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Parole vive

Hello. I include here a submission written for ComLine. I wrote it in the language of my childhood, Italian. I use English during most of my waking life, so it was quite a surprise to realize just how much deeper the Italian goes for me. I provided a best-effort translation in English as well, so you know what you are publishing. Sincerely, Cami F.



image courtesy of www.free-country-flags.com

La mia avventura in ACA è stata una lenta riconquista delle parole.

Mi riconosco nel testo fondamentale della nostra associazione (BRB p. 160-161) quando dice che "A molti di noi è stata mostrata una lunga lista di parole che descrivono emozioni, solo perché guardassimo da un'altra parte chiedendoci che cosa significassero." (*traduzione artigianale*). Le parole sono sempre state un mistero. Le so usare, ma non so cosa significano. Ho imparato a manipolarle con il linguaggio senza veramente conoscerle, nello stesso modo in cui ho imparato a trattare me stessa senza veramente sapere chi fossi e di che cosa avessi bisogno. Le mie parole erano senza vita dentro; non vibravano d'esperienza.

Per anni ho avuto questo dolore dentro, questa disperazione di non avere avuto qualcuno che si mettesse di fianco a me a spiegarmi la realtà,

a definire la mia esperienza, a mostrarmi che questa esperienza che abbiamo appena condiviso, si questa, questa cosa che mi dà il coraggio di un leone e mi fa sentire leggera come una farfalla: si chiama empatia. Ed è entusiasmo quello che brilla nei tuoi occhi. L'ho desiderato tanto, un mentore, qualcuno che mi spiegasse come costruire un ponte con linguaggio tra il dentro e il fuori.

Ancora ora ci sono dentro di me delle parti bambine che vivono l'incomunicabilità in modo così completo da non credere che io, come parte adulta, esisto e ci sono. Che sarò io a discendere nel magma dell'infinito e a portare loro il dono della Parola. Piano piano. Ma prima di tutto in quel luogo di dolore e assoluto isolamento devo e voglio portare la presenza. Non sono più sola. Ci sono per me. E c'è anche una Presenza più grande, quella del mio Potere Superiore.

Le parole sono il mio terreno di battaglia. Non posso pensare di esercitarmi nella pratica di una onestà radicale se le mie parole hanno la menzogna dentro, se i concetti con cui penso hanno la contraddizione dentro; se quando dico "amare" intendo una strana mistura di pietà, senso di colpa, condiscendenza e volere bene e quando dico "essere presente" in realtà sto dicendo che ci sono e mi nascondo allo stesso tempo.

La riconquista delle parole è la riconquista della realtà e della mia capacità di entrarci in relazione senza giochetti: per poter finalmente dire "io per me ci sono" e sapere che queste parole sono vive, che per le mie parti bambine hanno finalmente un significato. 🍷

About the ACA ComLINE

The *ComLine* is published quarterly by Adult Children of Alcoholics® World Service Organization, with one free report of the Annual Business Conference (ABC). The *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 recovery. The *ComLine* slogan is "Experience, Strength, and Hope." The opinions expressed are those of the individuals writing the articles and do not necessarily reflect the opinions of the ACA fellowship or WSO.

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Living Words (Parole vive)

by Cami F.

Note: To the best of my knowledge there is no approved Italian translation of the BRB yet (I don't live in Italy, so I am not up to date). When referring to a passage of the BRB, I provided my own "homemade" translation. I marked it in the text as "(traduzione artigianale)".

My adventure in ACA has been a slow reconquering of words.

I identify with the fundamental text of our Fellowship, where it says "Many of us have been shown a long list of feeling words only to stare away, wondering what the words mean" (BRB pp. 160-161). Words have always been a mystery. I know how to use them, but I do not know what they mean. I learned to manipulate them through language without really knowing them, in the same way as I have learned to relate to myself without truly knowing who I am and what my needs are. My words did not have life inside them; they did not resound with the fullness of experience.

For years I have carried this sorrow inside, this despair of not having had somebody near me

"...yes, this thing that gives me the courage of a lion and makes me feel as light as a butterfly: it is called empathy..."

who would explain reality to me, who would help define my experience, who would show me that this experience we have just shared, yes, this thing that gives me the courage of a lion and makes me feel as light as a butterfly: it is called *empathy*. And *enthusiasm* is what is sparkling in your eyes. I have desired it so intensely, a mentor, somebody who could explain to me how to build a bridge with language between my inside and the outside.

Even now there are baby parts of me that live incommunicability so thoroughly that they do not believe that I, as the adult self, exist and am present. That it will be me, descending in the magma of the undefined to bring them the gift of the Words. Little by

little. But first in that place of pain and total isolation I must (and want to) bring my pres-

ence. I am not alone anymore. I am there for me. And there is also a greater Presence, that of my Higher Power.

Words are my battlefield. I cannot successfully practice radical honesty if there are lies inside my words, if there are contradictions inside my concepts; if when I say "love," I mean a strange mixture of pity, guilt, compliance and good will and when I say "being present," I am actually saying that I'm there and hiding at the same time.

Reconquering words is reconquering reality and regaining an ability to relate to it without playing little games: so that I can finally say "I am there for me" and know that these are living words, that for my baby parts they finally have a meaning. 🌸

Understanding My Story

by Anne K.

My story is not for one-upping others on who had the worst childhood.

My story is not for making other people squirm or chasing away people who might open old wounds.

My story is not my résumé to apply for life as a doormat, or a permission slip to be a jerk.

My story is not pity-bait to manipulate someone into being kind to me.

My story is more than a badge of honor to prove that I can endure, More than a record of the will to survive and the determination to keep going.

My story is where I meet myself and am the first one to offer myself understanding.

My story is where I meet my friends and take down the wall of isolation.

My story turns my struggles into a bridge to everyone who struggles.

My story is where I decide what the rest of my story will be.



Hello Fellow Travelers

by Tammy F.

My name is Tammy F. from NYC, and I attended ACoA in the early 1980s. Back then, in NYC, ACoA was known as the angry fellowship; people were actually throwing furniture around the room and screaming. After attending a few scary meetings, I went back to my original recovery groups and continued working the Big Blue Book twelve steps.

After decades of working the steps in different fellowship meetings, I finally bottomed out. I wasn't getting better, as the resentments, depression, and codependency were killing me. I felt totally helpless and hopeless in recovery, even though I was doing all I could to help myself. While Stage I was working with letting go of addictions, but I still needed Stage II recovery, but had no clue how to get it.

Finally, a recovery friend told me how well ACoA was going, and I shared by previous experience. He assured me that the fellowship had changed, and there was now a Big Red Book and a Yellow Workbook; many people were recovering. I was unsure because my family of origin had other addictions than alcohol. I attended a face-to-face meeting which seemed organized and healthy. I kept returning and heard recovery! I started using the Yellow Workbook and did the steps with my home group. It took a year to get through the workbook with the group, and I went through the workbook three more times. I then started a book meeting, reading the Big Red Book from cover to cover. I was committed to getting better and learning whatever I could about being an Adult Child.

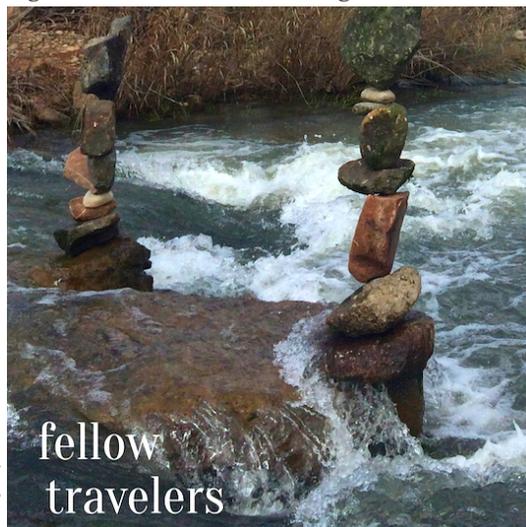


image by Robin

fellow
travelers

Healing began as I released many feelings of neglect, abandonment, verbal and emotional abuse in my early childhood. I started remembering specific memories and situations which had long been blocked and buried. A few years later, post-traumatic stress injury surfaced, and I felt I didn't want to live. With a multitude of horrible feelings all at once, I thought I was going to lose my mind. Thankfully, I stayed the course with a good therapist and many more meetings. It took four years of hard work before I could see the light at the end of the tunnel – but I did see it. Many days, I didn't believe I could survive the feelings. But I found healing by talking with fellow travelers, and I lived another day. There were days when all I could do was listen to ACA phone meetings all day.

My family of origin lost everything to the issues of food, money, self-esteem, mental illness, and depression. They lost their money, home, health, relationships, and pets. My parents do not drink alcohol or use drugs. My family had more denial because the alcohol was not present as an issue. The denial lived on throughout my parents' entire lives.

It is interesting that my story was just like other Adult Children who had alcoholic parents. Abuse can look like other addictions: alcohol, gambling, overeating, sex addiction, co-dependency, money, and poverty. The number of ways to self-destruct, increases with mental illness. The end result of being raised in a household filled with dysfunction is the creation of another Adult Child who will eventually need treatment or die of the disease.

I am grateful for my four years of recovery in ACA, facing the issues from my damaging childhood. The majority of new members seem to have alcoholic parents, compared to a "typical" dysfunctional family. My hope for ACA WSO is to create more awareness to the general public and to let professionals and therapists know there is help for Adult Children of Alcoholics or other family dysfunctions through ACA. Maybe even calling it ACAD, which could also stop the confusion with Al-Anon.

I visualize ACA becoming mainstream like AA. There are far more people who are sick and suffering from this disease than from any other illness. I am so grateful to be in recovery. Thank you ACA! You saved my life. 🌱

ACoA Sydney: Early History from “Down Under”

by Lawrence

It was in early March of 2015 that I walked into the Friday night meeting of ACoA in Adelaide. The people were friendly and the message powerful and clear. I had found what I had been searching for. I made a decision to come back the following Friday. The seed had finally sprouted.

The seed had been sown at The Buttery in 2003. I was introduced to the work of John Bradshaw, Melody Beattie, Pia Melody and Claudia Black – all pioneers of our work. I met my inner child for the first time and was introduced to the pain of unresolved trauma, grief and abandonment, feeling it for the first time without drugs and alcohol. With my first sponsor, Mark C., also an ex-resident of the Buttery, I began the work. I followed his example – “You work the steps to get well. You don’t get well and then work the steps.”

Four years later, I began working with my current sponsor who had spent 10 years in the previous incarnation of ACoA. For years – patiently watering the seed – we worked the steps, and he shared his experience, strength, and hope. He supported me to go to ACoA to find the love and support that only a 12-Step fellowship can provide. Sadly, the Sydney fellowship had closed without trace.

Fast forward to 2015. After spending months looking in other fellowships with Jules U. – not finding our message, and knowing what was available in Adelaide, we had had enough. That occasional suggestion from Jules that we should start a meeting became a weekly conversation and then an inspiration. Like a true addict there was no stopping Jules and before we knew it we had a room booked, literature bought from Conrad G. in Cairns, cards printed and the first of 14 versions of the meeting format decided upon. We drew on the experience of the Adelaide meeting, my sponsor Martin R.

and the love and wisdom of Derek D. (one of the founders of NA in Australia), who taught us about leadership and the imperative of living Step 12 in all our affairs. Consultation, prayer and meditation became our constant guides.

Jules recruited Louise K. to be our tea person, I recruited John M. for treasurer, and we opened, knowing that even if it was only us, we would be okay. Finally, we had somewhere to talk about our inner child and the effects of the family dysfunction that had been thrust upon us. We opened to 17 people on Saturday, July 17, 2015. Eliot is still here with us, Gail – another early member also – and we grew, and we grew, and we grew.

This Saturday is 52 weeks later. We have four meetings in Sydney, one in the Blue Mountains and one on the Central Coast. Our FB page support group, ACoA Sydney, has 161 members – another one of Jules’s inspirations.

I want to take this opportunity to thank our members for the privilege of being of service to you and to thank all members past and present for their contributions, love, and support. There were over 50 people at last Saturday’s meeting, rich and varied in recovery backgrounds and with an emotional maturity and willingness to share our love, joy, and pain to heal together. This humbles me and gives me hope beyond words. Thank you.

Jules and I shared a vision of building a fellowship that is vibrant and strong for the Adult Children who haven’t been born yet.

Finally, if you have an opinion on what ACoA could be doing or doing differently, please come to Intergroup and get a service position. WE need you. Don’t be an observer from the sidelines. Future Adult Children are depending on you to keep planting the seed.

We hope to see you all at the Unity Day on Sunday, God Bless. 🍷

Promise Eleven

“With help from our ACA support group, we will slowly release our dysfunctional behaviors.”

Step 11: Sought through Prayer and Meditation . . .

by Abigail C.

I sought through obsession and exhaustion to improve everyone's impression of me because I understood how they were thinking. I searched for perfection to protect me from abandonment and energy to endure my pursuits.

It didn't work.

I could say I have been praying for years, sometimes with diligence, more often spontaneous and vague. I could feel myself setting the agenda with God, listing my hopes and longings. I started to pray differently as I trudged through the steps with my ACA group. Turning my will and my life over to God cleared my slate of "good ideas" and "helpful advice" to myself and the people around me. I thought I would run out of things to say. What did I have in me to give, if not giving directions on what to see, think, and do?

People tell me I am a gentle, patient person. They ask what I am thinking when I am sitting quietly to the side. I remember before I found the 12-Steps, I always had something to say. My inner critic was ready to slice through all of the niceness and lay out the solution that would make everything better. I wanted people to like me though, so I learned to keep my opinion to myself. I softened my approach; I learned to speak with diplomacy. I asked God for help getting people to see it my way. I practiced what to say and scripted what the other person would say. "How does



photo by Mardi M.

that sound?," I'd say to God. No answer.

I did not see God's work in these relationships. In my controlling nature, I had been telling God my expectations. Seeking through prayer and meditation proved to be more about listening than speaking. When I practiced praying only for the knowledge and power that God has for me, I learned that there is not so much for me to do. I have just enough time, energy, and resources to take care of me.

Some thoughts dart through my mind like a new puppy, bouncy and begging

to be chased. I used to wave them away because they were not sensible. These ideas were about going places and talking to people with no promise of a product or progress. Now I trust these wispy intuitions as beginnings, and I wait for God to give me the power to take the next step.

Conscious contact with God feels artificial to me sometimes. I suppose the consciousness is about me, since God is always present. I am more aware of my attention moving from the present to the past or future, to ruminations or anxiety. I can see the choice I have – to stay in the present. That is when I ask God for help to bring my attention where it needs to be. Praying for God's will keeps things simple. Not my will, but God's. What God wills me to do is usually less complicated than what I have in mind. I find I have enough time and energy to follow the intuition. Then there is time for me to rest and reflect. I still fall into my old habits sometimes, with these rushing storms of thinking, reacting and weariness. I make mistakes; I hurry to make things work; I feel fear and disappointment when things do not work. I can see that I don't like what the frenzied thinking and reacting does to me. I keep coming back to the steps, though, grateful that I have a better foundation than what I learned growing up. I can be kind to myself and ask God how to do things differently. 🌸

Step Ten

by Liisa K.

Hi! I am an ACoA member from Tallinn, Estonia. Tallinn is the capital of one of the Baltic countries, small states in Eastern Europe. When I received email with an invitation to write a share for the up-coming *ComLine* newsletter, I felt that I, too, wanted to share on Step 10, in English, which is not my mother language.

I have been in the ACoA program for about seven and a half years; I also worked the steps with the help of the ACA Yellow Workbook.

In my home ACoA group, more knowledge about official ACA literature came when I and some other of our members attended the 1st ACA European meeting in 2014 in Riga, Latvia. A couple of copies of the BRB had been bought before by our group members; The Solution and It is OK had already been translated by then.

Before this time in 2014, our group had managed very well for 12 years with a professional

translation of the ACA Steps and Traditions from a former Finnish-language ACA 12 & 12 booklet called “Kaksitoista askelta, kaksitoista perinnet”.

So after getting more knowledge about ACA official literature in 2014 and translating some free materials, it became apparent that the recovery language in the BRB is very different from the ACoA texts I have known. As one program member said in a forum, it is full of the American dream. So I have observed it, with the help of Steps 10 and 11, by taking what I can and leaving the rest. 🐼



image courtesy of
www.free-country-flags.com

Tolerance

by Nancy J.

For me tolerance is an emotion. I've learned that my emotions have been formed by my experiences and through study. My emotions have been created by my experiences and enlightened by knowledge. And with the emotion of tolerance I try to use understanding, but that does not require agreement. I have to take the time to explore a concept or a new idea by reading, conversing, or engaging in a clarifying discussion to choose how I'm going to feel about it. Will I tolerate this idea, person, etc., or not?

However, when a crisis demands a reaction — often without time for my reflection — I have to try to remember what I think about that issue as well as what I feel. Since I can't control all the moments of my life, sometimes happenstance drops me into situations and with people not of my choosing. At that time, the necessity of the moment forces me to either cooperate, observe, conflict, or flee. Out of these circumstances of chance and crisis, my opinion about the people, the places or the idea is formed. Only time, reading, reflection, or some memory gives me choice in my beliefs.

Once my point of view has been selected this way, I realize I can credit others with their point of view. They must have formed their views by



photo by Robin R.

using similar methods. We all have our personal set of experiences, our personal goals, and our human needs that create our beliefs about something or another. But since we all formed those beliefs from our own experiences, tolerance can make our differences understandable.

So when I am faced with intolerance, all I have to do is to translate my emotion of tolerance into a practice of tolerance. Do I stay or do I walk away? I do know that changing one another's minds or destroying of the other's point of view is not welcomed by either party. But neither is it necessary for me to submit to derision or harm. And so tolerance is an act of faith, and sometimes a gamble with some risk, but it is my way to stay on my side of the street. 🐼

ACA in Hungary Celebrates 18th Birthday

by Jeffrey F.

The Hungarian fellowship came together over the weekend of 19-21 August for their 18th annual national retreat. It was held near the shores of beautiful lake Balaton, which is known to the Hungarians as their inner sea, since it is Central Europe's largest lake. It was also the first time a representative from the WSO attended.

I arrived late Friday night by train at the main resort town of Keszthely at the southern end of the lake. Saturday was a full day of meetings and sharing, mainly in a large room where up to 60 members sat in chairs in a large circle. In the middle was always placed the bouquet of flowers and ceremonial candle (see photo). I was asked to speak about service and the WSO, and was also fortunate to have interpreters help me understand what others were sharing, to realize we all have the same basic fears and problems.

There were business meetings later in the day and evening to discuss the Hungarian fellowship's renewed interest in translating ACA literature. Like many fellowships abroad, they really appreciate being able to sit down with someone and discuss how it works. The WSO and European Committee look forward to working with the Hungarian fellowship to produce ACA literature in Hungarian. After all, they have a wonderful and growing fellowship – about 20 meetings and 300 members nationwide – who deserve conference-approved literature.



photo by Jeffrey F.

Saturday night after dinner, the Hungarian ACA fellowship celebrated its 18th birthday with cake: three of them in fact. "Dobos torte" (Google that) is the one not pictured, but a popu-

lar Hungarian cake. I was given the honor of cutting the first cake, and must say, the Hungarians do layer cakes better than anyone. Now I just need to introduce them to the American custom of having ice cream with your cake.

Ironically, the Hungarian fellowship started 18 years ago much the way ACA did, with a group of four Alateens coming together. It was moving to hear the wife of one of those four founders share how it all started. It was also about 18 years ago when I got back into ACA in Prague. Saturday the 20th of August was also Hungary's national day of celebration: St. Stephen's Day, which many compare to America's 4th of July, maybe because both are big national holidays with fireworks. But the former celebrates the founding of a kingdom in the year 1000 and the latter breaking away from one in 1776. The day ended with a stunning display of fireworks at night, dancing to classical music by the lake's edge.

Sunday was another morning of sharing, lunch, then lots of hugs and goodbyes, as members packed and dispersed to all corners of the country. I caught a ride with my host, who also picked me up at the train station on Friday night, and we drove north along the lake. Along the way, I got to see some of the local sights such as vineyards on ancient volcanic slopes and the peninsula of Tihany with its sacred Abbey, whose 11th century foundations deed was the first document to use the Hungarian language. At Szekesfehervar we parted ways and I hopped on a new train that whisked me into Budapest where I crossed under the Danube on the new green metro line to arrive at Keleti station with time to spare for a quick dinner before catching the night train back to Prague. 🍷



photo by Anne H.

What is Success in Program?

by Christine B.

In the two and a half years since our ACA Women's meeting began, we have seen over 50 women come, attend meetings for a while (sometimes for months), and then leave. Our attendance remains at about 10 each week. With one exception, none of these women worked with a sponsor or fellow traveler to go through the Yellow Workbook called *Twelve Steps of Adult Children*. They identified strongly with the Laundry List. They knew ACA was the right place to heal and grow. Yet we lost them.

Those of us who founded this group have asked ourselves why we lost members and how to retain new members. One idea we came up with was to model for newcomers what a program success looks like. We have incorporated in our introduction the following:

“We look to success in our program. Does anyone have a success this week to share?”

Talking about success in program has been important for three reasons. First, we often fail to see success unless we are looking for it. In fact, I keep a list of successes on my phone, because I frequently forget a success as soon as I think of it. Second, we recognize our own successes in program when we hear someone else talk about her success. It could be handling a difficult person at work, a relationship in which we finally set and honor a boundary, or speaking up when we have been used to sitting silent. Third, it gives us a time to speak up for our inner child and tell how we have listened to her and taken care of her. This piece of program is unique to other 12-Step programs, and it takes awareness and practice. We encourage each other by voicing that healing through honoring that our inner child is real and our program works.

We also say affirmations and intentions at the end of our meetings. This helps us focus on areas for improvement and makes us accountable to report back on how well we did. I recently organized a family vacation for my husband, myself, three adult daughters, one daughter's husband and



image by Yvonne

baby, and another's boyfriend. I wanted the girls to “get along.” I wanted them to respect each other and be one happy family. Of course I did! I'm an adult child, and I always know how things should go. I made a commitment to my group before the trip to just enjoy my daughters (and my new two-month old granddaughter), and not try to run the show.

The vacation went very well. My girls have all realized that bringing an issue about a sister to me – hoping I will discuss it with that sister – is not a good strategy. I had to back off and let them decide how and when they wanted to interact. My youngest came to me and said, “Wow, my sister has been so much better this vacation. It's really been a pleasure to be with her.” I said, “I'm sure she'd love to hear that. Why don't you tell her?” Well, the message did not get delivered, and I desperately wanted to carry the compliment to my oldest daughter. Instead, I stayed out of it. This was not easy for me (particularly as the message was a compliment rather than a complaint), but I kept quiet. I count this as a program success.

In our introduction, we also ask if anyone is looking for a fellow traveler and explain what that is. And if there is a newcomer, we spend a few moments asking members to share what ACA has done for them.

Will all these efforts result in more members sticking with the program? Time will tell. But in the meantime, we feel positive about working our program and sharing our successes. 🍷

Promise Twelve

“Gradually, with our Higher Power's help, we learn to expect the best and get it.”

I Can Only Change Myself

by Linda S.

I was raised in an alcoholic and violent environment. I was not physically abused, but was emotionally and verbally abused. I became an alcoholic myself and married a workaholic, adult child of an alcoholic. I've been in AA, Real Recovery Group, CoDA, and now I've found ACA. I have been sober since 2008, but always felt that something was still wrong even, though I had kicked the addiction. Now that I've been in ACA, I'm learning to put words to my issues, whereas before I didn't know how to describe what was going on inside of me. For instance, fear of authority figures or always comparing myself with others. I had also learned to stuff my feelings and did not know how to share anything that I thought or felt.

Since being in ACA, I understand what has happened to me. For example, I took on the characteristics of the sick people whom I lived with and who were not there for me emotionally. As

I look at the "The Laundry List," I have all of those characteristics listed, but being involved with an ACA group, I now have hope. By attending the meetings, I'm coming to a better understanding of my past so I can more effectively restructure my life today. I'm beginning to see more clearly what is positive and healthy in myself.

The ACA Serenity Prayer

*God, grant me the serenity
To accept the people I cannot change,
The courage to change the one I can,
And the wisdom to know that one is me.*

BRB, p. 424

I love this prayer. It really hit home to me when I read it for the first time. It's me that needs to change; I can only change myself – no one else. When I understood this, I knew I was on my way to changing myself. I thank God for my ACA group. It has saved my life from despair. 🍀

Regions Forming

In the effort to improve our outreach and communication with newcomers, the fellowship, and the public, we have been meeting with other group and Intergroup representatives in the western U.S. geographic area to explore the possibility of creating a local Region. We looked at what we wanted to improve in services to our Intergroups and groups. With that information, we are putting together a tiered grid of the services we feel could be provided by other Regions.

Our goal is to improve such things as communications, outreach, and literature. We discussed reasons the Regions had died out: too few trusted servants doing too much; no predetermined duties of Regions in the service-structure hierarchy; and no uniformity in services available from Regions. To address these problems, we are developing a grid of services that others may choose to provide. These

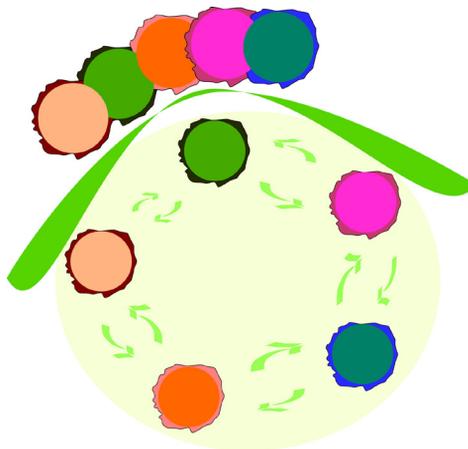
include newsletters; literature; website hosting; office functions; social, educational, and fund-raising special events such as conferences and retreats; speaker meetings; types of service and recovery; finding sponsors; and tools for communications and decision-making.

Other developing Regions can choose from this grid and modify it to determine how they can best serve their groups and Intergroups. Our next step will be to codify Bylaws and daily guidelines that others can use as a rough draft for building their own Region. All are invited to participate and eventually spin off to a more local Region, or sit in

to develop an ACA Region in the future. Send an e-mail to gwuregion@gmail.com for the next agenda and call-in information.

Pamela M.

Greater Western US Region Alternate Rep. 🍀



Delegate's Corner

Welcome to the Delegate's Corner! The Delegate Training Subcommittee (DTSC) was born out of the 2016 Annual Business Conference. Our program is growing at its most rapid pace in many years, and the need for service – at all levels – is also increasing to support that growth.

Delegates are guided by the Twelve Traditions, the Twelve Concepts, and through ACA's Operating Policies and Procedures Manual. As a delegate attending the Annual Business Conference, one represents their group's conscience. One of the ways we do this is through the rights and responsibilities of our Twelve Concepts (BRB, p. 615).

- **Concept I** The final responsibility and ultimate authority for ACA World Services should always reside in the collective conscience for our whole fellowship.
- **Concept III** Right of Decision
- **Concept IV** Right of Participation
- **Concept V** Right of Petition
- **Concept VI** Responsibility for maintenance of our world services.
- **Concept X** Every service responsibility should be matched by an equal service authority.

The words alone, of rights and responsibilities, may seem to carry a bit of baggage to an ACA. Exercised in recovery, a new strength often occurs among supportive fellow travelers as we work Tradition One: Our common welfare should come first; personal recovery depends on ACA Unity.

As was expressed by a fellow traveler once when a conflict arose in a business meeting. "This is where our real work begins." Such it is as a delegate.

Our service is not about

our own thoughts and opinions, but about what our group's conscience – guided by a loving Higher Power – wishes to express. I learn in service as a delegate, that it is not about me, nor what I think is best for the fellowship. By working together with my family – my home group – I go forth and represent us. Quite unlike the families most of us grew up in, we learn a new way to live if we work our program diligently, and we receive the gifts of The Promises in *all our affairs*.



The DTSC is preparing teleconferences, videos and tools that will be found on the ACA website to prepare delegates prior to their first conference. We are developing training on the Twelve Traditions, Twelve Concepts, and Bylaws.

Aside from preparing materials for new delegates, we are also establishing a "buddy system," someone you can check in with prior to or at the conference. Here at the Delegate's Corner, we will keep you updated on our developments. Currently we are sending out a survey to past delegates to gather information that they feel would have helped them at their first conference, as well as what they find they would like more information on with regards to being a delegate.

To contact the DTSC you can reach us at dtsc@acawso.org. Meanwhile, watch the website as we expect to post updates of our work in the coming months.

Erin D.

Vice Chair

Delegate Training Subcommittee ☪

2017 ABC to be Held in San Diego, California!

Excitement is building in San Diego, California, as we start preparing for the 2017 ABC Conference and World Convention. The dates are April 21-23, 2017. Come early; stay late! San Diego, famous for its temperate climate, is beautiful in April with lots to do, both within and outside of the convention venue.

We are putting together a full schedule of recovery talks, panels, and workshops. Your inner child will be captivated by special activities, and

we will offer time for meditation and creative endeavors.

A special invitation is being sent to fellow travelers outside the U.S. Please allow us to be of assistance in any way we can.

More information will be coming soon. You can check at: <http://www.acaworldconvention.org>. See you in April,

Susan C.

Host Committee Chair ☪

ACA WSO, Inc. Seeking Full-Time General Manager

Adult Children of Alcoholics World Service Organization, Inc. (WSO) is a Twelve Step non-profit whose primary purpose is to carry the message of recovery to all who suffer from the effects of being raised in an alcoholic or otherwise dysfunctional environment. WSO is a connection between these individuals, ACA meetings, our Inter-groups, and our Regions.

Salary commensurate with experience and other qualifications. Range: \$65,000 to \$70,000 per year. Benefits package to be negotiated.

If you have previous experience and are interested in utilizing your skills, please don't delay. To apply, both business/professional and Twelve Step résumés are required. To obtain a Twelve Step résumé form, please send an email to applications@adultchildren.org.

Résumés and a cover letter should be emailed to applications@adultchildren.org. For serious candidates, the full job description appears at <http://www.adultchildren.org/aca-seek-gm>.

ACA Seeking Proposals for Public Service Announcement

Adult Children of Alcoholics is starting the process of creating a Public Service Announcement (PSA) for television, internet, and radio. Ultimately, we need the development and production of a 1-2 minute graphic-based PSA editable to a 30-second spot.

The contractor is expected to shoot, edit, and finalize – in an appropriate format for television, internet, and radio – one audio/video PSA. The PSA should appeal to a broad cross-section. Adults are the primary audience and younger viewers are a secondary audience. It should be designed to: 1) Increase awareness of ACA's focus. 2) Encourage attendance at an ACA group in their local community. 3) Create incentive to go to the ACA website for more information.

Films will be shot in English, but Spanish, Danish, Finnish, Russian, Chinese, and other language voice-overs may be used for future editions of this project to deepen connectivity in the non-English speaking community. Voice-over translations will be provided. Contractor/s may be hired to film the PSA and may submit a proposal. The PSA will focus on: 1) the effects on the children of familial alcohol, drugs, abuse and neglect, 2) Post Traumatic Stress Disorder (PTSD), and 3) the benefits of attending ACA groups for support.

Proposal

1. Please include the name and contact information of the filmmaker with your resume and/or bio.

2. Include the name and contact information of any key crew, if any, with a resume or and/or bio.
3. Include 3-5 professional references.
4. Also, include a detailed budget breakdown and draft schedule for the PSA.
5. Include a brief description of concept content (500 words or less) for PSA by the filmmaker; as little as one sentence, but no more than one page.
6. Optional: casting commitments can be included if available, not required.
7. One to three media samples or a reel; total content should not exceed twenty minutes.

Submission Process

Electronic submittal of proposal is preferred; YouTube or vimeo are acceptable; files can be sent directly by email if size permits or will be coordinated through online file sharing.

Please submit a complete proposal (details above), 1-3 media samples, and quote for services to Larry Arias (chair@adultchildren.org). ACA is an equal opportunity employer.

Primary Contact

To see the full Request for Proposal, go to: <http://www.adultchildren.org/resources-rfp>. Primary Contact: Larry A., Chair, Literature Committee, ACA WSO chair@adultchildren.org. Office: 310-534-1815; Cell 646-483-3066.



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