



In This Issue

Poland in September 1

Becoming Your Own Loving Parent: 2018 ACA World Convention 2

Ready, Set, GO!! Workshop Report 3

Powerlessness vs Empowerment 4

Steps 1, 2, 3 5

A Family Genogram Offers Clarity 6

Finding Peace So Desperately Sought . . . 7

Russian BRB Launched at Annual Moscow Event 8

New Castilian Spanish BRB and Intergroup 9

6th Moscow Convention 10-11

Letter to the Editor 11

About the ACA ComLINE

The ACA *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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Poland in September

Dear ACA members,

It took me some time to get back to you with the update after our Polish ACA convention in September 2017. I apologize for this delay.

A Successful Event

We had very successful event. Over 140 people attended, and some of them are in the photo I have included; the event was very busy and fruitful. The Intergroup decided to register Polish ACA Fellowship as an Association. We are now working on our documents and gathering necessary information from about seven representatives who will form the legal structure. Details were addressed during our November 6 Intergroup skype conference.

New Challenges

We encountered some challenges. Some people in the fellowship debate whether *Higher Power* is used as an alternative to *God* in the text – they see this as a “New Age” dangerous influence.

There is also a minority voice that differs in our approach to using WSO conference-approved literature. Our weakest point is lack of those who would like to offer service for the fellowship. Hopefully, with the growing number of groups using ACA 12 Steps program, this can also change.

A Positive Future

I believe this is normal process we have to go through, after over 30 years using different approach and literature. We just need to give some time for our fellowship to change direction towards ACA recovery approach. I am actually very positive about our future.

We are also working with Konrad from US, a Polish-speaking member who is currently working on our glossary.

Majbrit’s sharing was recently fully translated into Polish. After proofreading, it will be provided to our groups.

I will get back to you all again if I will have more news. ✨

Yours in service,

*Ania J., Koordynator Komisji
Tłumaczeń, Działającej przy
Intergropie DDA
(Translation Project Coordinator
Polish ACA 12 Steps Fellowship)*



More than 140 people attended our Polish ACA convention in September.

Become Your Own Loving Parent

2018 ACA World Convention

Sponsored by ACA WSO, and Hosted by the Greater Toronto, Ontario Canada and Area Regional Intergroup

Four Months and Counting!

The world of ACA will be gathering in Toronto, Ontario, Canada on April 26-29, 2018! The invitations have been sent, many are confirming they are coming and are asking to be of service!!

We have more than 90 ACA Fellow Travelers registered, 7 countries, 12 US states, 4 Canadian Provinces and a Partridge and Pear Tree! Just kidding about the bird and the tree, but the stats are real.

Bring a flag for your country, and we will display them all at the ACA World Convention.

We have local ACA Fellow Travelers opening up their

homes to those International ACA travelers who want to come, but can't afford lodging on top of the airfare.

Need Support or Have Questions?

If you are in need of this support or have questions, email acasharedroom@gmail.com. We have already matched an international Fellow Traveler with one of our local Fellow Travelers!

Key Date: March 16, 2018

This is the last day to register for the early discount for AWC and special reduced rate

for the hotel and meals while quantities last.

Our exciting program continues to be developed, with more than 20 workshops. Many are sharing their experiences and solutions working their ACA program, and connecting with their inner child and inner loving parent. Check our web site for updates as we move forward, www.acaworldconvention.org.

You can also email acaworldconvention@gmail.com if you have any questions or need additional support. 🦋

*In Service,
Your Loving 2018 ACA
World Host Committee*

<p>ACA 3rd ANNUAL WORLD CONVENTION (AWC) 7pm April 27, 28, & 29, 2018</p> <p>CONTACT US acaworldconvention@gmail.com</p> <p>REGISTER www.acaworldconvention.org</p>	<p>BE PART OF THE AWC</p> <p>Enjoy an exciting program of ACA speakers, healing workshops, panels, meetings, food, fun, entertainment, & more!</p> <p>\$55 REGISTRATION UNTIL MARCH 16, 2018</p>	<p>BOOK YOUR HOTEL Holiday Inn Toronto Yorkdale 3450 Dufferin Street Toronto, ON M6A 2V1</p> <p>OR Share Accommodation</p> <p>OR Host A Fellow Traveler</p>
<p>Toronto Ontario CANADA</p> 	<p>Adult Children of Alcoholics</p> <p><i>Celebrating 40 Years of Fellowship</i></p> <p>Sponsored By ACA WSO Hosted By Greater Toronto & Area Regional Intergroup</p>	
<p>ACA ANNUAL BUSINESS CONFERENCE (ABC) April 26 & 27, 2018</p> <p>CONTACT US a.ca.abcchair@gmail.com</p> <p>REGISTER www.acaworldconvention.org</p>	<p>BE PART OF THE ABC</p> <p>Attend the ABC, become a delegate, & have a voice. Be a part of the change you want to see in your fellowship!</p> <p>FREE REGISTRATION</p>	<p>HAVE FUN</p> <p>Medieval Times & Fun City Tour (Thursday Evening)</p> <p>Banquet Dinner, Speaker & Dance (Saturday Evening)</p>

“Ready, Set, GO!!” Workshop Report

by Brie, Boise, Idaho

I am writing to report on a great success in organizing the first ever “Ready, Set, GO!!” Workshop (RSF!!) in my area. RSG!! was originally designed (by the Western Great Lakes Intergroup) to walk participants through the spiritual actions of the ACA 12 Steps over four weeks. It has since been rewritten so that all 12 Steps can be “taken” in a single day!

We Were Willing...

Our seasoned workshop facilitator, Dave S., flew in to guide us through the process. Eleven ACAs – both newcomers and old-timers from the area – showed up on a Saturday in October to participate.

After taking turns reading through Big Red Book (BRB) excerpted material relating to each Step, we were then asked to stand if we were willing to “take” that Step. For example, for Step One we were asked, “Am I now willing to concede to my innermost self that I am powerless over the effects of alcoholism or other family dysfunction and that my life has become unmanageable?”

We then gave our answer and sat down. I found the physical actions of standing, speaking, and sitting down, as well as doing this in a group, which was both participating and bearing witness to each person’s vow, a powerful contradiction to the ACA childhood rule of “don’t talk.”

A Newer Format

The newer format also includes small-group (4-5 people) break-out sessions where participants take equal, uninterrupted turns thinking about a particular question aloud with undivided group attention. This allowed participants to dig in a little deeper to the material and to how it related to each of us and our ACA story. It also gave people, many complete strangers before the workshop, the chance to get to know each other better. For the Step One break-out session, we identified the “family type” that brought us to ACA, and what taking the first three Steps meant to us.

Seven Short Minutes

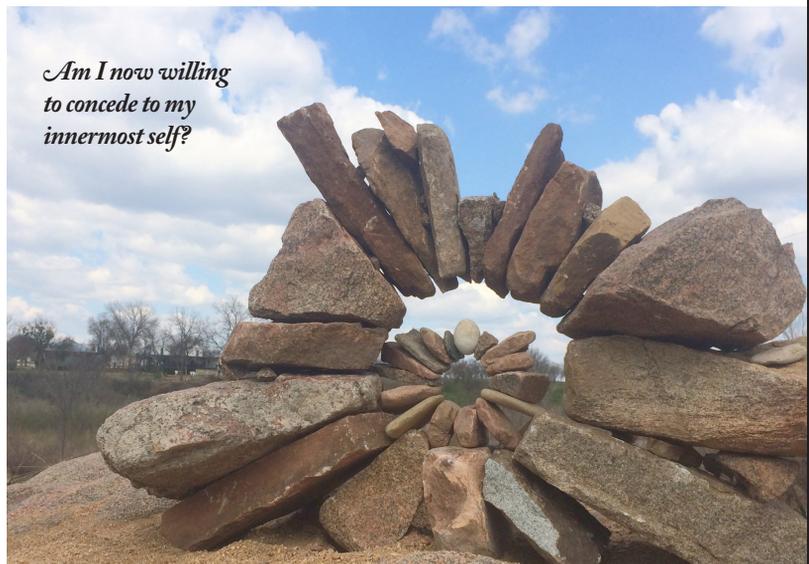
The big highlight of the workshop, though, was the one-hour non-dominant hand-writing workshop at the end of the day. We began by doing the Inner Child meditation in the BRB. Immediately following,

we got out crayons and colored pencils, and used our non-dominant hand to answer the Inner Child question prompts, also from the BRB.

During just seven short minutes, every single person made contact with their Inner Child. People’s shares afterwards told how meaningful this experience was to them: it was the only time in the workshop when the hankies came out. A highlight within the highlight was the participant who, originally very skeptical about the workshop was planning on working on her house instead of coming, was positively giddy about having connected with her Inner Child.

I highly recommend “Ready, Set, GO!!” to anyone or any group looking to strengthen Step-work and increase outreach in their community. 🌸

*Am I now willing
to concede to my
innermost self?*



Powerlessness vs Empowerment

by *Mardi M., Montana*

Admitting I am truly and undeniably powerless over the effects of alcoholism and/or other family dysfunction is a marvelous step. After years of persistent step work with a variety of dedicated sponsors and co-sponsors and years of saying the Serenity Prayer, I finally got it.

Road Map

The twelve-step process is a straight-forward road map that leads to a better life for those of us who have the courage to face our demons in order to discover an

incredible life; this spiritual awakening is like none other. I was rigorously honest with the exercises in the Yellow Book, and that inventory created a crystal-clear picture to see and understand just how insane and dysfunctional my family-of-origin really was. The multi-generational dysfunction of my families, unfortunately, made sense. The uncovering of what really happened, and tearfully working through the grief process, provided me with a freedom and a life I never dreamed was possible.

Release from Bondage

Then there's Step Five; what we can't talk about, will own us. However, willingly trusting the process lightens a load, and we can quit holding ourselves in bondage.

Life Just Gets Better

I thank my higher power for the guidance I have been given in the ACA program. By truly turning it over and accepting powerlessness, life just continues to get better and better. That's empowerment! ✨



Steps 1 2 3

by Erin D., Oaks, Pennsylvania

The first three steps began for me a process of discovering a new way to live.

Rage and Abuse –

At the age of 18, I recognized that the pain of growing up with my father's rage and abuse had impacted my life beyond what I could manage alone. I had saved four hundred dollars to take a course with the goal of transforming my life. I remember the last day of the course the facilitator instructed everyone to lie on the floor and imagine sorrow, anger and a myriad of emotions.

Thirty-eight years later, I can still remember lying there trying, really wanting to feel something. I couldn't. I was frozen. At the end of the exercise the facilitator chuckled at those of us who could not respond, "I said you only had to pretend."

I Couldn't Stop Feeling

It took me nine more years before I came to the rooms of ACA and at that very first meeting, I couldn't stop feeling. Members sharing their

vulnerabilities, their fears, the outpouring of emotions and the sense of trust and safety in that space was the essence of the first step. Identifying with others through their honesty, open-mindedness and willingness to live anew brought forth a storm of emotions. The powerlessness and unmanageability was exposed, yet the loving presence of the members revealed a strength and security that allowed me to give up control, to let go emotionally and grieve.

I Kept Getting in My Own Way

Today identifying powerlessness and unmanageability is a comfort, reminding me I can stop forcing solutions and look to a power outside of myself for freedom. Understanding what the power greater than myself was baffled me until my sponsor told me to stop trying to define it. I kept getting in my own way. Hearing her words, I knew what I wanted it to be: loving kindness, truth, compassion. After years of mental gymnastics on what, where and who God was, I stopped trying to figure

out God and found my own God within me. Today my concept of a Higher Power speaks to me in the phrase "God doesn't do it to me, God is what I do with it." This is the power that restores me to clarity.

Nurturing Is Essential

"The more we let go, the stronger our boundaries become. This is the ACA paradox: Letting go creates stronger boundaries" BRB, p. 148. To make the decision to live beyond my fears, to let go of the outcome takes nurturing myself spiritually. Nurturing is a daily practice essential to my third step. I've learned how real power comes from surrender because it allows the truth to be revealed. Self-will becomes my prison of fear, moving me further away from the gentleness, love and respect I need to heal and be true to my self. Letting go and letting God has been possible with the love and compassion of my group and Fellow Travelers, and it is life beyond my wildest dreams. 🌸

Promise One

"We will discover our real identities by loving and accepting ourselves."

Promise Two

"Our self-esteem will increase as we give ourselves approval on a daily basis."

Promise Three

"Fear of authority figures and the need to 'people-please' will leave us."

A Family Genogram Offers Clarity

by Bonnie K-M, Texas

When I finally found my way to ACA and the family genogram exercise was suggested in Step One, I was a bit skeptical. I was familiar with the concept from my professional work, but I didn't see how a genogram could help me. I knew I didn't have most of the data usually required but, my Higher Power years before, had been laying the groundwork for my healing.

When my father died suddenly, I was surprised by all the people who traveled to pay their respects to him, and most were strangers to me and my siblings. They shared their memories of a man who seemed to bear little resemblance to the stern, reserved father we had known.

I soaked up as much of this information as I could, but I had no context for it.

Years later, I had to gather my mostly estranged siblings from their disparate lives to keep vigil as my mother passed. Ostensibly to gather material for a eulogy, the hospice chaplain, himself an early ACA, gathered us to share our memories. It soon became apparent that the woman who had been so vague and secretive about her past had, over the years, shared different pieces of it with each of us. We were able to piece together some sort of narrative. In both parents' cases, the signs of early trauma were there.

With an Adult Child's typical black and white thinking, I began Exercise 1 as if

it were a forensic document subject to legal scrutiny. And I had no evidence! I had to set aside such rigid thinking and become willing to include both relatives I had known and heard about. The BRB encouraged me to suspend judgment and instead seek clarity. The instruction to "Think about your experiences or what you have heard about each relative..." This included common terms and descriptions of behaviors, not just clinical labels. Slowly I began to open my eyes.

When I was finished, I clearly saw the patterns of similar traumas and abandonment occurring at similar ages in every generation, including my own children! I recalled part of a lesson from my childhood Sunday school, "...visiting the iniquity of the fathers upon the children to the third and the fourth generation..." Those words frightened me as a child, and I could now see that my inner child was still scared. But, I now could reassure her that, as The Problem tells us, "This is a description, not an indictment."

Step One also gave me hope. Yes, I was powerless over these effects. But through this exercise, I was also able to see how each generation had spared the next of the worst of what they had suffered. I could accept – that just as dysfunction is generational – so is healing. 🌸

Step 1: We admitted we were powerless over the effects of alcoholism or other family dysfunction, that our lives had become unmanageable.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Step 3: Made a decision to turn our will and our lives over to the care of God as we understand God.

The Twelve Steps are reprinted and adapted from the original Twelve Steps of Alcoholics Anonymous and are used with the permission of Alcoholics Anonymous World Services, Inc.

Finding Peace So Desperately Sought

I first heard of ACA when I met Gil. He shared with me a project he'd been working on – a project that later became the BRB.

Breaking Silence

Gil inspired trust, and we became friends. I tentatively shared parts of my story – a brother's suicide, and how with my brother's death, I lost a part of myself. I told him of my youngest brother's murder, and how my belief in God had long since vanished.

Gil heard me without comment or judgment. For me, it was like lancing a wound.

Facing Grief

When my mother died, Gil helped me to understand my grief. My Inner Child, "Little Bird" he called her, was feeling abandoned yet again.

Gentle Persistence

Gil gently and persistently suggested that I begin attending ACA meetings. When Gil died in 2012, it felt like losing a brother all over again. Since he was my only link to ACA, the death of Gil meant the end of my connection with ACA.

I Stumbled and Fell

I felt broken beyond repair. I went to Al-Anon, but did not find the peace I so desperately sought. I only confirmed my own bias – that the alcoholics and addicts in my life were burdens to be borne, and that my role was to be willingly imprisoned in our cages of codependency.

Surrogate Parenthood

Being the oldest of ten children, I was designated the role of surrogate parent when I was 9 years old. I am an empath, and it is in my nature to soothe those who are hurting, and to dress their wounds.

It pains me to witness the pain of addiction. The desire to soothe and to dress others' wounds strongly beckons.

Still, in spite of my efforts, the addict will repeatedly tear off my carefully applied bandages to pick at their wounds and keep them open.

My Broken Self

I realized I could not be a part of a healthy relationship in my brokenness. When my counselor suggested group meetings, I literally recoiled from that idea. How could I expose the horrors of my childhood? Who would even believe me?

Letting Go of Fear

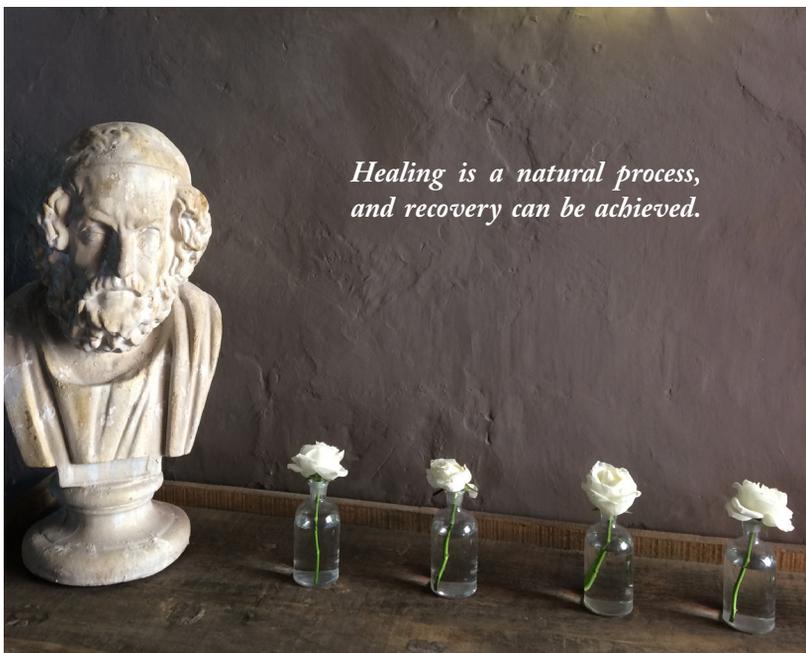
I let go of my fear and apprehension, started attending ACA meetings, and began recovery in earnest.

Being a part of ACA has helped me to see that a pathway to healing is real, and not just the fantasy of a terrified little girl.

A Natural Process

Through ACA I have learned that healing is a natural process, and that recovery can be achieved. The scars of my childhood wounds – both physical and spiritual – continue to diminish through this life-saving program.

Admitting powerlessness and letting go of dysfunction – working the program and taking the steps, one by one and day by day – have given me the hope to restore what had once been beyond my grasp. 🌿



*Healing is a natural process,
and recovery can be achieved.*

Russian BRB Launched at Annual Moscow Event

By Jeffrey F., Prague, Czech Republic

A dream – that took nearly ten years of dedicated service – finally came true on 15 September 2017 when 1,500 copies of the first Russian edition of the Big Red Book were delivered to the Moscow Intergroup from the printer. This crowning achievement was celebrated less than a week later at the 6th Annual Moscow ACA Convention, which was held on Saturday 23 September. The topic of this year's event was "Progress Not Perfection".

Global Representation

More than 260 people attended from 30 cities in Russia, as well as Belarus, China, and the Czech Republic. Twelve newcomers and eight guests from other twelve-step fellowships also attended.

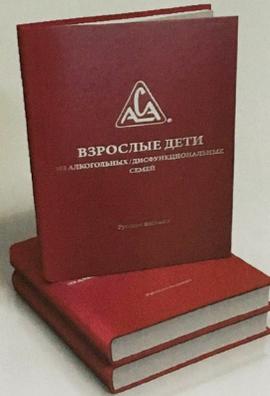
The opening presentation and the Russian BRB dedication was also broadcast live on Skype and was listened to by more than 100 people from more than 30 cities across Russia, Belarus, Ukraine, Kazakhstan, Germany, and the United States. The event was chaired by Denis, who is a member of the Moscow Intergroup and the Country Representative for Russia for the European Committee.

Moving Presentation

There was a moving presentation of the Russian BRB which

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Взрослые Дети из
алкогольных/
дисфункциональных
семей



www.vdamoscov.ru
order@vdamoscov.ru

included: a heartfelt letter from the former WSO Chair, Larry A. (who was also Chair of the Literature Committee during the translation process) which was read aloud, an audio recording from the current WSO Chair, MaryJo L., congratulating the Russian-speaking fellowship on their momentous

achievement, and a few words on the background that made printing possible in Russia, which were spoken by Jeffrey F., who chairs the International and European Literature Sub-committees and attended this event. There was a moment of silence for a few trusted servants, who helped with this project but passed away before seeing it realized. Others who helped realize this dream and were present at the event, were thanked for their service.

In the second part of the event there were ACA meetings with topics like ACA and Therapy, Traditions, Step One for Newcomers, an Inner Child meditation and an art workshop. There was also a very interesting and successful "men only" meeting on the topic of "Recovery from Abuse, Shame and Guilt" which was attended by over 30 men. The event closed with live music and a talent show put on by event participants with music, singing and comic sketches.

This has all happened after 10 years of dedicated service by dozens of people! When I first came to ACA and Moscow Intergroup 7 years ago, it was a dream for me and many, many others. And our dreams have come true! 🌸

New Castilian Spanish BRB and Intergroup

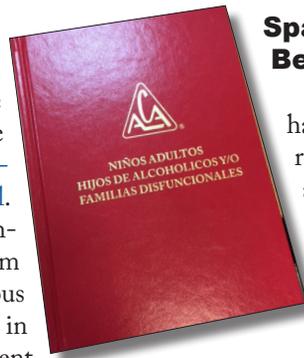
Highlights from the 4th Annual ACA European Meeting in Madrid

By Jeffrey F., Prague, Czech Republic

More than 50 fellow travelers – mainly from Spain, but also from the United States, United Kingdom, Denmark, Czech Republic, and Switzerland – came together on September 16, 2017 in Madrid, Spain, for the 4th Annual ACA European Meeting. The event was organized by the ACA WSO European Committee, along with support from members of the ACA fellowship in Spain.

Global Representation

The event was held at the CENTRO GALLEGO de MADRID which was in the heart of the city: www.centro-gallegodemadrid.es/index.html. In the morning, everyone gathered together in the largest room we rented, and simultaneous interpretation was provided in Spanish and English. The event kicked off with a milestone: celebrating the publishing of the Castilian Spanish Big Red Book (which was many years in the making), and those who were involved were thanked for their service. The previous morning, 500 copies arrived like clockwork at the venue, and the books were on display and for sale during the event. More than 100 books were sold that day.



History, Sponsorship, and Service

Majbrit M., Chair of the European Committee, then gave an introduction about the history of the committee, followed by a panel discussion on sponsorship and service. Panelists who shared their experience, strength and hope on these topics included: Veronica (Switzerland), Paul (USA), Tanya (Czech Republic), Mikkel and Majbrit (Denmark), and Pat (UK). For the rest of the morning we broke into two groups (Spanish and English speaking) and had meetings where participants could share and get to know one another. After that we had a wonderful fellowship lunch which was located in a restaurant adjacent to the big meeting room. The whole group was packed in side by side along two long tables. By the volume

of the conversation, it was obvious that lunch was thoroughly enjoyed by everyone.

Shares and a Journey of Love

After lunch, the English speaking-group continued in a smaller room with sessions involving: a share from Paul (USA) on hitting bottom, a musical and visual share from Beryl (UK) on her recovery, and a share from Tanya (Czech Republic) on her journey of self-love and dealing with burn-out.

Spain's National Service Structure Begins

Meanwhile, the Spanish fellowship, who had never come together in person in the same room until today, met to discuss big issues such as a national service structure and literature needs to support their recovery. These discussions concluded with the forming of the first Intergroup in Spain (supported by five groups) and electing officers for basic positions. Afterward, the new Intergroup held a meeting with Jeffrey F. (Czech Republic), Chair of the International and European Literature Sub-committees of the World Service Organization (WSO). Shortly before everyone had to leave the venue, the new Spanish Intergroup signed an agreement with the WSO, to purchase the bulk of the remaining stock of the first print run of the Big Red Book, and loaded them into a car.

A Unique and Memorable Experience

It was a hectic, draining, and emotional day, but one that was also very rewarding and left everyone with a sense that they experienced something unique and memorable. Many of the attendees met for a fellowship dinner later that evening at one of Madrid's wonderful restaurants, where the food, drink and atmosphere was as soothing as the pleasant warm weather of late summer in Spain. 🌸

Yours in Service

Jeffrey F. (Prague, Czech Republic)

Chair, European Finance sub-committee

Chair, European Literature sub-committee

Chair, International Literature sub-committee

Hi all, Denis, EC Country Representative for Russia and member of Moscow IG. This is my report regarding release of Russian BRB and 6th Moscow Convention on 23th of September.

1) Russian BRB Release and Sales.

We receive from printer Russian BRB on 15th of September. That's happened after 10 years of dedicated service of dozens of people! When I first came to ACA and Moscow IG 7 years ago it was a dream for me and many many others. And our dreams come true!

We have printed 1500 books in Moscow by License Agreement between Moscow IG and WSO. Me and Moscow IG are thanked very much to Jeffrey, Majbrit and all past and present WSO Board members for their service and decision to allow us to print books locally in Russia.

- We sold ~770 books in 3 weeks already! Queue of orders is big and we are expected that more to come.

- We are shipped 13 orders to Belorussian IG in Minsk, to cities in North and South of Russia, to Volga, Ural and Siberia regions and also to Russian Far-East in Vladivostok.

- Recovery bookstore bulk buy 100 books (for sales to rehabs, treatment centers and therapists in different Russian cities etc.)

- Retail sales on our Moscow Convention was ~270 books.

We have only 3 trusted servants in Moscow IG who do service related to BRB sales:

1. Storage facility Trusted Servant who kept the keys and fill the stock sheet
2. Moscow sales Trusted Servant (me)
3. Regional and International sales Trusted Servant

We have big delays in shipping because of lack of volunteers and issues and lack of experience in international logistics.

Also Moscow groups don't know and don't understand why they need to buy books for sale. Many of them haven't space in the meeting rooms for it. We try to solve all these issues.

2) 6th Moscow Convention including Russian BRB presentation was held on 23th of September.

The topic was "Progress not Perfection".

264 people were attend including 12 newcomers and 8 guests from other 12-step Fellowships.

There were 61 people from 30 cities of Russia including 13 members from Sankt-Petersburg and also people from Belarus, China and Czech Republic.

We did audio online-broadcasting of big meeting, speaker shares and Russian BRB presentation through Skype. There were 116 listeners from 32 cities of Russia, Belarus, Ukraine, Kazakhstan, Germany and US.

It was wonderful event for Adult Children made by Adult Children.

Key historical moment of the whole convention was Russian BRB presentation.

The heartfelt and moving greetings letter from past WSO Chair of the Board of Trustees and past Literature Committee Chair Larry A. was read aloud by Jeffrey.

And also we heared the beautiful voice of present Chair of the WSO Board Mary Jo. She recorded an audio with warm, kind and inspirational words to Russian speaking Fellowship.

And Jeffrey as International Literature Subcommittee Chair and Member of the Board and European Committee said some important words about all this local printing project in European scope.

After that was a moment of silence and grief accompanied by photo slide show in remember of those dedicated Trusted Servants who passed away: Max from Vladivostok was editor and proof-reader in 2008-2011, Natalia K. from Moscow was first translator and translation coordinator of Russian BRB in 2007-2012 and Omer G. from Tulsa, US was editor-in-chief of original BRB, Chair of the WSO Handbook Committee and Translation Committee in 2004-2012.

Then we thanked with applause all Trusted Servants involved in this project through all these 10 years. Translation coordinators, translators, editors and proof-reading and printing coordinators. And Secretary of Moscow IG gifted all of them a copy of the Russian BRB. And also 1 copy was gifted to Jeffrey as to our key dedicated partner from WSO side.

In second part of the event there were also ACA meetings with topics like ACA and Therapy, Traditions, 1 Step for Newcomers, Inner Child meditation and art workshop and also very successful, safe and warm men's meeting with topic "Recovery from Abuse, Shame and Guilt" with about 30 men attended!

In third part there were concert and talent show for inner children with music, singing, rhymes declamation and comic sketches.

All participants have received Teddy bear anniversary coin from European Committee, the second edition of last year's 3rd European Meeting and Russian BRB coin. Thank you Majbrit and Jeffrey for this special gift one more time! It was very warm welcomed.

And my personal gratitude to all of you, to WSO and to the whole World ACA Fellowship have no limits like the road to the moon and back.

3) 1st face-to-face Russian Speaking Regional Service Commtee meeting was held on 24th of September.

RS RSC was founded on 15th on December 2016 and meets usually bi-monthly through Skype.

13 members from Moscow IG, Saint-Petersburg IG, group rep's from Arkhangelsk, Kaluga, Severodvinsk, Volgograd, Samara and Jeffrey from Prague as WSO Trustee were attend.

In first part all participants gave some introductions what happened in their groups, what ups and downs they have etc. Also all have the opportunity to ask questions to Jeffrey. That was very inspirational and enriching conversation.

In second and third parts of the business meeting we discussed how to spread the message with posters and visit cards with unified design, to help open new meetings with our own Russian New Meeting Packet that we need to develop.

Also we discussed how we can organize workshops and speaker panels online.

And how we can translate and distribute more ACA related materials like *ComLine*, speaker sharings, articles etc.

New joint Moscow IG + RS RSC LitCom was organized. LitCom will cover all literature related issues like translation, editing, layout, publishing and distribution of ACA literature worldwide (most Russia and neighbor countries but also online).

Projects in queue:

- verification the quality of translation, layout and publishing of Russian yellow workbook
- translation and editing of the daily meditation book, *Strengthening My Recovery*
- *ComLine* translation

With love in service,

Denis

EC Country Representative for Russia
Moscow Intergroup ACA

Letter to the Editor

Addendum Two – Supplemental BRB Through-Line Items – Excerpt from cover letter to WSO concerning archival material about the Program's move to autonomy in Southern California (1984).

Dear ACA WSO,

Looking at (ACA's) history, I think there are two important points to keep in mind:

1) Although the Program has incorporated much of value from the older 12-Step programs and from professional sources (scientific update), Adult Children of Alcoholics/Dysfunctional Families is a "stand-alone Program" (BRB Chapter 16) and needs to remain so to ensure we aren't diverted from our primary purpose of carrying our unique trauma recovery message to the adult child who still suffers.

2) Based on my own experience, I think it's also important to keep the focus on ACA's trauma reversal process that's introduced at the start of the BRB (see the "ACA Disease Model") and continues to be addressed in the text all the way to the end of the book, including the Appendices (A, B and C).

The holdover term "disease" carries with it the despairing thought of incurability. The idea of trauma reversal carries a message of realistic hope – that the trauma-accommodation system we constructed to limp along and to survive can be carefully deconstructed and the hidden parts of the self can finally emerge into bright sunshine.

Warning: Science Update; Don't Panic

Clarification: addiction is the result of the trauma confused anti-libidinal (denial) ego (W.R.D. Fairbairn's term) choosing to do the same injurious thing over and over again, praying there won't be a different outcome ("everybody must stay stoned").

From a dissociative/re-suppression point of view: internal "bad object" avoidance addiction – non-resolving mis-management of upsurging pushed-down trauma records (following Fairbairn).

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7/21/17



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