



ComLINE

Volume 29, Issue 1, Second Quarter 2015

Experience, Strength, and Hope

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News and Views...



After nearly two years of countless hours of loving and dedicated service by a host of volunteers, the literature committee is thrilled to announce the new website went live on March 2.

The new site incorporates several new features, as well as updated standbys:

- A “What’s New” feature

- A site search engine
- Multilingual FAQs page
- A best practices section
- Fellowship alerts
- A treasure trove of information for members and the public
- A global fellowship link that displays a world map of ACA meetings
- Negotiated international shipping rates will afford some relief from the international shipping rates
- Free, downloadable literature in 11 languages, with more to come

From a space of love, I give service in ACA so that every adult child seeking recovery may find a safe place.

About the ACA ComLine

The ComLine is published quarterly by Adult Children of Alcoholics® World Service Organization. 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 individual writing the article and do not necessarily reflect the opinions of the ACA fellowship or WSO.

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ACA WSO, Inc.
Post Office Box 3216
Torrance, California,
90510 USA
adultchildren.org

Welcome Back, ComLine!

Hello adult children! We are happy to report that we now have a team of volunteers who are dedicated to relaunching the ComLine.

The ComLine is a safe place where we can continue to share our recovery experience, strength and hope.

The ComLine will be published quarterly, with emphasis on Steps and Traditions:

1st Quarter (January–March)
Steps and Traditions 1, 2, 3

2nd Quarter (April–June)
Steps and Traditions 4, 5, 6

3rd Quarter (July–September)
Steps and Traditions 7, 8, 9

4th Quarter (October–December)
Steps and Traditions 10, 11, 12

We welcome your stories, poems, drawings, photos. To find out more, visit the ComLine page at <http://www.adultchildren.org/comline>.

Thank you for caring, and thank you for sharing.

Phyllis R., Editor

I Met My Inner Child Through Step Four

by Vonnie G.

STEP FOUR IS WHERE I met my sinner child and my adapted selves. I see my inner child as the “me” I was before trauma, she is unchanged since I hid her away safely with my Higher Power to protect her. I didn’t know I was doing all that at the time, but I had to develop a strong and soldier-type of girl to survive the chronic trauma and abuse. It is due to my soldier girl and the many other adapted selves that I am still alive today.

It was in the 4th step, I met those adapted selves for the first time. It was as if one child after another stood patiently in a long line to wait and sit in the interviewee’s chair as I (the interviewer) filled in the 12 worksheets in the yellow workbook. It was as if they were saying to each other, “Hey, everyone some lady really cares about what happened to us, she’s writing down our stories, no one ever did that before, let’s wait in line so we can each tell her our story”. I would ask those questions from the workbook and fill in the answers and I met one child after another.

I found my Loving Parent by working steps 2 and 3. I could see how my HP parented me and I used that as a template to parent those adapted selves who were so unsure and clamoring for attention. During the 4th Step, my Loving Parent got her hands wet as a loving interviewer. She asked those questions of the adapted selves and that started a beautiful bond. They saw her as an interested lady. She saw them as wounded and broken children who survived the “death camps” of my childhood. She had such respect for them and she heard every word, and she did her best to record their experiences and most importantly, what it did to their hearts and spirits.

My Loving Parent then gathered us all together for our 1st reading. My Higher Power, all my adapted selves, my inner child (unaffected by trauma but my connection to my HP), my own adult self (the adult child in recovery) and we started reading all of those sheets together out loud to our own ears. It felt as if those children were listening with their ears to a radio show that made them famous. I heard myself reading what I went through and I felt such honor for myself for making it through without becoming a serial killer or something. I then read the 12 worksheets a 2nd time to my Higher Power. Believe it or not it was a very different feeling reading it out loud to my Higher Power, I was emotionally full the entire time as I did this reading. It created a wonderful strong bond to my HP as a loving witness and accepting parent who was always there.

I’ve done this step 10 times now and I’ve read to my co-sponsor 8 of those times, but the first time I only read to me and my HP as I was too scared to ask someone this “favor”. The second time I did the 4th Step, I read my worksheets in two sessions (60 minutes and 30 minutes) to 2 people who understood the process. It was an amazing experience. As an adult child I feared that I was putting someone out by “forcing” them to sit through hours and hours of

their time “just” to listen to my “stuff”. It wasn’t like that for them, but I was afraid it was none the less. But when I was done (every single time) I had an experience that no other part of ACA has given me. It is a 4th Step/5th Step benefit that is specific to those particular Steps.

Since my childhood was so unsafe, I “put away” who I was so that I could be “strong” and fight to make it through. Putting me away meant that I hid my Inner Child, my HP was with her keeping her safe and keeping her company. I had to use my adapted selves to survive and in so doing, could not conceive of a HP. For a long time I thought my HP wasn’t there in my childhood. It took several times through the steps to know when I tucked away my True Self, I tucked away my HP too.

The greatest benefit of Step Four for me was meeting that long line of little Vonnies. We created a bond of respect and love and interest that has never been broken since. They know now that I am interested about them and that I want to hear what they think and feel. They waited for me to find them after all these years and I will always be grateful for them for that. Due to the 4th Step, I have a wonderful daily connection with my hurting confused little ones inside, they know to come to me. It makes integration of the divided self a reality. ☺



Image courtesy Rijksmuseum

I Stopped Thinking Like a Victim

by Helen W.

THE YELLOW BOOK states that many of us begin Step 4 after reviewing the first 3 steps:

1. I realize that we are powerless and so much more. This was the easy part because my life was so out of control and my fears were taking over my life.

2. I learned about coming to believe. I had to start separating a lot of human behavior, anger and hate from the idea of the mean, cruel, God. I had formed these notions over my years of sadness and hurt and gotten a form of sick comfort in my misery and chaos. As my ideas of God/Higher Power began to change to a more gentle and caring being I started to feel similar changes inside me.

3. In Step 3, I finally understood that I was not god, couldn't play a god and all my manipulations and attempts for control weren't the answer. Though I didn't have power over others, I had the power over myself. I made the choice to start facing my denial and I began to see the miracles of discernment. I didn't have to surrender to a god, like an opponent fighting a battle in a "life war" and losing to an aggressor. Instead, I learned to let go and make the free choice to give up things in life I could not control, to my Higher Power.

I also let my higher power take over that horrible job of judging everyone (I had always done this job myself). I let go of so much imagined responsibilities and started making real progress in my program.

For me, this was the beginning of my new healthy life and I was ready for Step 4.

The biggest things my sponsor stressed about Step 4 was: take it slow and easy. This time I didn't

think like a victim. I didn't rush through any of the inventories or lists nor did I just ignore what I found uncomfortable. This time, I held my parents accountable and I held myself as an adult, accountable also. It wasn't always easy but I kept the focus on me.

This time I balanced my new-found knowledge with positive traits about me and this time I believed it! At first I found hope and bit by bit I discovered clarity about many parts of my life. I made sure to use self-care and take care of myself. My sponsor was there, ACA members were a phone call away when I needed them and I felt safe and supported.

I learned how to feel and started to heal. This time when I told my stories I didn't feel the need to tell them over and over again and live in a loop of never ending chaos and fear.

I practiced using lists, writing, 3rd and 4th step prayers customized to me, by me, and other tools. I met and called a few members when I needed to ask for help or just to talk with someone that understood and would listen. I had the support and understanding of my husband. I found I had so much more in my life than I had ever thought possible.

I was no longer isolated and alone. I had learned to ask for help and I practiced the newly found ability to accept help. I had faced so much in Step 4. I grew; I was alive with a new passion for life and ready for Step 5. 🌱

Through Another Program

by Anonymous

LIKE MANY ACA MEMBERS, I came to these rooms through another 12-step program. I had worked a good program for many years, already admitted that I was powerless to control others' drinking, using, enabling, bad behavior, etc. I had found some peace through the steps and the fellowship. Still in thorough denial that I was an adult child, I continued to ride out the cycles of anxiety and depression hoping that one day they would just go away. I ignored my therapist's advice to attend ACA because I felt guilty about cheating on my other program. But my ACA bottom was waiting for me when I discovered my partner's cheating.

I was more confused than ever but had learned in my other program that the steps could help me solve my problems. I chose to confront my confusion not with isolation and despair but by attending an ACA meeting.

I was so sure that I had admitted all my powerlessness. What more could I do? And then I heard that I was powerless over the effects of family dysfunction. In the 14 traits, I began to see the deeper layers of my disease. Not only was I powerless over others' dysfunction but also over my own survival games.

My long-buried identity began to come to life. One step at a time. 🌱

Share your stories of hope and recovery with adult children from around the world. The next ComLine will focus on Steps 5, 6, 7 and Traditions 5, 6, 7. For more information, see page 10.

How Are You Feeling?

by Clare E.

SOMETIMES IT SEEMS that I have been so angry for so long that I don't even know I am angry anymore. We all tend to blot out problems and feelings that don't get resolved over time. When we bury our own anger or our hurt (for our own survival) other feelings just naturally get covered over and buried along with them. After a while we begin to accept that we just don't have those feelings anymore as part of our lives. That is how the denial begins, and over time, our denial sort of naturally deepens.

Until something comes out sideways.

Sideways as in fits of rage; or as in deep dark depressions; or eating disorders; or 'tendencies'

that morph into addictions; or always being confused about the 'right' thing to do; or just living our lives as if we barely exist.

All these things were part of my life before ACA. And all my life before ACA, I knew deep down that there was something wrong. But I was so far away from the events that started it all that I could not recognize my own feelings anymore or see where they began.

That is exactly why a large part of ACA recovery is about excavating those burial sites where we stuffed our real feelings.

Many ACA meetings or small groups start off with individuals trying to identify or reclaim their feelings. Some of us have had very

emotional responses to reading the descriptions of feelings from the Red Book as we start to allow parts of our true emotions to come to the surface.

I still struggle with some of my sideways reactions but at least now I know why they happen and with the help of my ACA friends, I can release some of my dysfunctional behaviors.

As together we explore this unstable and sometimes frightening territory of our feelings, we need to remember to focus on loving and taking care of ourselves. And to be gentle with each other and support each other along the way. 🌸

"Don't Believe Everything You Think"

by Leslie O.

MY RECOVERY from para-alcoholism, or codependency, has been, primarily, a journey of challenging how I think. I have come to see that the painful feelings of shame and anxiety, with which I've lived for decades, grew largely from false beliefs that I learned in my childhood.

How do I know they're false beliefs? Because I don't believe them about anyone else!

I don't believe that, just because my friend makes a mistake, she is a mistake. I don't believe that my granddaughter should feel like an idiot just because she spilled something.

I don't believe that someone should feel "less than" someone else just because they make less money. And I don't believe that someone else's worth is determined by their appearance. The reason that I believed these painful notions about myself is that they became hard-wired during my dysfunctional childhood. Recovery

is where I get to pull these beliefs out of the darkness of my unconscious, shine the light on them, and re-decide:

Do I really believe these things? What feels true in my heart, not someone else's?

What thoughts might I replace them with? Or, as we say in ACA, who is my True Self?

When I came into Recovery, I had no idea how or where to begin the journey of finding my True Self. But I needn't have worried. All I needed to do is take the steps. With my Higher Power's guidance, my Step 4 inventory helped me recognize the false beliefs that I acquired in childhood from the wounded people around me. In Step 5, I shared them with my co-sponsor and we explored how my old beliefs protected me as a child. We talked about what I truly believe today. In Step 6, I looked deeply at my (barely conscious) ambivalence and anxiety about

changing myself. With these growing awarenesses, I became willing to let go of my old beliefs and opened my heart to a new way of seeing.

With my new perspectives, and a growing desire to know who I really am, my True Self began to come out of hiding. And, as she emerged, new feelings arose too, replacing the old feelings of shame and anxiety. Slowly but surely, feelings of pride, hope, and joy began to arise. And so too, ever so gradually, arose the most glorious feeling of all: finally becoming comfortable in my own skin. 🌸

“
Don't Believe
Everything
YOU Think!
”

The Fourth Step Club

by Casey O.

I WAS IN ACA RECOVERY for about six months when I began my Fourth Step inventory, and I was more than a little nervous about the process. There were so many memories to sift through and relive; so many worksheets to fill out; so many “wrongs” to acknowledge and document in writing. I was afraid I would never finish my Fourth Step, that I would become stuck in the middle of it and never find my way to the other side, my Fifth Step.

So I was thrilled when a fellow traveler, also approaching the Fourth Step, suggested working through the inventory together and meeting on a weekly basis. Right before our first meeting, we invited another fellow traveler to join us, and we gave our group a name: “The 4th Step Club.”

Those weekly gatherings became a pillar of my recovery, as much as my weekly meetings, the Big Red Book, and my sponsor. We slowly worked through each worksheet, sometimes concurrently and sometimes independently from each other. We shared the stories of our childhoods, growing up in alcoholic and dysfunctional homes, and I heard such kind and loving responses to my painful history that I was able to release much of the pain I was holding in my body, mind, and spirit. I heard my fellow travelers open up with honesty about their experiences, and I was able to offer my own kind and loving responses to each of them.

I developed a deep bond of trust with two people I had known for only a few months. They understood me in a way that no one

else ever had, and they reinforced that understanding in so many ways: nodding in agreement as I shared a feeling or belief; listening without interruption as I told a story or shared an anecdote; and reaching out between gatherings via text, email, and phone to offer support. We became a family of choice, offering ourselves and each other what we did not receive as children growing up in dysfunctional homes.

We are now finished with our Fourth Step inventories, and we have moved on to our Fifth Steps with our individual sponsors. I will be forever grateful for the experience of being part of “The 4th Step Club” and for the two fellow travelers who witnessed my experience during the inventory process. My Higher Power knew exactly what I needed in my recovery. 🙏

Self-Care and the 5th Tradition

by Cari G-D

EACH WEEK I ATTEND my local support group where we remind ourselves of the Steps, Laundry list, and solutions for our suffering. We come together in support and compassion for each other, and in an effort to enhance the healing from our dysfunctional childhood. I recently read an interesting blog regarding self-care, which may make you think of days at the spa, a workout in the gym, or a hike in the woods, all activities that typically remind us of the traditional description of caring for oneself. In this particular blog the writer spoke of “self-care” in a very different context. Here is what self-care means to me:

I am going to do my laundry now, instead of putting it off, because, in the long run, I won't be worrying about it mounding up on me, and I can relax and enjoy the rest of the day or evening, knowing it's taken care of.

Result: self-care.

I am going to clean up and organize my desk at work, and keep it that way daily so I can find what I need, and be more efficient rather than chaotically scrounging for the information at the last minute.

Result: self-care.

I am going to pay my bills on time and file them away so that I can have peace of mind rather than missing a payment and damaging my credit.

Result: self-care.

I am going to thoughtfully plan my meals, food shop accordingly, and keep my kitchen in order at all times rather than eat at a fast food restaurant on the run or have dirty dishes piling up on the counter.

Result: self-care.

I am going to practice saying “no” to others when my gut says it doesn't feel right for me.

Result: self-care.

Sometimes, it's making myself get up when I don't really feel like it, putting on my coat, and going to my ACoA weekly meeting, after which I always feel better.

Result: self-care.

All these are examples of a deeper way to care for oneself. For me, a way to feel satisfied, fulfilled and calmer, just knowing that daily, I have made the effort to manage my life on my terms and in the ways that brings me peace. Maybe you can find ways such as these to bring a new meaning of self-care for yourself into your life. No, it's not easy, no, it's not without effort, and no it is not the “traditional” or “popular” way to care for yourself. For me, in these ways, I am sending a message to myself and others that I am taking care of myself, in my new, healthier way. Maybe you could try this too, as you work through your own recovery. 🙏

On Learning to Love

by Eileen W.



I READ somewhere that love is something we have to practice to learn how to do it... just like learning how to play a trumpet or golf. I didn't know that. I thought it just came naturally.

Looking back over my time in recovery, I believe my first hint of this came from a wise old man who said that all my so-called loving acts with my children had a hook in them. It took me awhile to come down off my high horse and examine that observation. He was right. The hook was based on my

need to be known as a good mother. After all, I had flunked childhood and wifehood. My last chance to succeed in this life was to become the world's greatest mother.

I genuinely love my children, but I role-played 'Mother' from the head, rather than being 'Mother' from the heart. The next help (after that awareness) to get me out of that mode came from *Just for Today*, "I will do somebody a good turn and not get found out. If anybody knows of it, it will not count." That was so difficult for me! I wanted someone's approval so badly. But I kept practicing, and the acts themselves began to

warm my heart. I began to approve of myself, to like the person I was becoming. My next help came from Oscar Wilde's *De Profundis*, "Most people live for love and admiration, but is *by* love (italics mine) and admiration that we should live.

After pondering that for awhile, I began consciously to stop myself from looking for approval, and began, as best as I could with the people in my life, to look to see what there was to love and admire about them. I have been rewarded with the most interesting and loveable friends and relatives in the world. ☺

From the Treasurer

When the ComLine was previously published, it included lists of contributions made by Meetings, Intergroups and Anonymous individuals. Because we have grown, and because all of that information is now listed on the website, the following is a link to that information: <http://www.repository.adultchildren.org/wso-treasurer/donations-received>. I try to keep at least a year's worth of information available.

On this link you will see a quote from page 609 of our Fellowship Text that states: "The fund flow model of ACA is based on a 60/40 disbursement. After the group meets its monthly expenses and sets aside money for a prudent reserve, 60 percent of what is left over is usually sent to the local Intergroup and 40 percent is sent to WSO. A prudent reserve usually is the amount that equals two month's worth of meeting expenses. The meeting expenses would include rent, utilities, and other group expenses." Please note

that if your area is not yet served by an Intergroup, then 100% of what's left over is usually sent to WSO.

We get many questions about "why" and "how" to contribute.

The "why" is because it's what we do to help support the growth of the fellowship and the service structure of ACA, which is what helps the flow of information. Eventually, we also expect to have Regions, which will change the disbursement percentages. I recently had a group ask why they should contribute to WSO when it would be a nice gesture to give their excess funds to the facility where they meet. After all, they treat them well and they could use the money, too. While each group is autonomous, beyond paying the agreed upon rent to the facilities where our meetings are held, according to our Traditions, to contribute more than we're asked for would be to support an outside enterprise.

The "how" is through the website, either from the Home

page or through the Shopping Cart. Please always be sure to list your group's name and number, unless you wish your contribution to be anonymous. Or you can also still snail mail a check or money order to ACA WSO, P.O. Box 3216, Torrance, CA 90510 USA.

So I've covered contributions, but what about the financials in general. Also in the past, the ComLine provided a brief financial report. You can now find all of the details on the website: <http://www.repository.adultchildren.org/wso-treasurer>.

The complete report for Jan through March 2015 will be found at www.repository.adultchildren.org/wso-treasurer. This edition of the ComLine had to be completed before that information was finalized. It is the best effort of your WSO Board to be as transparent as possible for the fellowship.

Yours in Service,
Mary Jo L.
ACA WSO Treasurer
treasurer@adultchildren.org

Understanding the program, and Living the 12 steps

by Majbrit M.

IN 2008, MY LIFE WAS TOTALLY unmanageable. My marriage was a big chaos, my pre-teen was acting out problems, I broke my back literally, lost my job as a full-time employee, lost the complete revenue in my own business. I was burned out, had fibromyalgia, stress, and was in chronic alert. I guarded / controlled what others said, did and thought. I suffered completely with pain, hopelessness, was powerless and could no longer manage my own life. I considered a few times to take the easy way out, but the idea that my son would grow up without a mother held me back. My life was slowly killing me, one day at a time.

When I met the program the first time and made the steps with my sponsor, I used the program to live out my inner critical parents. I used it to find all my defects of character, because I felt that by shaming myself out, I would be able to see my mistakes and even correct them. I saw nothing of the spiritual principles. I was so busy, trying to understand myself and the upbringing I had, and hurry to placing blame and shame that I got high on the experience. When others shared their experience, strength and hope I could see that the program worked, but I could not use it myself. I was busy with acting, creating or living through my drama.

I knew I had to act differently so I found myself a new sponsor. The first thing she did was to tell me to stop taking a fix on my feelings, stop injecting myself and others. We talked about the substance produced in the brain when we shame ourselves out and we seek confirmation from our surroundings the adrenalin, a chemical that forms in the brain is similar to heroin and is just as addictive. We become addicted to emotions because we get high on them. She taught me to stay home in myself. She taught me about the powerlessness of others' thoughts, actions and behavior.

(4th step spiritual principles; Willingness but also gentleness towards myself) I used my 4th step to identify what/whom I came from, by learning how I thought about things and about myself and others. And by facing my co-dependency, control, manipulation, confirmation-seeking behavior, and fear of not being good enough in the eye. I had a choice which meant I was no longer helpless. I recognized my upbringing and my dysfunctional marriage. I acted on it and got divorced. I chose myself and my journey towards recovery.

(5th step spiritual principles; Honesty and trust) I made my 4th and 5th with my sponsor, and together we looked at the damage I had caused myself and others, we made a list of my character defects, with the purpose to even things out and to create a balance. I grew and became larger, by accepting the terms I had grown up in and that my parents did not know any better, but had done the best they could. I grew stronger more determined.

(6th step spiritual principle; Willingness to accept help) Now that my upbringing and my life had been identified, I was aware of what I had to work with. The pain of being the same human exceeded the fear of change. I practiced to take a step back when I really think it was natural to be on my toes. Before it had been extremely important for me to be Heard, Seen and understood as I would like to be understood. By getting a choice, I could exert myself. The big change occurred when I was doing, "The Flip Side Of The Laundry List," I had it given to me, at the ABC in 2013, when our Literature Chair showed me a piece of literature. The result of working with it, was life-changing. People noticed that my voice had changed, and that I looked younger, had more light in my eyes. And my creativity flourishes, I started to paint, sing, and sew again. 🎨

What Does ACA Mean to Me?

ACA means clarity about what happened in my childhood.

ACA means the beginning of the end to self-hate and self-harm.

ACA means hope and a chance to explore the spiritual.

ACA means a gentler way through the Twelve Steps. I can inventory my parents in a blameless fashion as I look at my own destructive behavior to self and others.

ACA means that I can feel; I can face my feelings without dissociating with drugs, alcohol, food, sex or some other self-harming action.

ACA means remembering.

ACA means that my loss matters and that I can grieve what I did not know before.

ACA means re-parenting.

ACA means I can live beyond mere survival and find self-love.

ACA means I can release my parents to God as I understand God.

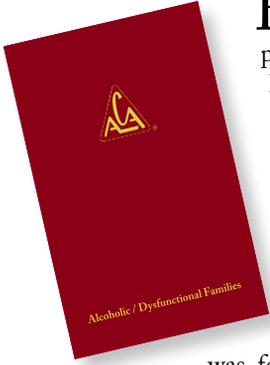
ACA means my story is my most valuable asset. With it, I can help myself and another adult child when others cannot.

I can finally be a friend.



How We Got the Big Red Book

by Phyllis R.



FOR SOME TIME BEFORE 2003 there was a group of people who took it upon themselves to put together a book that would be the ACA Handbook. They collected shares either by volunteers who wrote them out or by taping shares at meetings and conventions. Afterwards, they laboriously typed them up and put them into sections. It was a great start and their hard work was appreciated. However, in 2003, the ACA WSO annual meeting decided that it was not exactly what was needed or wanted. A committee was formed and headed by an ACA member with professional writing experience. The board members each took an area and submitted their work to the chairperson.

The chair person took the information from the board members and from the original volunteer workers and started to sift it together adding where ever he felt led to include it. He worked for 2 years in whatever spare time he could and not taking time to do much else in what other time he had. At an annual convention in San Marcos, California, US, a suggestion was made to gather the money needed to self publish. After some time donations of about \$5000.00 was collected. A book printing company in the states was selected rather than going outside.

The first edition of the Big Red Book, *Adult Children of Alcoholics and Dysfunctional Families* was published. It was presented at the San Marcos convention in 2006 to much acclaim. In 2013, the Finnish BRB was published. That was swiftly followed by Danish BRB. Now adult children around the world are translating ACA's message of hope to the languages of their childhoods. 🐘

A share from the Finnish BRB:

Kaikkein tärkein läksy: kuunteleminen ja luottamus

Luultavasti tärkein läksy, minkä voin sanoa oppineeni viidennessä askeleessa, on se, että vihdoinkin luotin jobonkubun riittävästi kertoakseni hänelle elämäntarinani. Minun piti vihdoinkin kertoa jollekulle kaikista niistä ajatuksista ja teoista, joiden uskoin vieneen minut avun ulottumattomiin.

Muistan tunteneeni oloni oudoksi eräitä asioita kertoessani, mutta kummini vain kuunteli ja nyökäytti päätään yhteisymmärryksen merkiksi. Välillä hän kertoi tekemisistään, jotka muistuttivat omiani. Hän ei tuominnut minua. Se oli valtava helpotus.

Olen tuon jälkeen toiminut kummina toisille ja kuunnellut heidän viidensyä askeliaan ja palkkiot ovat olleet valtavat. Olen pystynyt antamaan takaisin kuuntelemisen lahjan jollekulle ja olemaan tuomitsematta häntä. Tämä on mielestäni ACA:n ydin. Emme koskaan voineet tehdä tätä lapsina. Emme koskaan voineet luottaa eikä meillä ollut ketään, joka olisi vain kuunnellut meitä. Kiitän Jumalaa joka päivä tästä ohjelmasta.

Affirmations

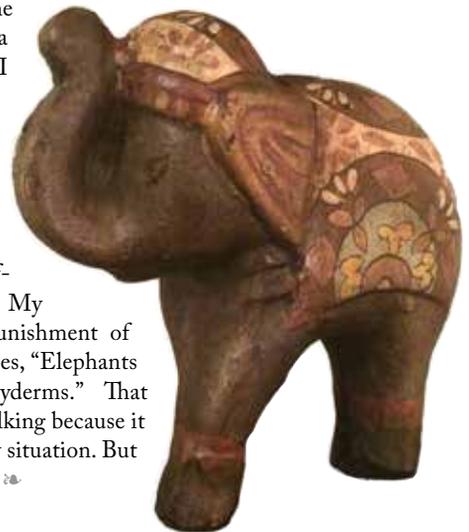
What is an affirmation and why does the Big Red Book have them?

An affirmation is a way to reprogram the old negative thoughts and replace them with positive ones. It's one of the ways to re-parent ourselves. As children we heard how 'bad' we were or even were neglected which made us feel alone and abandoned. Some people write them down, put them on cards and place them all over the house or work place. Even putting them in pocket or purse can help a person to remember to say them either out loud or silently. One thing is for sure, your mind is only controlled by one person.

The best way to write your own if you are not using one in the BRB or from our Meditation Book is to pick out what and how you really want to re-parent yourself. For instance the article in the ComLine that talks about a

victim could have the affirmation "I am a victor." Notice that I did not say, "I am no longer a victim." Be as positive as you can make it.

Here's another example. When I was in 6th grade I often talked out of turn. My teacher gave me a punishment of writing down 500 times, "Elephants are ponderous pachyderms." That didn't stop me from talking because it was not addressing my situation. But it is fun to remember. 🐘



ACA WSO 2015 Annual Business Conference (ABC) April 24-25, 2015 in Austin, Texas

St. David's Episcopal Church
301 East 8th Street
Austin, Texas 78201

IF YOU HAVEN'T ALREADY done so, be sure to register for this year's ABC. All ACAs are welcome at this business meeting. Although only one person may be the official voting delegate from a meeting or Intergroup, all attendees will be able to participate in the dialog.

Anyone planning to attend should fill out the Registration Form using the following link: <https://www.surveymonkey.com/s/TT8N76W>. The registration deadline is April 15, 2015. For questions about the actual Business Conference meeting, please contact the ABC Committee at abc@adultchildren.org.

Lodging in downtown Austin can be quite expensive, but Capital Metro Transit puts many more moderately priced hotels within easy reach. <http://www.capmetro.org/default.aspx>

(The Trustees have a negotiated rate at The La Quinta Inn Austin Capitol. <http://www.laquintaustincapitol.com/>)

The Austin Convention & Visitors Bureau's website <http://www.austintexas.org/visit/plan-your-trip/transportation/> has links to other ground transportation options.

Most online travel services will be able to locate reasonable hotel rooms. Being a college town, there are also other types of lodging, from upscale bed & breakfasts to dorm-style student hostels. We suggest you consider staying north of the river to avoid Austin's notorious local traffic bottle-necking. Note: Austin-Bergstrom International Airport is south of the river.

Amtrak, Greyhound and MegaBus have stops/terminals in Austin as well.

The Host Committee has established an email address to handle any logistical questions: abclonestar@gmail.com. Whenever

possible we also hope to help attendees make connections with others who express an interest in sharing a room or a ride.

We are planning fellowship events for both evenings of the ABC, one of which should be a "Weird Austin" experience. There is also a Comedy festival, an International Film Festival and a Food & Wine festival all scheduled for Downtown Austin that weekend, so there will be plenty to do if you want to venture out. So come on down to Austin – come early and stay late! 🍷



...deep in the Heart...

Congress Avenue Bridge/Skyline at night

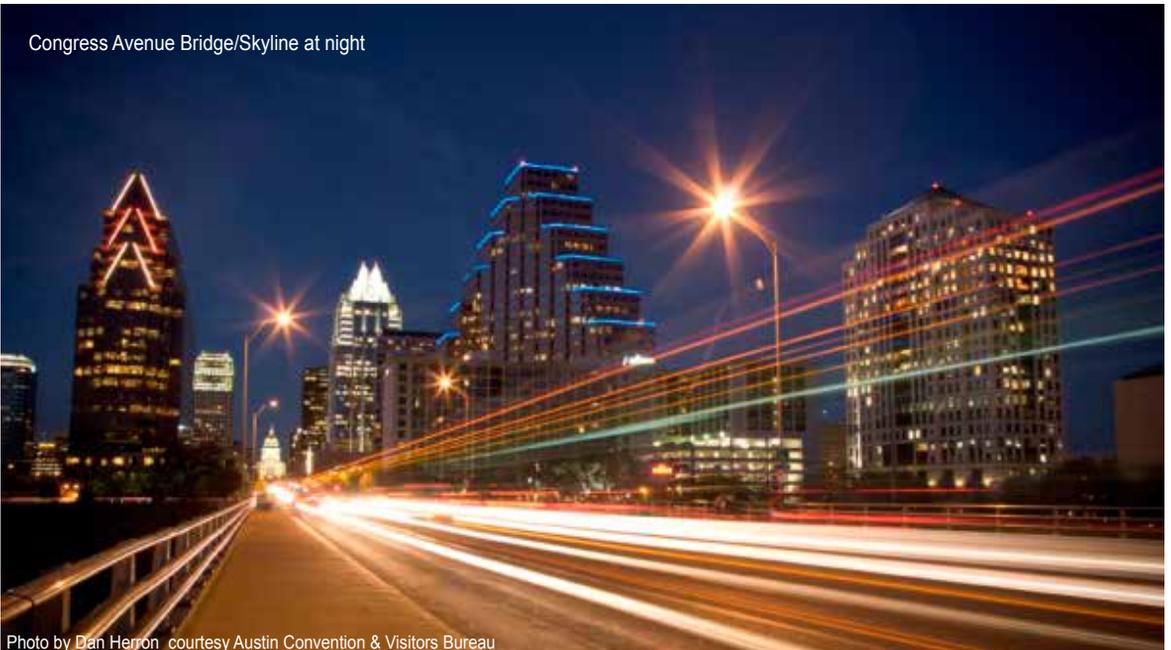


Photo by Dan Herron courtesy Austin Convention & Visitors Bureau

Get Published in the ComLine!

It's easy – here's how...

Calling all recovering poets, writers, photographers and artists!

Did you know that ComLine editions published since 2004 are available for free to read or download? You can find them on the ComLine page at adultchildren.org.

Did you know that you can share your experience, strength and hope in ACA recovery with fellow travelers around the world? Of course you can!

We also extend a special invitation to adult children around the world: please feel free to submit shares in the language of your childhood.

Stories and articles should be 300-500 words long, and should align with the Twelve Steps and Twelve Traditions of ACA. Authors are listed with first name and last initial only. Submissions are selected for publication at the discretion of the editorial staff.

A signed copyright release form must accompany each submission or group of submissions via email or by post. You will find a copyright release form on page 11.

Please submit your article, poem, artwork, photos and drawings to litstaff@adultchildren.org. For more information, please visit the ComLine page at adultchildren.org.

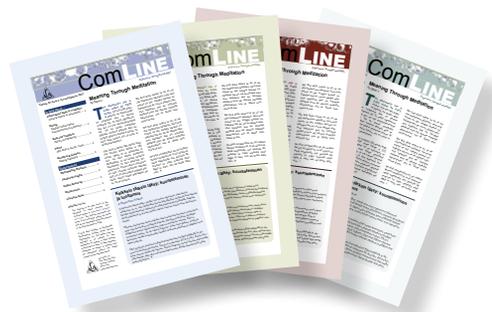
ComLine Publication Schedule

1st Quarter (January, February, March)
(submission deadline: December 1)
Primary focus is on Steps 1, 2, 3 and Traditions 1, 2, 3

2nd Quarter (April, May, June)
(submission deadline: March 1)
Primary focus is on Steps 4, 5, 6 and Traditions 4, 5, 6

3rd Quarter (July, August, September)
(submission deadline: June 1)
Primary focus is on Steps 8, 9, 10 and Traditions 8, 9, 10

4th Quarter (October, November, December)
(submission deadline: September 1)
Primary focus is on Steps 10, 11, 12 and Traditions 10, 11, 12



Questions and Answers

Q: How do I donate to WSO?

A: ACA WSO is funded through 7th Tradition contributions from ACA Meetings, Regional Intergroups and ACA members. The ACA 7th Tradition states, "Every ACA group ought to be fully self-supporting, declining outside contributions."

Contributions can be made online or by mail. To contribute online, visit us at adultchildren.org and click on "Contribute".

Contributions made by mail should be sent to:

ACA WSO
Post Office Box 3216
Torrance, CA 90510-3216 USA

Q: How do I find a meeting in my area?

A: Go to our website, adultchildren.org and click on "Find a Meeting". This will take you to our "World Meeting List" page. Simply enter the location where you would like to attend. You can also see meeting mapped meeting locations by clicking the "Find a Meeting" link, then click on the "Meeting Map Search" link.

If there is no meeting in your area, you may choose to attend an online or telephone meeting.

When you find a meeting to attend, we suggest that you email, call or text

a group's contact person to make sure the group is still open and meeting.

Q: How do I subscribe to the ComLine?

A: The ComLine can be viewed and downloaded for free from our website. Visit the ComLine page at adultchildren.org for more information and to download your free issue.

If you have any questions about the ComLine or ACA WSO, please call us at +1-562-595-7831 or email information@acawso.com.



**Adult Children of Alcoholics®/Dysfunctional Families
World Service Organization, Inc.**

COPYRIGHT RELEASE FORM

I _____ on this the _____ day of _____ 2015 do hereby state that:

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Filename(s) and description of submission(s)

The attached article, poem, share and/or artwork or photography is an unrestricted gift from me to ACA WSO.

I am giving the attached article, poem, share and/or artwork to ACA WSO, Inc. for its consideration in publishing said article, poem, share and or artwork in any ACA WSO, Inc. publication in any form whatsoever now existing or as may hereafter may come into being, including, but not limited to, the ACA ComLine, the ACA WSO website, or any other hard copy or electronic publication.

ACA WSO may, at its sole discretion, edit the article, poem, share or modify any art work as they deem needed.

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If the article, poem, share and or artwork is used it is to become the sole property of ACA WSO.

Name (please print your entire name)

Signature (*a digital signature will be as valid and effective for legal purposes*) (Date)

Keep a copy of this document for your records. Please return this entire document with signatures. You may send a PDF by email to litstaff@adultchildren.org, or you may send a printed, signed copy by mail. Mail to:

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World Service Organization, Inc.
Post Office Box 3216
Torrance, California, 90510-3216, USA



ACA WSO, Inc.
Post Office Box 3216
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