

Adult Children of
Alcoholics and
Dysfunctional Families



**WSO
VOLUNTEER
DAY**



Program

Sunday, November 6th, 2022
12:30 Eastern (US and Canada),
a 3 hour program with Hosts, Jim R and Laura L

12:30 Welcome!

Opening Prayer / Comfort guidelines / the Day's Program
A Focusing Meditation with **Wendy C**

12:40 Journeys in Service

Insights into the motivations and rewards of "being of service" at the ACA WSO, offered through the experience of fellow members. Followed by a question and answer session in breakout rooms.

- **Marcin C** / *Nandita* - **Suzi B** / *Arjan* - **Mary Jo L** / *Lauria* - **Laura L** / *Denise R*

1:40 Excursion

Join us on a tour of the WSO office facilities in Signal Hill, CA, with our guide, **Bill D**

2:00 Play Break

Take a stretch, grab a snack and have some musical fun with **Beth and Scott B**

2:15 Committee Exploration

Learn about the workings of some of the WSO committees - what they do, how and when.

Then ask some questions, afterward, in the breakout rooms.

- **Information Technology**, with Brad L and Marcin C / *Arjan*
- **Literature**, with Christine / *Lauria*
- **Oral History**, with Michelle / *Denise R*
- **Members Services**, with Sue V / *Laura L*

3:15 Web Navigation and Closing

Review the website at acawso.org - look at committee webpages and the Calendar. See the link for the monthly Teleconference. Visit the Volunteer sign-up form. Attend a Committee meeting - bring a friend!

Please offer your opinions about our program - fill out the survey found at acawso.org/vrc/

Thank You for Joining Us