



# ComLINE

Volume 34 Issue 6 Third Quarter 2018

Experience, Strength, and Hope

## In This Issue

Language of the Inner Child . . . . .	1
2018 All World Conference Experience . . . . .	2-3
The Truth and the Solution . . . . .	4
Recovery Through Service . . . . .	5
Giving Myself the Greatest Gift. . . . .	6
Another Last Angry Man. . . . .	7
Fellow Travelers Who Are New to ACA. . . . .	8
Enlightened Theater: <i>Light of Stone</i> . . . . .	9
Updated adultchildren.org WEBSITE! . . . . .	10
ACA in Germany. . . . .	11
Building Sustainability. . . . .	11
Join the Service Structure Committee!! . . . . .	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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## Language of the Inner Child ACA Translators are Vital for Global Growth

by Kat R., Delegate to ABC from FL#159

At the recent 2018 ACA Annual Business Conference (ABC) in Toronto, Ontario Canada, committee chairs were presenting their annual reports to the delegates in attendance. As a part of her report, Majbrit, Chair of the European committee and a WSO board of Trustee Member, said “Your inner child may not speak English.”

Majbrit was referring to her own experience, as well as the need to translate ACA literature into local languages in non-English speaking countries. Majbrit said there were many, many more meetings being held in countries outside of North America than are registered on the ACA website, [www.adultchildren.org](http://www.adultchildren.org). “Is this a language issue as well?”

### Challenges Ahead

In some countries without a native-language *Big Red Book* (BRB), volunteers are being challenged to find the correct word and/or phrasing to explain the recovery language that English speakers take for granted. Many are translating the BRB at the same time they are first discovering the powerful mean-

ing of ACA recovery; this can often delay or even derail the translation process.

### Translators are Vital to Our Fellowship

My heart is filled with gratitude for those who birthed all of our amazing ACA literature. How fortunate I am to have easy access to an abundant variety of ACA literature. Our literature guides and continues to inform me as I learn to re-parent my inner children in order to experience life-changing recovery and growth!

Several questions that come to mind as I write this are: 1) what language does your inner child speak? 2) If it is something other than English, can you help with the translation of our precious literature into your native tongue – to carry the message in this visible and important way?

### Reach Out to Others

Lastly, what can we English speakers do to reach out to our many ACA brothers and sisters who are spread all over the globe who are in need of the life-saving words in the BRB? Please send your thoughts or inquiries to [litstaff@adultchildren.org](mailto:litstaff@adultchildren.org).

# One ACA's Experience at the All World Conference in Toronto, April 2018

by Johnny A.

At the end of April, I flew to Toronto to be part of ACA's 2018 All World Conference (AWC). It was a great experience, including workshops, meetings, fellowship, dinners, and tours of Toronto.

In addition to the six ACA meetings I attended (held in the conference hotel), below are a few workshops I also attended. Recordings of these workshops can be downloaded from the ACA website at <https://shop.adultchildren.org/collections/awc-2018>.

## The Intimacy Gram: How to Make a Diagram of Your Current Life

A highlight for me was Ken F.'s Intimacy Gram workshop. In this workshop, Ken demonstrated how I can visually chart the levels of intimacy in my relationships, and then use that visual representation as a discovery and growth tool.



Here's how I do it.

### Five levels of intimacy

First I make a list of *factors of intimacy* (honesty, security, trust, etc.). Then I make a list of the five levels of intimacy:

1. true private: 80-100% intimate
2. private: 60-80% intimate
3. personal: 40-60% intimate
4. familiar: 20-40%
5. distant: 0-20%

Then I draw a pie chart marking realms of my life (work, home, family and friends, personal, etc.) as slices of the pie, of whatever size that segment occupies proportionately in my life.

Then I draw concentric rings on the pie chart, those rings mark the above five levels of intimacy, with the most intimate being at the center. Finally, I indicate where the different people I'm in relationships with fall on the pie chart, and see what zones they happen to land in.

### I transferred my feelings

After the workshop I talked briefly with Ken. I told him that in doing this exercise in the workshop, I felt that there was an emotional connection which I could feel in my memory of friends in high school; but which I could not feel in my relationships with my later, present-day friends. It was a strange discovery for me, and dismaying.

In response, Ken asked me one question, "Do people in your present-day life admire you?" I said *yes*. To this he responded, "Can you transfer that feeling of admiration that your present-day friends have for you, to your inner adult?"

### A wall in me dissolved

When I did that, a wall in me dissolved, and I could feel an emotional connection with my present-day friends and acquaintances.

At the same time, my inner child was released to play spontaneously, and to be happy. I have continued to bring mindfulness to this tool. It appears to have changed my life.

### **Loving Parent/Inner Child Non-Dominant Handwriting**

Another workshop highlight was David S.'s "Loving Parent/Inner Child Non-Dominant Handwriting." Here participants took paper and crayons, and each wrote a dialogue between their inner child and their loving inner parent.

### **Sharing was a moving and powerful experience**

Then participants had a chance to share their writing with the group. It was a moving and powerful experience. The facilitator also handed out guide sheets on how to conduct such workshops in your own community.

This workshop is titled "Guide to Loving Parent & Inner Child Meeting."

### **Chapter 8: The Next Step**

Later I attended Esau G.'s workshop on Chapter 8 of the BRB: "The Solution, Becoming Your Own Loving Parent." Here I wrote a letter to my Loving Inner Parent. The facilitator handed out a small booklet that contained a circular mirror, about 1.66 inches (42mm) in diameter. We used the mirror for affirmations.

It was in this workshop that another participant commented on my blue reader glasses, and I on her red reader glasses – so we traded glasses! Our inner children were playing. Some days later, I am now writing this summary while wearing the red glasses.

### **Being a Loving Parent to the Wounded Child**

A final workshop I attended was "Being a Loving Parent to the Wounded Child," facilitated by Sally S.

Here participants drew a picture of their inner child. Later they added a few sentences of description of that child. Later they wrote

a letter from the loving inner parent to the inner child.

### **I made a promise to my inner child**

My letter to my inner child went as follows:

*Dear Johnny, thank you for your strength during those difficult times. You hung in there well, and survived a very challenging situation. I appreciate your help and skill in navigating those difficult waters.*

*I owe you an immense debt of gratitude. I want you to know I will now, that I am older, love and protect you.*

*If there is anything you want, or need, or want to do; or if you want to go somewhere, please let me know anytime. If I appear distracted by life, and seem to be unavailable to you at any moment, please feel free to take my hand, or touch me; and remind me of that. I love you.*

*Lewis [your birth father] was not able to say that to you with an open and uncluttered heart; but I can say it to you.*

*I love you.*

### **Good times**

For attending the AWC (All World Conference), participants were given a Canada flag pin, and a 40-year commemorative ACA chip.

For fun, some of us went one night to dinner downtown in the rotating restaurant high up on the CN needle tower.

A couple of evenings later, our inner children joined an arena full of outer children for dinner at the Medieval Times horse show.

Local Toronto ACA member Wayne O. also invited those staying over Sunday night for a meal at the cool downtown restaurant, *Marché*.

It was a great conference.

Thank you, Toronto, and to all the volunteers who worked so hard to make it such a success! 🌿

# Loving Parent: The Truth and The Solution

by Jody O'C.

**H**i Fellow Travelers! My name is Jody O'C., and I am becoming my own Loving Parent (LP). This is the truth. This is the solution.

This is the guidance I seek from my Higher Power (HP) – moment to moment, day to day, and from one annoying person and situation to the next.

## The Road to Freedom

Hah!

It is not easy for this Inner Child (IC) to trust her HP. I need YOU my spiritual brothers and sisters to share *your* Experience, Strength and Hope.

You teach me how and what to choose to pay attention to. Becoming my own LP is the road to freedom.

## AWC is Spiritual Intensive Care

TORONTO. What a beautiful city and soulful place for a powerful recovery convention! I think I heard Bill D. say that the Annual World Conference (AWC) is “spiritual intensive care;” and I couldn't agree more.

## Magic of Connection

Isolation is a cost of the trauma many of us survived growing up in dysfunctional families. Connection was the magic made possible by the loving commitment and tireless efforts of our Canadian Travelers.

## International

A truly international presence and fellowship was felt, recognized and acted upon through art, music, dance, poetry, storytelling, games, comedy, tragedy, guided imagery, meditation, and yoga, along with some serious educational workshops.

Something useful, meaningful, productive, playful and HEALING was available for everyone and anyone to choose. It was both fun and profound.

## A Dynamic Lesson in Boundaries

Of the workshops and meetings in which I was able to participate, the most salient for my personal and group recovery was and is the

“Crosstalk and Safety” workshop delivered by Mary Jo L.

It was clear to read and easy to present, with questions built in to facilitate discussion; the workshop was a dynamic lesson in boundaries.

Given the fear I carry as an Adult Child (AC), safety is *numero uno* in importance and talking about it usually isn't at the top of the list to talk about! Intimacy is hard to grow in the hurt of judgment.

Folks, to me, crosstalk is just that. There is a balance between *live and let live* and looking out for our recovery. It's everyone's task to discover their personal boundaries and distinguish those from what's needed for our group health and newcomer safety.

Talking about it is the only way. Let's see if our boundaries are flexible enough to keep harm at bay and allow love in.

I am super excited to be co-presenting this with our newly formed intergroup. 🌱

### Step Seven

*“Humbly asked God to remove our shortcomings.”*

### Step Eight

*“Made a list of all persons we had harmed and became willing to make amends to them all.”*

### Step Nine

*“Made direct amends to such people wherever possible, except to do so would injure them or others.”*

# Recovery Through Service

## A Volunteer's Journey to 2018 ABC and AWC

by Beth R.

Giving service in ACA has allowed me to safely practice program principles – including self-awareness – to set healthy boundaries and in learning to identify my needs. Previously I gave service in Toronto through the Sunday meeting group, NOVA. That is where I learned how important service is to my personal recovery.

### I Took the Plunge

So, when the ABC/AWC Host Committee was looking for a design-team leader, I took the plunge and innocently volunteered. I worked with an amazing team of fellow travelers who gave service through design, offering their time and professional talents.

The projects challenged me to be patient, to practice positive teamwork skills, and, most of all, to recognize what role was mine and what role belonged to someone else; a perfect lesson about healthy boundaries!

The design journey incorporated creating, designing, producing, commissioning, discussing, deciding, editing – then re-deciding – as we ACAs do so well.

There were periods of tedium and stress, which provided opportunities to breathe deeply and to practice the ACA principles. There were

also two amazing discoveries that stand out from this experience:

1. By working together, we built a very strong ACA bond of family and friendship between the design team and volunteers.

2. The conference was gifted and overwhelmed by the amount of gratitude offered from all who attended the conference.

### A Healing, Beautiful, Positive Gathering

To witness the commitment and dedication of all the volunteers, presenters and attendees, as they created a healing, beautiful and positive gathering, was simply amazing.

It was that spirit, all along, that buoyed me to pull out my laptop at the eleventh hour, to create yet another edit to our projects. That spirit helped me breathe when I wanted to explode.

### Immersed by a Wave of Love and Gratitude

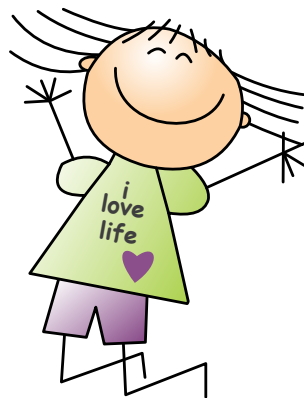
Witnessing the outcome was beautiful. Feeling immersed by the wave of love and gratitude there was a first-time experience for me.

The climax was the closing ceremonies, when the loving energy in the room was palpable! I truly felt what love, recovery and “thriving instead of just surviving” feels like.

I am inspired to surrender more – to let go of even more dysfunctional behaviours. I am committed to live from a place of loving compassion, with discernment and healthy boundaries, of course, but to live from a place of embracing beauty and the wonders of life, regardless.

When I was little, I had such a zest for life. I remember the thrill of bursting outside to play under my pine trees, in the mud, and to bask in the warm sunlight. That little one-year-old girl, who sat in her deck chair and lifted her arms to the sky, thought, “I love life!”

This experience has allowed me to connect with my inner child even more. The process of volunteering and attending the AWC allowed Little Beth to come out again in the safe loving environment that we created – built through service and the principles of ACA recovery. 🌱





# Giving Myself the Greatest Gift

by Jim R.

My recovery journey began November 1985, through an open door in CA, it grew with a sponsor's conversation about relationship issues that led to Al-Anon, and lastly – in a tear-filled reflection during a 5th Step – into ACA.

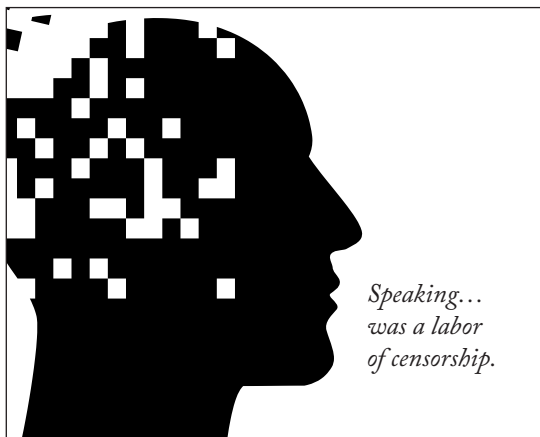
## Looking Beyond the Focus of My Addictions

Sandy was my second sponsor, and unlike my first, Sandy had a willingness to look beyond the focus of my addictions and was also willing to delve into my family history, knowing that his own history was “chaotic, pickled, and punitive”.

I wept in my first CA meeting, my first Al-Anon, and my first ACA. The gut loneliness and feelings of brokenness, inadequacy and helplessness were present morning til night, and troubled even my dreams. Then in January 1986, the ACA door was opened in Santa Monica, California.

## Overcoming the Torment of Inaction

Sandy and I shared fellowship with other ACAers and decided it best to form a “men's stag” meeting because our suffering at the hands of abusers, the torment of our inaction due to fear, and the fact that our perpetrators were often female, made speaking with women in attendance, a labor of censorship.



*Speaking...  
was a labor  
of censorship.*

Childhood failures to “man-up” was self-defined as “sissy cowardice”, and tore at our very identities.

## I Qualified for Almost Any 12-Step Group

As months passed into years, my 12-Step meeting focus became almost exclusively ACA. Other meetings were often used to simply “hear the message” when I was sensing a wound from my past – a needed fellowship to weather a recollected but unexpected “lost” memory.

It almost didn't matter which 12-Step group I attended – I qualified for almost any when I needed to quell the shame, grief, and anxiety.

## When Heaven Became Hell

In the late 80s and early 90s, Los Angeles was a haven of recovery and my three 4th Steps melded together to become my miracle of recovery – my detailed autobiography, from birth to 24 years of age. At 24, when my girlfriend was killed, my grief offered me only two options: suicide or drug-induced numbness. I chose the latter.

Between the trauma of my early life and the influence of later chemicals, I had little memory available when, red-eyed and trembling, I entered my first meeting at 32 years of age.

## From Victim to Survivor

Twelve-Step and ACA in particular, is the greatest gift I have ever given myself. It saved my life, put my family history into perspective, and gave me the needed whys for my behaviors that confounded even me. It allowed me to transition from victim to survivor, from target to observer.

And in 1991, I was graced with the ability to be a featured speaker at an ACA convention in Los Angeles.

How sweet it is! 🌿

# Another Last Angry Man

## The Break Down & Out Challenge

by Mark G.

Who needs a 12-step program  
To spill my guts, to say I'm sick.  
Hey, I am COOL with who I am...  
Take notes; y'all need a better mask!

So what, I like that dopa hit  
Maybe do a little porn  
Sometimes get a bit too lit  
Or, some crazy codependent shit  
From late night to early morn.

What makes you such a choir boy?  
Always know what's for the best.  
To you, I crawl the *hoi polloi*  
On bent knees like all the rest.

*My world quietly exploded  
At a much too tender age.  
Don't judge me if I'm loaded  
Be wary of my rage!*

*My soul silently imploded  
You said: "Oh, it's just a stage."  
Then why did you morph blind bloody red?  
Just one safe place: inside my head  
That dark shadow forest... alas,  
black smoke choked the maze.*

What makes you think I'm *so angry*?  
What sets you so far apart?  
Look at me,  
my envy stare so hungry...  
Hey, King Arthur,  
if you are so damn smart  
Pull this rusty dagger from  
a stone-cold scarlet heart!\*

Why am I so bitter?  
A smoldering hard shell...  
I'm a creature of the gutter  
Your heaven is my hell!

C'mon, say it; say "I'm whining"  
Just feeling sorry for myself.  
Go fly with my broken wing  
Sister don't know a blessed thing  
Keep the "good news" to yourself!

*My world quietly exploded  
At a much too tender age.  
Don't judge me if I'm loaded  
You don't want to know my rage!*

*My soul silently imploded  
You said: "Oh, it's time to turn the page."  
Sure, with a shut-down brain, on code red  
Back then, the only hope:  
head twisting madly side to side  
In that trauma-numbing bed!*

Maybe this step-talking gets me  
inside out my head  
Ready for the breakaway...  
that's what higher voices said:  
Burn down the shadow prison;  
firestorm the stage  
Now a dying Phoenix etched  
on a blood-soaked page.

Then suddenly, most defiantly,  
rises from the dread:  
A tortured past once embraced...  
*an untouched canvas lies ahead!*

\* King Arthur...cold-stone scarlet heart!: "In Arthurian legends, Excalibur was King Arthur's magic sword. There are two accounts of how Arthur obtained Excalibur. According to one version, the sword had been plunged into a stone and remained firmly fixed there. It was said that whoever pulled the sword from the stone would be the next king of England. Some of the strongest men in the land attempted to pull the sword out, but none succeeded until the young Arthur pulled it out with ease. In the other story, Arthur received Excalibur from the Lady of the Lake, a mysterious figure who lived in an enchanted underwater realm."

# Fellow Travelers Who Are New to ACA

by Johnny A.

In recent years, one of the many surprises I've had in Adult Children of Alcoholics/Dysfunctional Families has been in using ACA tools to help several long-term members of other twelve step programs who were unfamiliar with ACA. Here's what happened.

## Their Cries of Disappointment

I listened to recurring accounts by my sponsees in other recovery programs. They described their lives as emotionally flattened, even though they had been abstinent or clean

“  
It's never too late  
to discover real joy.  
”

and sober for a long time.

In other words, they had reached a point where they were wondering, “Is this all there is in my life?” That cry of disappointment struck me as a form of ACA's inner critical parent.

## Is This the Critical Inner Parent?

Elsewhere, I heard others in recovery describe their lives as feeling negative when they woke up in the morning and viewed their approaching day with dismay. This also struck me as a form of the inner critical parent.

They stated clearly that neither of these conditions – the emotional flattening, or the negativity – would cause them to return to their addictive behaviors, but nonetheless, they still experienced feelings of disappointment, dissatisfaction and disheartenment.

## Find and Help the Suffering

One of the standard tools used in all recovery programs offers its members the opportunity to give service. The suggestion is this:

Go out and find a person who is suffering, and help that person.

By doing this, you will get out of your own head for a few hours, and out of your own obsessive thinking; you will feel better.

And that tool works! It is a strong and powerful resource.

## Addressing the Basic Recurring Problem

But that service tool does not address – at a deeper root level – the basic recurring problems of the flattening of emotional affect, or the feelings of negativity.

I eventually talked to my recovery friends and shared the ACA Big Red Book's Chapter 8 of the Big Red Book. There one can cultivate a world-class loving inner parent; then develop a relationship between that world-class loving inner parent and an inner child; and then gain awareness of an intruding inner critical parent, whom one can learn to ask to please leave.

## Experience of Transformation

Now, over some time, in working with my three recovery friends, all three have experienced a transformation and relief from their malaise, by learning how to use the ACA tools of reparenting offered in Chapter 8.

I won't go into detail here on those Chapter 8 tools. Some of their efficacy I addressed earlier in “My World Class Inner Loving Parent” in the July 2017 ACA *ComLine*; and also in “Eliminating Existential Dread,” in the October 2017 *ComLine*.

## A Simple Observation

The observation I am sharing now is simply this: The basic steps and tools found in the Big Red Book of Adult Children of Alcoholics/Dysfunctional Families in Chapter 8, have proven powerful to many who have been in long-term recovery. Don't be afraid to do the work on your journey to wholeness and to discover real joy in your life. Remember, it's never too late. 🌱



# Enlightened Theatre

by Jim R., ABC Chair

At birth, we shine with inner light. Yet, as traumas occur, our light diminishes. And some traumatic events hit so hard, parts of us become separate, frozen. Only through the grieving process do we integrate these separate, frozen parts – recovering our light, our True Selves.

This is the premise of *Light of Stone*, a performance piece narrated during a 2018 ACA Convention workshop. Still in development, the creator, Agata MJ described her original inspiration – a vivid dream involving stone figures. Awakening, she identified her own experience: parts of herself that had separated, and were actually ‘frozen feelings.’ While we each have unique traumas and recovery paths, in

this production, the common roots and reactions are explored. Agata portrays this universality, in hopes of making the grieving easier for others. She desires that the audience recognize their own stone parts and begin a journey of integration, adding light to their lives.

While modern storytelling often exposes family dysfunction, healthy recovery, as portrayed here, is rarely explored. Though labeled a “play,” this work would make an equally impactful dance performance. In fact, Agata first envisioned the production as a sort of modern ballet. The beauty of utilizing “art” for recovery, is that images and situations resonate personally for each viewer. 🌿

## Light of Stone

a play by Agata MJ

The performance reveals the family dynamics behind traumatic childhood events, and then explores the process of recovery. We are introduced to the parental couple, who meet, fall in love and marry. When intoxicated, the husband relives his PTSD, encountered in childhood, during wartime. The husband’s violent behavior and addictions terrify the wife.

The story develops with the birth of a daughter. The child has a bright, pure inner light. But the light fades with each traumatic event – abandonment, ridicule, physical abuse. As the family’s bundle of shame is passed to the daughter, the figures of stone emerge from the child. Her light is almost gone when she reaches adulthood.

### Recovery

Now an adult, her behavior is unnecessarily urgent, though robotic. At work she becomes assertive, bossy. With men, she is first loving, then violent. One boyfriend doesn’t allow abuse.

He is strong and certain. She breaks down sobbing. He lets her experience her feelings.

With him, she attends an ACA meeting. Her light grows. Her frozen figures stand nearby and follow her home. Later, as part of grieving, she opens the family bundle. Understanding the frozen feelings, she invites them in. Touching one stone figure, merging, her light becomes stronger.

Her mother visits. Embracing, they open the family bundle together, recognizing loss. Light appears in her mother, and grows stronger in herself. A second stone figure is integrated. Recovery continues when she calls her father, offering forgiveness. As they talk, he cries. Smiling, a light appears in his chest.

Finally, one night, waking frightened, she turns to her Higher Power. Dreaming, on a beach with her inner child, she realizes how to become her own loving parent. The performance ends; light fills her heart. 🌿

# Updated adultchildren.org WEBSITE!

by ACA Website Committee

The ACA World Service Organization (WSO) has been working on a newly designed [adultchildren.org](http://adultchildren.org) website and it is scheduled to go LIVE in early July, 2018. We have been testing the site at [wp.adultchildren.org](http://wp.adultchildren.org). If all goes well, the test site will be retired and we are live at [www.adultchildren.org](http://www.adultchildren.org)!

## Added Level of Security for Meeting Updates

A big part of the design is a major change to how meeting list information is updated.

The new process for updating a meeting is:

1. Search for your meeting by entering a zip/postal code or a city.
2. Click on the Update Meeting link/button for your meeting.
3. Then click the SEND EMAIL button to send an email to the registered WSO contact.
4. Have the WSO contact get the email and click the

link to get the Edit Form to change information.

5. Change information in the Update Meeting Form and submit the changes.

6. After a day or two, you will get an email confirmation that the changes have been applied.

If the person who registered the meeting is no longer available, you'll need to email [meetings@acawso.com](mailto:meetings@acawso.com) and let us know the name and email of the new contact person.

Please update your meeting as soon as possible and let us know if you have any problems by emailing: [meetings@acawso.com](mailto:meetings@acawso.com).

We suggest maintaining both a primary and secondary email contact to ensure at least one email will be reachable.

## Printable Meeting Lists

The Meeting Search Results also has a new printable PDF format for local areas to print out.

## Meditation Page

There is now a daily meditation for each day at <http://wp.adultchildren.org/meditation/>.

There are links for the meditation/affirmation in the Literature menu, site footer, and the home page sidebar's quick links. *Enjoy!*

## Region and Intergroup Pages

Regions and Intergroups now have their own tab on the main page making it easier to find.

The intergroup listing has a Meetings Link to show the meetings registered with that Intergroup.

## A Website Dedicated to Service

We also have a website dedicated to service in ACA. Visit <https://acawso.org> to discover more about the WSO service committees. 🌿

### Promise Seven

*"We will learn how to play and have fun in our lives."*

### Promise Eight

*"We will choose to love people who can love and be responsible for themselves."*

### Promise Nine

*"Healthy boundaries and limits will become easier for us to set."*

## ACA in Germany!

Thanks to the efforts of the Intergroup for the German-speaking ACA Fellowship, and the German ACA Website Committee, the German ACA website is now live. “We would like to thank Majbrit M., chair of the ACA WSO EC, for her valuable support in establishing a service structure for the German-speaking ACA Fellowship,” says the chair of the German Intergroup.

“We are also happy to announce the first ACA Convention in Germany to be held 2019, 29th – 31st of March in Bad Bergzabern, Pfalz.”

Visit <https://erwachsenekinder.org/laender-treffen/> for more information coming soon.

The “ACA Traveler” is also available in German! Visit <https://erwachsenekinder.org/newsletter-der-reisende/> to see *Der Reisende*. 🌱

## Building Sustainability “Biodiversity” for ACA

by Carole C

I went to a webinar recently about working with volunteers who help restore plant and animal bio-diverse and sustainable habitats for pollinators and Monarch butterflies. They talked about the volunteers and how to

- find them,
- get them started,
- keep them busy, and
- reward them for their work.

The volunteer groups they talked about in the webinar were spreading flower seeds in one small area at a time of the Midwest to restore the habitats. They talked about how those same areas also become enriched habitats for all creatures that fly, crawl, and walk.

As I watched the webinar, I kept thinking how much of what they were talking about could be compared to ACA.

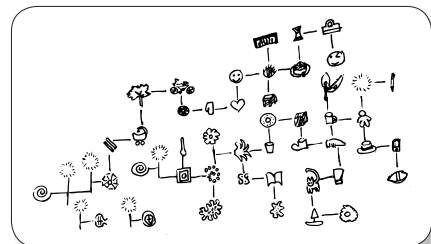
I realized that we need to spread the word about the existence of ACA and we must have sustainability of our ACA program. In my work with World Service and Region 2, I see us building our service network and increasing communication within the program. In doing that, we are spreading the word, making our program sustainable, and making this world a better place to live in for everyone. 🌱

## Join the Service Structure Committee! Something Nice Might Happen!

The Service Structure Committee is looking for volunteers from diverse nationalities, ethnicities and backgrounds to help us achieve our goals.

As a committee of the ACA WSO, our purpose is to research the service structures of other global fellowships. This will help us to recommend on how ACA might best organize its service structure to serve its growing fellowship nationally and globally. This will also facilitate networking and communication.

We meet for about 90 minutes every other week – Mondays 7:30-9:00 pm (Eastern Time). We stay in touch on Slack in between meetings. During our meetings we respectfully allow each other to give input and ask questions. If you are interested, either go to the `svc_structur_questns` channel on Slack or send an email to [SVC@acawso.org](mailto:SVC@acawso.org), and ask to be a member. 🌱





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