond. An ACA intergroup is a service committee formed by several groups within a geographic area and which adheres to the principles of the ACA Twelve Steps and Twelve Traditions. The Intergroup is comprised of Group Representatives elected by each group within the Intergroup geographic area. Each participating group elects one Group Representative and one Alternate Group Representative to attend monthly Intergroup business meetings. But each group has only one vote at Intergroup business meetings. The Group Representative serves as the communication link between the Intergroup and the ACA group he or she represents. For example, if the Intergroup needs input or volunteers for a service project, the Group Representative relays that information to his or her ACA group. The Intergroup does not interfere or intervene into the affairs or decisions of group business meetings of member groups.

Most ACA Intergroups form subcommittees and meet monthly to discuss Public Information; ACA Activities and Events; and requests for Hospitals and Institutions meetings. For example, the Public Information Subcommittee might organize a flyer campaign which lists the location of ACA meetings and a brief description of the ACA program. The single-page flyer may be mailed or emailed to counselors, treatment centers and agencies who have contact with potential ACA members, informing them that ACA welcomes new members to our meetings. Some Intergroups also form a Literature subcommittee to stock ACA Conference Approved Literature for distribution to ACA groups. For additional details on how to begin or organize an Intergroup or Region, see pages 603-606 of the ACA Fellowship Text.

### What is an ACA Regional Service Committee?

An ACA Regional Service Committee is similar to an Intergroup; however, the Regional Committee is comprised of several Intergroups within a larger geographic area, typically the size of a state or province. Like an Intergroup, an ACA Regional Committee adheres to the principles of the ACA Twelve Steps and Twelve Traditions and forms subcommittees to handle ACA business at the regional level.

Each participating Intergroup elects one Intergroup Representative and one Alternate Intergroup Representative to attend monthly business meetings. A Regional Service Committee conducts ACA business that is too broad or extensive to be handled by an Intergroup. A Regional Committee addresses Public Information, Hospital and Institution requests, and Literature needs at a regional level while also serving as a communication link for Intergroups. Some ACA Regions establish an ACA Helpline that offers meeting information and general information about Adult Children of Alcoholics.

ACA Regions and Intergroups are part of the ACA service structure which ensures that ACA continues to grow and to remain available to adult children seeking help and healing from the effects of alcoholism or other family dysfunction.

## 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](http://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!**

## Making ACA History: ACA WSO Translations

### Omer G. , ACA WSO Translation Coordinator

The translation of Adult Children of Alcoholics literature into different languages swelled to new levels across the world with several projects making ACA history this year. The ACA Fellowship Text (red book) and Twelve Steps of Adult Children (yellow) workbook are now being translated to Finnish, Danish, Russian, Spanish, Japanese and several other languages. Previously-translated ACA pamphlets are also being revised and updated by ACA members overseas. The ACA fellowship continues its re-emergence since the publication of the ACA Fellowship Text (red book) in November 2006.

ACA World Service Organization (ACA WSO) has received signed translation agreements from ACA groups and ACA Translation Committees in about 10 countries. ACA members in an additional eight countries have expressed an interest in translating ACA Conference Approved Literature into their languages.

The Finnish Translation Committee recently completed the first translation of the ACA red book into a non-English language. The Finns have dedicated almost four years to this project so they can carry the ACA message of hope to ACAs in Northern Europe. This historic moment reveals that ACA literature has international appeal, which creates a desire to give back to the program.

Just like the ACA members in North America who volunteered their time to complete the ACA red book in English, ACA members abroad are also giving their time and service for this important service work. Under the translation agreement, ACA WSO has paid for the verification of the Finnish translation. The translation agency hired by ACA WSO determined that the work is a very good translation in terms of grammar, spelling, meaning and content. The Finns and ACA WSO are now com-

pleting a final review of the material in preparation of printing the ACA red book in the Finnish language.

Meanwhile, the Danish and Spanish speakers are making inaugural strides in finishing translations of both the ACA red book and 12 Steps workbook. The Danes have translated 90 percent of the ACA text, in addition to translating the yellow workbook. The Danes began this project more than three years ago.

In Spain, the Spaniards have translated the ACA workbook, which is being further reviewed by Spanish speakers in North America to convert it to neutral (textbook) Spanish. This project should be completed in about six months. The Spaniards also are translating the ACA red book, continuing efforts which began more than four years ago.

Other notable translations include work by the Russians, Hungarians, German and Japanese fellowships, who are making strides in translating the ACA red book and ACA pamphlets. This year, ACA WSO verified the Newcomer Pamphlet (Russian Translation) which is now scheduled for approval and listing by ACA WSO Trustees.

The translation of ACA Conference Approved Literature is coordinated by the ACA WSO Translations Program and is overseen by the ACA WSO Board of Trustees on behalf of the fellowship. This oversight provides copyright protection while also ensuring quality, consistency and conceptual integrity of the ACA message. Translation projects are assessed and prioritized based on the quality of the translation, available funding, and as work loads permit.

Translations service work is critical for carrying the ACA message to suffering adult children across the world. Translations work is recognized as Twelve Step work that helps save lives and restores hope.

#### **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](http://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](http://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](http://www.adultchildren.org) and select "ComLine" from the options menu.

## “LOS DOCE PASOS DE NIÑOS ADULTOS GUIA DE TRABAJO DE LOS PASOS EN ESPAÑOL”

### a report of the Spanish Workbook Revision Committee

On June of 2010 five Spanish ACA speakers met to coordinate the efforts of bringing the ACA literature to the Spanish-speaking world. Since then four remain but they have managed to have almost half of the Steps Workbook ready to go!

The ACA Steps Workbook was originally translated by a group of Spanish speakers from Spain. ACA WSO, knowing that Spanish varieties are common among the different countries where Spanish is spoken, decided to contact ACA Spanish-speaking people from other countries to revise the original translation and give it a neutral tone that would be understood by any Spanish speaker. Currently this Revision Committee is made up of speakers from the Dominican Republic, Puerto Rico, Colombia and Venezuela.

One of the first decisions of the committee was to update a glossary that would help in a more accurately and consistently manner revise the original translation. ACA has coined terms like para-alcoholic and reparenting that are difficult to translate -it is said that English has a versatility in coining new words and terms that few languages possess; in Spanish the Real Academia de la Lengua Española decides what new terms will eventually make it to the dictionaries. Thus, the revision committee spent several ses-

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En junio de 2010 cinco hispano-hablantes de ACA se reunieron con el objetivo de coordinar esfuerzos para traer la literatura de ACA al mundo español. Desde ese entonces solo quedan cuatro pero ¡casi la mitad de la Guía de Trabajo está lista!

La Guía de Trabajo de ACA fue originalmente traducida por un grupo de hispano-hablantes de España. ACA WSO, consciente de que existen variedades de español entre los mismos países donde se habla la lengua, decidió contactar a otras personas hispano-hablantes de ACA para que revisaran la traducción original y le dieran un tono neutral que pudiera ser entendida por cualquier hispano-hablante. Actualmente, este Comité de Revisión está formado por hablantes nativos de la República Dominicana, Puerto Rico, Colombia y Venezuela.

Una de las primeras decisiones del comité fue actualizar un glosario que ayudaría, en forma más correcta y consistente, con la tarea de revisar la traducción original. ACA ha creado neologismos como “para-alcoholic” y “reparenting” que son difíciles de traducir —se dice que el inglés tiene una versatilidad en acuñar palabras y términos nuevos que pocos idiomas poseen; en español, la Real Academia de la Lengua Española, decide cuales nuevos términos entrarán en el diccionario. Por esto, el comité de revisión pasó varias sesiones decidiendo cuales términos em-

siones decidiendo on these terms and what, in Spanish, most accurately provides the same or closest meaning.

Another issue came up regarding the use of masculine as a gender-neutral form. Words like “parent” have no gender in English, but most Spanish words are either feminine or masculine. Traditionally, a word like “parent” has been translated as “padre” but that is the term also used for “father”. However, it is still a common practice to use the masculine as the “neutral gender” in the Spanish world. Since words like parent, sponsor, sponsee and others are regularly used in our texts, the committee decided to use the Spanish masculine gender as the neutral to avoid excessive elaboration of the text.

Once the group agreed on these details, it became easier to review the material and suggest new terms, words or alternative translations to parts of the text. These original efforts have paid off since the committee can currently go over the revision of one Step in a teleconference session. They regularly meet twice a month on a Sunday evening.

This is a work of love and commitment that will benefit the Spanish-speaking population but that also helps the members of the group keep on practicing their recovery by learning to work together, anonymously, for a common good, and honoring Steps 10 & 12.

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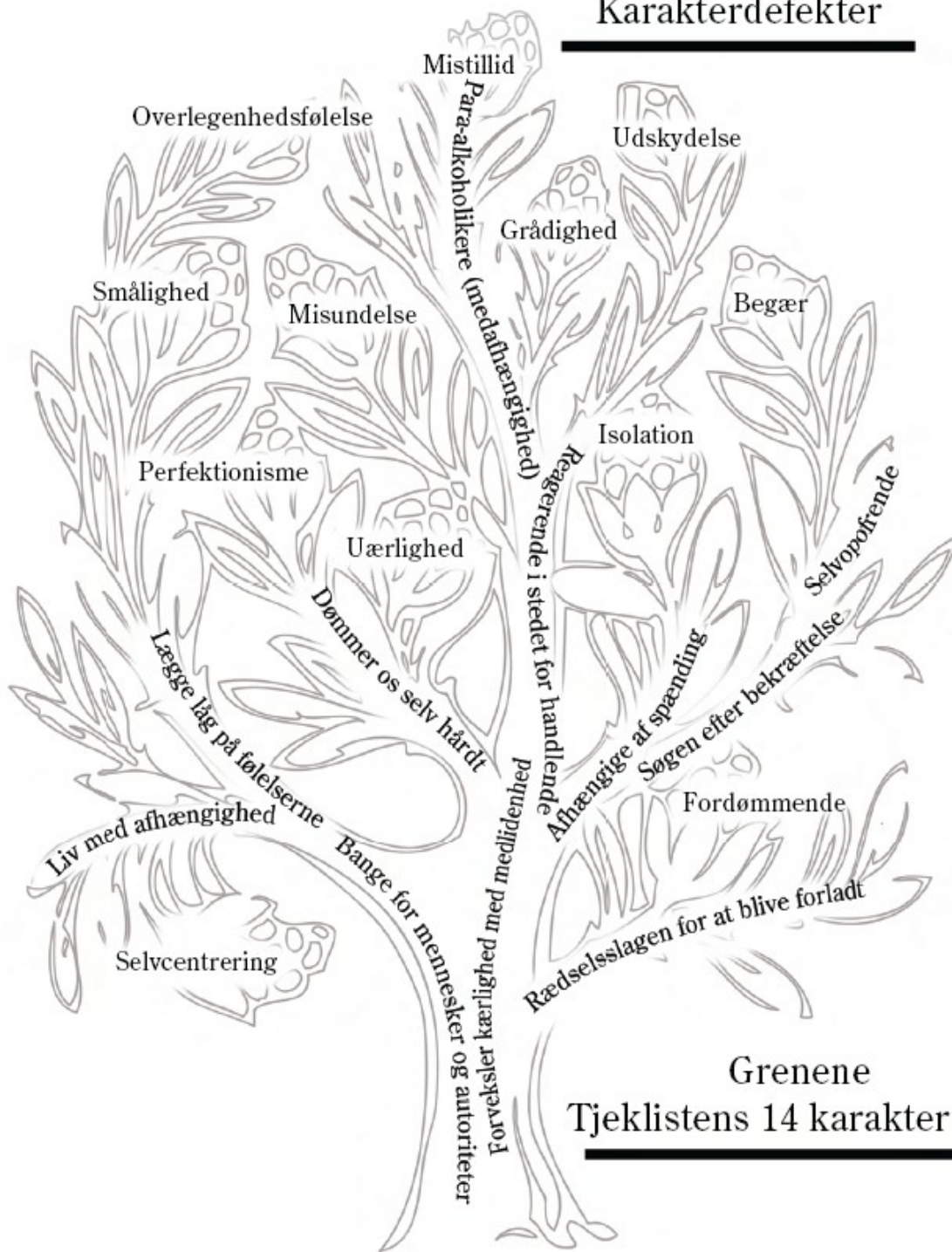
plear y lo que, en español, proporciona el significado igual o más cercano en forma correcta.

Otro aspecto a discutir fue en referencia al uso del masculino como forma genérica neutral. Palabras en inglés como “parent” son neutrales, pero la mayoría de las palabras en español son femeninas o masculinas. Tradicionalmente, una palabra como “parent” se ha traducido como “padre” pero éste es también el término utilizado para “papá”. Sin embargo, aun es práctica común usar el masculino como género neutral en el mundo español. Ya que palabras como “parent, sponsor, sponsee” y otras se usan regularmente en el texto, el comité decidió usar el género masculino como la forma neutral para evitar una excesiva elaboración del texto.

Una vez que el grupo llegó a un acuerdo en referencia a esos detalles, se hizo más fácil revisar el material y sugerir nuevos términos, palabras o traducciones alternativas en algunas partes del texto. Estos esfuerzos al inicio han dado fruto ya que el comité puede actualmente revisar un Paso en una sesión de teleconferencia. Ellos se reúnen dos veces al mes los domingos por la noche.

Éste es un trabajo de amor y compromiso que beneficiará a la población hispano-hablante pero que también ayuda a los miembros del grupo a practicar su recuperación, trabajando juntos, en anonimato, por un bien común y honrando los Pasos 10 y 12.

## Frugterne Karakterdefekter



## Grenene Tjeklistens 14 karaktertræk

### The Danish “Laundry List Tree”

The “Laundry List Tree” is introduced on page 211 of the ACA Fellowship Text and is also featured on the front cover of the ACA Twelve Steps Workbook. The Danish Translations Committee, comprised of ACA members in Denmark, has nearly completed their translation of the Fellowship Text and workbook.

## Список «грязного белья»

**Перед вами список характеристик, которые, на наш взгляд, присущи людям, выросшим в алкогольной среде.**

1. Мы находимся в изоляции и испытываем страх перед окружающими, особенно перед людьми, которые имеют над нами власть.
2. Мы постоянно ищем одобрения и в процессе этого поиска потеряли свою индивидуальность.
3. Мы испытываем страх перед агрессивными людьми или любой формой критики.
4. Чтобы заполнить свою внутреннюю пустоту и заглушить страх покинутости, мы либо сами стали алкоголиками, либо связали свою жизнь с алкоголиками или другими зависимыми личностями, например, трудоголиками.
5. Мы смотрим на жизнь с точки зрения жертвы, в любовных и дружеских отношениях нас привлекает слабость.
6. У нас слишком развито чувство ответственности, нам проще сосредоточиться на других, нежели на себе. Это позволяет нам не замечать свои собственные недостатки.
7. Когда мы защищаем себя, мы испытываем чувство вины.
8. Мы стали зависимы от эмоций.
9. Мы путаем любовь с жалостью и склонны «любить» людей, которые вызывают у нас жалость или желание их спасти.
10. Из нашего травматического детства мы вынесли привычку подавлять свои чувства, и в результате потеряли способность чувствовать или выражать свои чувства – для нас это стало слишком болезненным и привело к отрицанию.
11. Мы слишком строго оцениваем себя, и у нас очень низкая самооценка.
12. Мы являемся зависимыми личностями, которые испытывают страх быть покинутыми и готовы на любые жертвы в отношениях, чтобы не испытывать болезненное чувство покинутости, которое выработалось у нас за время жизни с больными, эмоционально недоступными для нас людьми.
13. Алкоголизм является семейным заболеванием, и мы становимся созависимыми, проявляя симптомы заболевания, но при этом не страдая от алкогольной зависимости.
14. Созависимые обычно не действуют независимо, а реагируют на действия других.

Тони А., 1978 год

*The “Laundry List”, as translated into the Russian language by ACA members in Russia.*

## ACA WSO Treasurer's Monthly Report - January 2011

### Bank Balances as of January 31, 2011:

Checking Account	31,374.26
Pay Pal Account	10,745.80
Savings Account	60,112.43
Total Funds on hand	102,232.49

*The balances above include transfers of \$18,000 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: January 2011

#### Income

7th Tradition	2,773.23
ACA Fellowship Text Purchases	14,146.00
Bank Interest	5.60
California Sales Tax	262.16
ComLine Subscriptions	144.20
Fellowship Text Index Sales	21.25
Literature Sales	1,892.60
Medallion Sales	417.70
ACA Workbook Purchases	5,444.25
<b>Total Income</b>	<b>25,106.99</b>

#### Expense

Accounting Services	1,307.92
Bank Fees	35.00
Fellowship Text Expenses	546.07
Insurance	938.00
Legal Fees	34.00
Literature Committee	2,740.03
Lodging/Travel	719.55
Office Expenses	6,481.62
Office Equipment	264.67
Office Supplies	356.10
Postage	3,816.35
Rent	1,705.00
Utilities	339.50
Pay Pal Fees	735.98
Payroll Expenses	6,410.23
Repairs & Maintenance	51.01
Tax	870.00
Web and Support	25.00

Total Expense 20,894.41

**Net Income (January 2011) 4,212.58**

### Seventh Tradition Contributions- January 2011

Anonymous,	Amsterdam, Netherlands	165.00
Anonymous,	Estes Park, CO	25.00
Anonymous,	Lancaster, PA	14.70
Anonymous,	Madison, WI	45.00
Anonymous,	Mission Viejo, CA	25.00
Anonymous,	New York, NY	50.00
Anonymous,	Orland Park, IL	10.00
Anonymous,	Phoenix, AZ	75.00
Anonymous,	San Francisco, CA	5.00
Anonymous,	Spokane, WA	50.00
Anonymous,	Telephone, PA	20.00
Anonymous,	The Villages, FL	5.00
Anonymous,	Tucson, AZ	10.00
Anonymous,	Tucson, AZ	10.00
Anonymous,	Tucson, AZ	20.00
Anonymous,	Tulsa, OK	47.98
Anonymous,	West Bloomfield, MI	55.95
CA066,	Mission Viejo, CA	100.00
CA1003,	Grass Valley, CA	35.00
CA510,	Pasadena, CA	200.00
CA864,	Thousand Oaks, CA	100.00
CA898,	La Jolla, CA.	100.00
CA90,	San Juan Capistrano, CA.	121.00
IL130,	Libertyville, IL	42.00
IL147,	Elk Grove Village, IL	50.00
LA016,	Lake Charles, LA	45.00
MA036,	Shrewsbury, MA	10.00
MD024,	Elkridge, MD	50.00
MI061,	Westland, MI	20.00
MN096,	Burnsville, MN	16.00
MN117,	Mound, MN	20.00
NJ015,	Princeton, NJ	126.60
NM026,	Edgewood, NM	29.00
NY082,	Staten Island, NY	25.00
TX082,	League City, TX	1,000.00
TX085,	Humble, TX	50.00

**Total 7th Tradition Contributions \$ 2,773.23**

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

**ComLine**

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

**Return Service  
Requested**

