

Virtual  World Convention



5th Annual AWC Global connections



# Welcome

Good Morning, Good Afternoon and Good Evening and a warm welcome to the GLOBAL ACA Community for the 5<sup>th</sup> Annual ACA World Convention. Our first fully virtual convention. While this is a difficult time for us all, we see moments like this that bring us together and for that we are grateful for our ACA Recovery.

This is meeting 9 of the 13 meetings being held over 26 hours for this ACA World Convention themed Global Connections Strengthen our recovery.

My name is Sue V, Adult Child, Chair of Global Members from Toronto, Canada and this meeting is being tech hosted by Steven, Adult Child from San Francisco, USA.



## **Anonymity**

Please remember our spiritual principle of anonymity as this meeting/workshop is being broadcast around the world and will also be recorded and distributed later. We therefore ask that you do not record any audio, video or pictures of the AWC.

We also ask that you do not share the link to this conference. Each member can request their own access to the AWC. This is so they can acknowledge our commitment to trying to protect the personal anonymity of AWC attendees.

During the meeting, only the active speakers will be unmuted. Some meetings may ask for sharing or for volunteers. Please use the raise hand feature in the participants screen at that time to request to speak. You will be unmuted when it is your turn to speak. And also note that Video cameras, Microphones and Chat are disabled for all viewers. This is to ensure a safe listening experience.

Please also rename yourself in the participants screen to show only your first name and an initial.



Please join me in opening our meeting with the ACA Serenity Prayer  
in whatever language or way is best for you.

Taking a deep breath...

### **ACA SERENITY PRAYER:**

**GOD, grant me the serenity  
to accept the people I cannot change,  
the courage to change the one I can,  
and the wisdom to know that one is me.**

We meet to share the experience we had as children growing up in an alcoholic or dysfunctional home. That experience infected us then and it affects us today. By practicing the 12 Steps, by focusing on the Solution, and by accepting a Higher Power of our understanding, we find freedom from the effects of alcoholism and other family dysfunction. We identify with “The Problem” and learn to live in “The Solution”, one day at a time.



I've asked Satish to read The Laundry List...

## The Laundry List



1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened of angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfil our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to "love" people we can "pity" and "rescue."
10. We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.



I've asked Sunil to read The Solution

## The Solution



The solution is to become your own loving parent. As ACA becomes a safe place for you, you will find freedom to express all the hurts and fears you have kept inside and to free yourself from the shame and blame that are carryovers from the past. You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to accept and love yourself.

The healing begins when we risk moving out of isolation. Feelings and buried memories will return. By gradually releasing the burden of unexpressed grief, we slowly move out of the past. We learn to re-parent ourselves with gentleness, humour, love and respect. This process allows us to see our biological parents as the instruments of our existence. Our actual parent is a Higher Power whom some of us choose to call God. Although we had alcoholic or dysfunctional parents, our Higher Power gave us the Twelve Steps of Recovery.

This is the action and work that heals us: we use the Steps; we use the meetings; we use the telephone. We share our experience, strength, and hope with each other. We learn to restructure our sick thinking one day at a time. When we release our parents from responsibility for our actions today, we become free to make healthful decisions as actors, not reactors. We progress from hurting, to healing, to helping. We awaken to a sense of wholeness we never knew was possible. By attending these meetings on a regular basis, you will come to see parental alcoholism or family dysfunction for what it is: a disease that infected you as a child and continues to affect you as an adult.

You will learn to keep the focus on yourself in the here and now. You will take responsibility for your own life and supply your own parenting. You will not do this alone. Look around you and you will see others who know how you feel. We will love and encourage you no matter what. We ask you to accept us just as we accept you. This is a spiritual program based on action coming from love. We are sure that as the love grows inside you, you will see beautiful changes in all your relationships, especially with God, yourself, and your parents.



I've asked Sean to read the ACA 12 Steps



## The 12 Steps

1. We admitted we were powerless over the effects of alcoholism or other family dysfunction, that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understand God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and, when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for knowledge of God's will for us and the power to carry it out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others who still suffer, and to practice these principles in all our affairs.



I've asked Anju to read the ACA 12 Traditions

## The 12 Traditions



1. Our common welfare should come first; personal recovery depends on ACA unity.
2. For our group purpose there is but one ultimate authority - a loving God as expressed in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership in ACA is a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.
4. Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other 12-Step programs.
5. Each group has but one primary purpose - to carry its message to the adult child who still suffers.
6. An ACA group ought never endorse, finance or lend the ACA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every ACA group ought to be fully self-supporting, declining outside contributions.
8. Adult Children of Alcoholics should remain forever non-professional, but our service centres may employ special workers.
9. ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV. and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



You may have related to our readings even if there was no apparent alcoholism or addiction in your home. This is common because dysfunction can occur in a family without the presence of addiction. We welcome you.

What you hear at this meeting should remain at the meeting. We do not talk about another person's story or experiences to other people. Please respect the anonymity of those who share with us today.

ACA meetings have one primary purpose: to carry the message to adult children who still suffer. This group believes that allowing predatory behavior to occur in and around meetings creates a distraction from this purpose. Please see the [adultchildren.org](http://adultchildren.org) Free Literature page for the ACA Commitment to Addressing Predatory Behavior tent card. The website is being added to the chat box, <https://acawso.org/category/apb/>.



## Global Members Subcommittee



Hi I am, Sue V, Grateful Adult Child from Toronto, Canada and Chair of the Global Members Subcommittee. We are pleased to be sponsoring the first of 3 workshops at the 2020 AWC.

I grew up in a very alcoholic and dysfunctional family. I am the eldest of eight children and my father came from a violent childhood and has suffered from PTSD from his time in the armed forces. It was and is a painful part of my life. I attended Alateen and had lots of counselling during that time.

However, there was still something missing in my life, I felt had a disability that I needed to live with, the wounds of my childhood. As the laundry list states I married another wounded soul and now had a 2<sup>nd</sup> violent home with 2 children. I came to ACA with much shame and grief 10 years ago. It was the perfect storm with menopause, teenagers experimenting with drugs and alcohol and the death of my husband. I was losing my sanity. ACA has changed all of that.

I have found and kept my sanity by working the ACA program and our ACA promises have come true for me. I have been giving back, Step 12 to myself and others through service with my meeting group, Intergroup and World Service.



## Global Members Subcommittee



Our Global Members Subcommittee started in 2019 and we have focused on emerging countries requesting support outside of Europe and North America. This past year we have been working with 7 countries over 2 continents, Asia and Africa and we have only just begun. I am honoured to be their Chair.

I live in one of the most culturally diverse cities in the world, Toronto, Canada. Toronto has over 200 languages spoken, has 2 official languages, French and English, and is a global village. Global is in my heart and in my blood.

I moved to service with WSO as the co-chair of the 2018 AWC where I dreamt of one united global ACA community. I had a vision of an AWC that was universally accessible. I heard from my fellow ACA members in Egypt, Africa and Spain seeking to find a way to virtually attend the 2018 AWC, something that wasn't possible 2 years ago.

Fast forward to 2020, our Global Members Subcommittee was planning a Global face to face workshop with the hopes of virtually streaming our members into the workshop in Florida so everyone could participate.



## Global Members Subcommittee

This pandemic sped up that timeline and expanded the dream for the whole world, something positive in the world right now when we need it the most.

I have been humbled and honoured to work with so many gifted ACA fellow travelers around the world sharing experience, strength and hope in recovery and in growing and supporting our ACA Global family.

Together we are creating a strong and innovative service team looking at transforming challenges in the various countries and building a solid foundation of support for our meeting groups. We look forward to working with all of our global family in the years ahead.

**“W” in WSO is for “WE the ACA WORLD”.**  
**Together We are Stronger.**

It is my honour and pleasure to introduce our first Global AWC workshop



SUN APRIL 26, 2020: 2 AM EDT  
GLOBAL MEMBERS WORKSHOP

## **GLOBAL ACA without BORDERS**

In this workshop, we will hear from 4 countries on how ACA crosses over all cultural, country and other 12 Step fellowship borders. We will learn more about how members found ACA when there were no ACA meetings and how we can support each other between countries.

- We are joined by Sunil in New Delhi, India, Satish in BC, Canada and Anju in California, USA and will learn more about the special connection between Canada/USA and India.
- Sean in Taiwan will share his ACA journey in finding ACA and helping to support the first couple of English speaking ACA meetings.



## Global Members Subcommittee



If you feel called to global service, please consider joining the Global Members Subcommittee and carry the message of ACA healing.

Please **email** us at: [globalmembers@adultchildren.org](mailto:globalmembers@adultchildren.org)

or

send a note to our **slack** channel: [#msc\\_global\\_mbrs-subcm](#)

or, if you would like more information,  
please go to the **website** [www.acawso.org/category/globalmembers](http://www.acawso.org/category/globalmembers).

**“W” in WSO is for “WE the ACA WORLD”.**  
**Together We are Stronger.**



## Announcements

The 7<sup>th</sup> Tradition states: Every ACA group ought to be fully self-supporting, declining outside contributions.

We ask that you consider making a 7<sup>th</sup> tradition contribution at <https://adultchildren.org/contribute/7th-tradition-contribution/>

or purchase an MP3 at [shop.adultchildren.org](https://shop.adultchildren.org)

The next AWC session will be starting again  
at 4 am EDT, Spain Fellowship

<https://acawso.org/2020/04/17/2020-virtual-aca-world-convention/>



I've asked Joe H to read the ACA Promises



## The Promises

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to "people-please" will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failures and success will leave us, as we intuitively make healthier choices.
11. With help from our ACA support group, we will slowly release our dysfunctional behaviours.
12. Gradually, with our Higher Power's help, we learn to expect the best and get it.



Thank you to everyone that shared today and was of service to make this Global ACA World Convention come together.

I have asked Sean to lead us in the ACA Serenity Prayer in Traditional Chinese.

Please join us in closing our meeting with the ACA Serenity Prayer in whatever language or way is best for you.

We have created a slide with several translated versions of this prayer.

Taking a deep breath...



GOD,  
grant me the serenity to  
accept the people I cannot change,  
the courage to change the one I can,  
and the wisdom to know  
that one is me.

(ENGLISH)

हे ईश्वर मुझे आत्म शांति दो  
उन लोगों को स्वीकार करने की  
जिन्हें मैं बदल नहीं सकता  
हिम्मत दो उसे बदलने की  
जिसे मैं बदल सकता हूँ  
और यह समझने  
की सदबुद्धि दो  
कि वह मैं ही हूँ

(HINDI)

GUD, ge mig sinnesro att  
acceptera de människor  
jag inte kan förändra,  
mod att förändra den jag kan  
och förstånd att inse att den är jag.

(SWEDISH)

DIEU, donnez moi la sérénité d'accepter  
les personnes que je ne peux pas changer  
Le courage de changer celle que je peux changer  
Et la sagesse de me rappeler que cette personne soit moi.

(FRENCH)

DIOS, concédeme serenidad para aceptar a las  
personas que no puedo cambiar, el valor para  
cambiar a aquella que puedo cambiar y la  
sabiduría para reconocer que ésa soy yo.

(SPANISH)

ਸਹਿਜਤਾ ਪ੍ਰਾਰਥਨਾ: ਪ੍ਰਮਾਤਮਾ,  
ਮੈਨੂੰ ਸਹਿਜਤਾ ਬਖਸ਼ਣੀ ਸਵੀਕਾਰ ਕਰਨ ਦੀ  
ਜਿੰਨਾ ਲੋਕਾਂ ਨੂੰ ਮੈਂ ਬਦਲ ਨਹੀਂ ਸਕਦਾ ਹੋਸੰਲਾ  
ਦੇਣਾ ਉਸ ਇੱਕ ਨੂੰ ਬਦਲਣ ਲਈ, ਅਤੇ  
ਸਿਆਣਪ ਦੇਣਾ ਇਹ ਜਾਣਨ ਲਈ ਕਿ ਉਹ ਇੱਕ ਮੈਂ ਹਾਂ।

(PUNJABI)



DEUS, dá-me a serenidade para aceitar  
as pessoas que não posso modificar,  
Coragem para mudar a pessoa que  
posso mudar E Sabedoria para  
saber que eu sou essa pessoa.

(PORTUGUESE)

上蒼（更大力量），  
請賜我安寧的心境，  
接受我不能改變的人；  
請賜我勇氣，改變我能改變的人；  
並賜我智慧，了解那個人就是我。

(TAIWAN CHINESE)

אלוהים, תן בי את השלווה  
לקבל את האנשים שאני לא יכולה לשנות,  
האומץ לשנות את האדם האחד שאני כן יכולה,  
החוכמה לדעת שהאחד/ת הזה/הזאת הוא/היא אני.

(HEBREW)

GOD, gee my die saligheid om die mense  
wat ek nie kan verander nie te aanvaar,  
Die moed om die een wat ek kan  
verander te verander, End  
die wysheid om te weet  
daardie een is ek.

(AFRIKAANS)