

Virtual  World Convention



5th Annual AWC Global connections



# **“We Progress from Hurting, to Healing, to Helping” 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 the sixth of 13 meetings being held over 26 hours for this ACA World Convention themed Global Connections Strengthen our Recovery. You can find the schedule at [acawso.org](http://acawso.org), our fellowships service website.

My name is Sarah, and I am adult child and member of the ACA WSO Service Network Committee. I am grateful to be here today with you all, and members from the Service Network Committee.



## **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.**



I

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 Justine 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 Sharon 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 Kristy to read The 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 Carole to read The 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, T.V. 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](https://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/>.



**“We Progress from Hurting, to  
Healing, to Helping”  
Today’s Workshop will include**



Please refrain from posting in the chat until prompted to do so. Thank you!



## **“We Progress from Hurting, to Healing, to Helping” Today’s Workshop will include**



- 1) Audience Participation – what brings you here
- 2) Experience Strength and Hope (10-15mins)
- 3) How to Start a Meeting (10-15mins)
- 4) How to Start an Intergroup (10-15mins)
- 5) How to Start a Region (10mins)
- 6) Q&A
- 7) Remarks from the Service Network Committee (10mins)

Please refrain from posting in the chat until prompted to do so. Thank you!



## **“We Progress from Hurting, to Healing, to Helping” We’re Glad You’re Here!**



Please raise your hand to tell us what brings you to this workshop.

- 1) If you are a newcomer to ACA, please raise your hand.
- 2) I would like to hear experience strength and hope about service
- 3) I would like to start an ACA Meeting
- 4) I would like to start an ACA Intergroup
- 5) I would like to start an ACA Region
- 6) None of the above – but will stay on and listen 😊

Please refrain from posting in the chat until prompted to do so. Thank you!



**“We Progress from Hurting, to  
Healing, to Helping”  
Experience Strength and Hope Doing  
Service in ACA**



Lead share. 5 Minutes

Let's listen.



**“We Progress from Hurting, to Healing,  
to Helping. . .”**



**Experience Strength and Hope  
Doing Service in ACA**



Now we will open up the floor for one minute shares on doing service in ACA.

Please focus on experience, strength, and hope.

Please save questions for the end of the workshop.

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



**As you consider doing service in an ACA Meeting, consider Tradition 9 Meditation:**

***Higher Power. May I remember that ACA and its meetings and service structure are different than my family of origin. May I be patient and avoid reaching for the easiest way out when I am confronted with a difficult situation. Help me and my ACA group ask for help in keeping our meetings safe and recovery-oriented. Also help us celebrate the things that we do right.***

Please refrain from posting in the chat until prompted to do so. Thank you!





# ACA Meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



## ACA Meetings

An ACA meeting is when two or more Adult Children gather together to share their experience, strength and hope with each other for recovery. The program grows because someone has a need to begin a new meeting and tries to meet that need.

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



## ACA Meeting Types

**Closed Meeting** - the meeting is reserved for those identifying as an adult child

**Open Meeting** - open to observers, friends and relatives of the adult child

**Step Study**

**ACA Twelve Traditions Study**

**Newcomer/Beginner Introductory Meeting**

**Writing Meeting**

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



## Why are ACA meetings important?

It is the meetings who participate with a “fellowship as a whole” that provide the guidance for developing the framework that will assure the ACA program will continue. The meetings are responsible for developing the network by which they can carry the message to others seeking recovery through the ACA program, communicate with the ACA fellowship as a whole (12<sup>th</sup> Step/1<sup>st</sup> Tradition), and ensure the future of ACA. All members of ACA are invited to attend the ABC and each meeting is asked to send one voting Delegate and an alternate Delegate.

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



## Before you start a meeting, consider the following steps:

1. Read, download and/or print the free Guidelines for New Meetings brochure on [www.adultchildren.org](http://www.adultchildren.org)
2. If you haven't already, sign up for The Traveler monthly newsletter to keep up with announcements, news and events from around the ACA fellowship on [www.adultchildren.org](http://www.adultchildren.org)
3. If there is an Intergroup nearby, they can offer support. You can find Intergroups in the Intergroup directory on – you guessed it! [www.adultchildren.org](http://www.adultchildren.org)
4. Get the word out to your community by placing ACA Trifolds (Finding Emotional Sobriety, 25 Questions – Am I an Adult Child, etc) in libraries, with counselors, community bulletin boards, and/or with other 12 Step fellowships (subject to their permission). These and other trifolds can be downloaded on the Free Literature link on [www.adultchildren.org](http://www.adultchildren.org)
5. The Sample Format can be used, in the beginning, until the group decides to hold a group conscience meeting to make changes. Sample formats in the Big Red Book and available for download on [www.adultchildren.org](http://www.adultchildren.org)

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



## How to start an ACA Meeting

The Handbook for Adult Children, starting on page 557 in our fellowship text, offers steps to follow to start a meeting and includes a meeting format.

Each meeting provides opportunities for service which keep the meeting operational. In a typical meeting, several people do a little of the work and the jobs get done, officers like chairs, secretaries, treasurers, intergroup representatives, literature persons, sponsors, contact persons, etc.

We will now open the floor for one minute shares.

Please focus on experience, strength and hope, on the topic of starting an ACA meeting or doing service in an ACA meeting. Please refrain from posting in the chat until prompted to do so. Save questions for the end. Thank you!



# ACA Meetings

[members@adultchildren.org](mailto:members@adultchildren.org)



## How to start an ACA Meeting

The Handbook for Adult Children, starting on page 557 in our fellowship text, offers steps to follow to start a meeting and includes a meeting format.

We will now open the floor for one minute shares.  
Please focus on the topic of starting an ACA meeting.

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Intergroups

[intergroups@adultchildren.org](mailto:intergroups@adultchildren.org)



**For service at the Intergroup Level, consider our Tradition 5 Meditation:**

*Higher Power. Help me remember that ACA has one primary purpose, which centers the fellowship and which simplifies most discussions. Help me remember to ask myself a simple question when I am doing the business of ACA. ‘Does what we are about to do support the primary purpose of carrying the ACA message to another adult child needing help?’”*

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Intergroups

[intergroups@adultchildren.org](mailto:intergroups@adultchildren.org)



## Intergroups in ACA

It is often financial beneficial to all meetings to group together as an Intergroup (IG) to serve the local ACA Fellowship, rather than each meeting duplicating the same services. Intergroups serve an important function within the structure of ACA as a whole. They play a role in upholding Tradition Five. In Tradition Five, we focus on our primary purpose. We carry the ACA message with anonymity and a sincere desire to help others. We practice anonymity in carrying the message, by making the message the focus, rather than making our personality the focus. ACA Members who take on the service of starting or participating in Intergroup level service take on a valuable service role and provide leadership in ACA. The WSO Intergroup Subcommittee in Member Services Committee helps groups develop and facilitates Intergroups in accordance with the Twelve Traditions.





# ACA Intergroups

[intergroups@adultchildren.org](mailto:intergroups@adultchildren.org)



## WHAT IS AN INTERGROUP?

ACA members may choose to work together to enrich the ACA program in an Intergroup. Intergroups represent ACA meetings in a specified geographic area, or a group of telephone meetings, or a group or online meetings. The Intergroup may meet once a month and provide services for the meetings that participate in the Intergroup.

Intergroups play a vital role in carrying the ACA message to the still-suffering. The local Intergroup may receive the first contact from a newcomer seeking help; the Intergroup assists the newcomer and supports the local meetings by directing newcomers to those meetings. An Intergroup helps groups by more effectively and efficiently providing services than any single meeting can do alone.



# ACA Intergroups

[intergroups@adultchildren.org](mailto:intergroups@adultchildren.org)



## HOW TO START AN INTERGROUP?

Contact the e-mail above for more information.

We will open up to shares on these questions and starting an Intergroup in a few minutes. Let's think about reasons to start an Intergroup or serve in an Intergroup.

1. Is it to help yourself and others?
2. Is it to reach out to adult children and to promote ACA's growth and unity?
3. Does your area need an ACA helpline?
4. Does your area need to coordinate hospitals and institutions meetings?
5. Are there ACA events in your area? Are they announced?



# ACA Intergroups

[intergroups@adultchildren.org](mailto:intergroups@adultchildren.org)



## Open up for one-minute shares.

Reasons to start an Intergroup or serve in an Intergroup.

1. Is it to help yourself and others?
2. Is it to reach out to adult children and to promote ACA's growth and unity?
3. Does your area need an ACA helpline?
4. Does your area need to coordinate hospitals and institutions meetings?
5. Are there ACA events in your area? Are they announced?

**Please focus on experience, strength and hope, on the topic of starting an ACA intergroup or doing service in an ACA intergroup. Please refrain from posting in the chat until prompted to do so. Please save questions for the end. Thank you!**



# ACA Regions

[regions@acawso.org](mailto:regions@acawso.org)



**For service at the Region Level, consider our Tradition 1 Meditation:**

***Higher Power. I am your trusted servant seeking to support my ACA group and its primary purpose. Please remind me that the life of my program and my own recovery depends upon my willingness to put the group's welfare above my own will. Help me recognize unity.***

Please refrain from posting in the chat until prompted to do so. Thank you!



# ACA Regions

[regions@acawso.org](mailto:regions@acawso.org)



***Regions Are the Third Level of The Aca Service Network; Between Intergroups And the World Service Organization (WSO).***

A Region serves the Intergroups that choose to affiliate with them. Regions open channels of communication between the member Intergroups and WSO as well as between meetings and WSO in areas where no Intergroup exists. A Region Representative to WSO may serve on the world service level as an officer, committee chair, or committee member. Regions are autonomous to select the focus of their efforts to carry the message. A Region, for example, may focus on area-wide educational workshops, conventions, or perhaps hosting an Business Conference. Regions may elect a WSO Representative who may be seated on the WSO Board of Trustees.

*Please refrain from posting in the chat until prompted to do so. Thank you!*



# ACA Regions

[regions@acawso.org](mailto:regions@acawso.org)



## How to Start an ACA Region

There are different ways to start a Region. Please email the contact above to gain more perspective and guidance.

Members of Intergroups may visit ACA meetings, Intergroup Business Meetings, and garner interest in starting a Region. Or, Intergroup members may talk to each other about starting a Region, and organize a conference call to share interests in forming a Region. The following questions may guide shares during the call.

(Next Slide)

*Please refrain from posting in the chat until prompted to do so. Thank you!*



# ACA Regions

[regions@acawso.org](mailto:regions@acawso.org)



## Conference Call #1

Consider the following prompts as you consider starting a Region.

1. How will forming a Region help yourself and others?
2. How will the connection among ACAs in the Northeast deepen your ACA recovery?  
How will it reach adult children who still suffer?
3. How would this connection promote ACA's growth and unity?
4. List the needs to carry the ACA message in your geographical area:
  - a. Does your area need an ACA helpline or part-time special worker?
  - b. Do you need to coordinate hospitals and institutions meetings?
  - c. Are the activities within your area coordinated so that the events are announced in a timely manner?
  - d. Is there interest in a public information committee?

## Conference Call #2

What are some short term and long term goals for your Intergroup?

## Conference Call #3

What could be some short term and long term goals for this region group?

*Please refrain from posting in the chat until prompted to do so. Thank you!*



# ACA Regions

[regions@adultchildren.org](mailto:regions@adultchildren.org)



## HOW TO START A REGION?

Contact the e-mail above for more information. We will open up to shares on these questions and starting an Intergroup in a few minutes. Let's think about reasons to start an Intergroup or serve in an Intergroup.

1. Is it to help yourself and others? Is it to reach out to adult children and to promote ACA's growth and unity?
2. Does your area need an ACA helpline? Does your area need to coordinate hospitals and institutions meetings?
3. Are there ACA events in your area? Are they announced?
4. What support do your Intergroups need?





# ACA Regions

[regions@adultchildren.org](mailto:regions@adultchildren.org)



## Open shares

Let's share about reasons to start a Region or serve in a Region.

1. Is it to help yourself and others? Is it to reach out to adult children and to promote ACA's growth and unity?
2. Does your area need an ACA helpline? Does your area need to coordinate hospitals and institutions meetings?
3. Are there ACA events in your area? Are they announced?
4. What support do your Intergroups need?

If no hands raised, Carole and Justine F may share.

**Focus shares on service at Region level or starting a Region – Thank you!** *Please refrain from posting in the chat until prompted to do so. Thank you!*



# ACA Regions

[regions@acawso.org](mailto:regions@acawso.org)



The Regions Subcommittee was formed to give assistance and guidance to Regions. It gives support and assistance to new and forming Regions, as well as existing ones, with planning, organization, and questions about protocol. It communicates news and concerns to and from the Regions and the World Service Board. Please e-mail the contact above for guidance on how to start a Region.

*Please refrain from posting in the chat until prompted to do so. Thank you!*



**QUESTIONS? COMMENTS?**

**We're Glad You're Here!**



Please raise your hand to share with us or ask questions on the following topics.

- 1) Experience strength and hope about service in ACA
- 2) Starting an ACA Meeting
- 3) Starting an ACA Intergroup
- 4) Starting an ACA Region

**You may post questions in the chat at this point. Thank you for your patience!**



## Closing Comments from the The Service Network Committee



Our members this past year -Bonnie K-M, Carole C, Cheryl F, Fredrik, Jim B, Justine F, Karin S, Kelle, Kristy, Marcia J, Matt K, Sarah O. Apologies if I missed anyone

Join our committee, Weekly - **Mondays at 8PM Eastern**, and **Tuesdays at 2PM Eastern**.

<https://acawso.org/category/service-network-committee/>

There is also a monthly **Concepts Study Group**.  
3<sup>rd</sup> Sunday Monthly at 10:30 AM Eastern



# ACA Service Manual

We have **working groups** that focus on different sections of the Service Manual. Join us. **Share your best practices**

- Working group 1 **BUSINESS MEETINGS** Justine F, Pennsylvania
- Working group 2 **ACA MEETINGS** Marc, Netherlands
- Working group 3 **Annual Business Conference and Role of the Delegate** – Could be you!!!!
- Working group 4 Putting manual together Jim B, Florida



# ACA Preamble



**We would like a nice simple statement  
of who we are and what we do  
that is open and inclusive.  
Please join our committee to help us  
with the Preamble.**



## 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/>

The website details are being added to the chat box.

WSO's official Paypal account at [treasurer@adultchildren.org](mailto:treasurer@adultchildren.org)

Or Via Venmo username is @acawso

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

The next AWC session will be starting again at 10 pm EDT,

**Rich R – Healthy Communication Workshop**

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

We hope you enjoy your virtual trip around the ACA World.



I've asked Kelle to read The 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 to start us in the ACA Serenity Prayer in Spanish.

We will now open the lines for everyone to join us in closing together 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 ਹੋਸਲਾ  
ਦੇਣਾ ਉਸ ਇੱਕ ਨੂੰ ਬਦਲਣ ਲਈ, ਅਤੇ  
ਸਿਆਣਪ ਦੇਣਾ ਇਹ ਜਾਣਨ ਲਈ ਕਿ ਉਹ ਇੱਕ ਮੈਂ ਹਾਂ।  
(PUNJABI)

DEUS, dáí-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)



**Thank you for coming!**  
**We're Glad You're Here!**



Please raise your hand to share with us or ask questions on the following topics.

- 1) Experience strength and hope about service in ACA
- 2) Starting an ACA Meeting
- 3) Starting an ACA Intergroup
- 4) Starting an ACA Region

You may post questions in the chat at this point. Thank you!