




September 2024

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WSO News

The Laundry List

(14 Traits of an Adult Child)

This laundry list is not a test to measure how healthy or unhealthy an individual is, but a list of traits that are common to many adult children.

1/ONE

We become isolated and afraid of people and authority figures.

2/TWO

We become approval seekers and lose our identity in the process.

3/THREE

We are frightened by angry people and our personal criticism.

4/FOUR

We either become alcoholics, party down in bars, or find another compulsive personality such as a workaholic to fulfill our self abandonment needs.

5/FIVE

We live life from the viewpoint of victim and are attracted to that involvement in our love and friendship relationships.

6/SIX

We have an underdeveloped sense of responsibility, and it is easier for us to be concerned with others rather than ourselves, that we're so used to looking after others that we've lost touch with ourselves.

8/EIGHT

We become addicted to resentment.

9/NINE

We confuse love and pity and end up "loving" people we can "pity" and "rescue."

10/TEN

We have "stuffed" our feelings from our parents, childhood and have lost the ability to feel or express our feelings because it hurts so much (Denial).

11/ELEVEN

We judge ourselves harshly and have a very low sense of self-esteem.

12/TWELVE

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/THIRTEEN

Abandonment is a family dynamic we have grown accustomed to and need to be reassured when we are alone.

The ACA Promises

1/ONE

We will discover our real identities by loving and accepting ourselves.

4/FOUR

Our ability to share intimacy will grow inside us.

7/SEVEN

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

10/TEN

Our sense of self

2/TWO

Our self-esteem will increase as we give ourselves approval on a daily basis.

5/FIVE

As we face our abandonment issues, we will be attracted by strength and become more tolerant of weakness.

8/EIGHT

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

11/ELEVEN

We will find

3/THREE

Fear of authority figures and the need to "people-please" will learn us.

6/SIX

We will enjoy feeling stable, peaceful, and financially secure.

9/NINE

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

12/TWELVE

Gradually, we





New Products!

<https://shop.adultchildren.org/products/aca-promises-banner>

<https://shop.adultchildren.org/products/aca-laundry-list-banner>

Limited Quantities - Get one before they are gone!

(Banners shown larger than actual size for readability) Actual Size 20" X 36"

For questions, please email info@acawso.org or call +1 310-534-1815

A NEW HOPE – A new book from ACA World Services

NOW SHIPPING!

ORDER YOUR COPY TODAY!

<https://adultchildren.org/a-new-hope>

A New Hope was developed using materials designed to primarily support and guide those who are beginning ACA or would like to have the program tools in one condensed handbook. It is also an invaluable tool for those working with the newcomers.

**A
New
Hope**

ACA
Beginner's
Handbook



Working with the newcomers:

How to Order:



In the US: <https://shop.adultchildren.org/products/a-new-hope>

In Canada: <https://shop.adultchildren.ca/products/a-new-hope>

International bulk orders (over 10 books): <https://adultchildren.org/international-literature-order-request-form/>

Limited Quantities - Get one before they are gone!

For questions, please email info@acawso.org or call +1 562.595.7831

7th Tradition Outlook

ACA members make 7th tradition contributions out of gratitude and to help carry the ACA message. We met the budget for the month of July with the contributions received. Please help ACA keep the trend going. Please see the 2nd page of the quarterly appeal letter to see all the ways ACA WSO utilizes the 7th Tradition it receives. The link to this quarter's letter is here: <https://adultchildren.org/announcement/quarterly-appeal/>

CONTRIBUTE HERE!

<https://adultchildren.org/7th-tradition/>



Special Town Hall: For Proposed Revision - Concept II

Special Town Hall: Proposed Revision—Concept II

September 7th, 1pm and 9pm ET

Join to give thoughts and reactions to this proposed change.

All information at website: <https://acawso.org/2024/08/12/special-aca-town-hall-on-proposed-revision-to-concept-ii-sept-7th-1-p-m-and-9-p-m-eastern-us-time/>

ACA Annual World Convention

Save the Date for the next Virtual ACA Annual World Convention (AWC): April 4 & 5, 2025..

Vote for the Convention's theme before September 15, 2024 at

<https://www.surveymonkey.com/r/GNJCN62>

Visit here for more information: <https://adultchildren.org/awc-planning/>

The Loving Parent Guidebook Fellowship Review

The Loving Parent Guidebook Fellowship Review (feedback) period ends September 30th! ACA members and groups are asked to read and utilize new literature and give feedback by filling out a survey.

To submit a correction to a typo or grammatical mistake only, please click [here](#)

To submit feedback on the Loving Parent Guidebook, please click [here](#)

Volunteer At The WSO!

The ACA Service Office needs volunteers to do service in areas like bundling literature and chips, putting together new meeting packets, and with calls about ACA. Any amount of time between 8am-4pm M-F Pacific Time is good. Connect with us at info@acawso.org or apply at <https://acawso.org/service>.

Another Field Trip Adventure!

Join the Volunteer Resource Committee as we attend a meeting of the Oral History Subcommittee. Become inspired by their purpose. Learn about their current activities. Consider the service opportunity. Information is here on our [flyer](#).

ACA ComLine Blog Publications

The ACA ComLine Blog publishes items submitted by ACA members on the 1st and 15th of each month. Here is an item that was recently published in the category of Fellowship News. Please visit the blog and provide feedback.

<https://adultchildren.org/comline/fellowship-news/what-is-acas-wso-and-why-should-i-care/>

Preventing Unsafe Behavior In ACA

It's here! The conference-approved safety card titled "Preventing Unsafe Behavior in ACA." includes a URL link and a QR scan code, which a mobile phone opens. This replaces the previous "Addressing Predatory Behavior" card. It can be used for any meeting format.

<https://adultchildren.org/aca-safety-tent-card/>

Does Your Meeting Have An American Sign Language Interpreter?

If your meeting has ASL interpreters provided, or the ability (upon request) to have an

interpreter, please send your meeting number or time/date/location of the meeting to mscchair@adultchildren.org

Have You Considered Becoming A Board Member?

Consider taking your service and your recovery to the next level and apply to the Board. Application packets are available at <https://acawso.org/nominating-committee/> Please contact me with any questions at chairnomcom@acawso.org. We welcome everyone!

The Nominating Committee Is Seeking 2 More Members

NomCom is seeking 2 more members. 1 member must live outside of North America. Please see our webpage at: <https://acawso.org/category/nominating-committee/>. If you're interested or have questions, please contact us at chairnomcom@acawso.org.

Treasurer's Corner

[Click Here](#) to read the Monthly Treasurer Report. The reports typically reflect data from two months ago due to month end closing cycles..

Featured Meetings & Events

2024 Labor Day Marathon Meeting

This meeting will be held Monday, September 2nd beginning at 5am ET until Tuesday, September 3rd at 3am ET.

For more information click [here](#)

Sponsored by TEL0427

Ready Set Go!! Series

Ready Set Go!! is a 6-week introductory program of the ACA Program, the ACA 12 Steps, and introductory Inner Child Workshop "Awakening Little One."

Morning Series click [here](#)

Evening Series click [here](#)

Contact - rsg@acawso.org

Sponsored by West Great Lakes ACA Intergroup, IG #70

Meet & Greet With The Volunteer Resources Committee

Join our "Meet & Greet", a welcoming space for Representatives and Committee members to discuss WSO service.

Information at: <https://acawso.org/vrc/>

Next meeting September 14, 2024 1:30 - 1:55 pm ET

Meeting ID: 869 3807 5882

Passcode: 656656

Celebrate ACA's 13th Birthday!

ACA meetings started in Palm Beach County in August 2011. We will be celebrating our 13th Birthday by having a party!

When: Saturday, September 14 from 1:00 to 4:00 pm

Where: First Unitarian Church, [635 Prosperity Farms Rd., North Palm Beach](#) (in the admin building just south of the main church building)

CHECK OUT THE FLYER [HERE](#) FOR MORE DETAILS

Sponsored by IG# 650

"A Fourth Possibility - Completing The Recovery Process" Workshop

This is when and where we'll meet to share our Experience, Strength, and Hope:

Time: September 21, 2024, @ 4pm Brussels, 3pm GMT/UK, 10am ET, 7am PT, 8am MT

Duration: 3 hours

Registration

link: https://zoom.us/meeting/register/tJYqcOyurj8pHNbdapZhiqrZa1oNP4Rx_oU0

Zoom ID: 927 7560 4362

Passcode: LOVE

For more information click [here](#)

Sponsored by IG#754

[See More Events](#)

[Submit Your Event](#)

Meetings - ACA WSO maintains a World Meeting List of registered ACA meetings that take place in person, over the phone or online, which is updated monthly. Visit the [Find a Meeting](#) page on adultchildren.org to search for a meeting, or for more detail on specific meeting types, visit the [Meeting](#), [Phone](#), and [Online](#) meeting information pages.

WSO Board of Trustees Teleconference

The ACA WSO Board holds its public teleconference meeting quarterly on the second Saturday using Zoom, at 2pm Eastern time. ***Note: The next Teleconference is September 14th.***

Zoom Meeting ID: 228 809 511 **Passcode:** 90755 For more information, including agendas, previous minutes, the Zoom meeting ID, and telephone access numbers, please visit the [ACAWSO.ORG website](http://ACAWSO.ORG).

Twelve Concepts of Service - Concept IX

Good service leaders, together with sound and appropriate methods of choosing them, are, at all levels, indispensable for our future functioning and safety. The primary world service leadership must necessarily be assumed by the Trustees of the Adult Children of Alcoholics World Service Organization.

You can find the [12 Concepts of Service here](#).

Daily Meditation Emails

ACA WSO also publishes a daily email with the Meditation of the Day from the book "Strengthening My Recovery". You can sign up to receive the [meditation email here](#). You will need to sign up for this separately from The Traveler Newsletter email.

About Adult Children of Alcoholics (ACA)

ACA is a worldwide 12 Step / 12 Tradition program of recovery dedicated to people who were raised in dysfunctional families. ACA does not seek to assign blame to parents or caretakers, but we seek to understand the reality of how family dysfunctions affected us as children and still affects our adult behavior today.



Family dysfunction can include alcoholism, abandonment, neglect, or any type of addiction or abuse.

ACA is synonymous with ACoA & Adult Children of Alcoholics and Dysfunctional Families.

For more information visit:

www.adultchildren.org



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