

2016 Adult Children of Alcoholics Annual Business Conference & Inaugural ACA World Convention



**ACA Annual Business Conference
& Inaugural ACA World Convention**

April 22-24, 2016

Delray Beach • Florida

Sponsored by the ACA World Service Organization

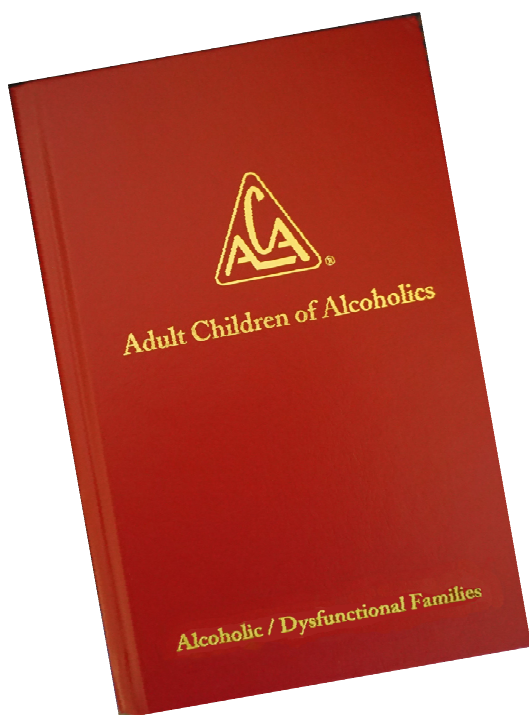
Hosted by the "My Life is Changing" ACA Group of Ft.
Lauderdale & the Florida State ACA Intergroup

The ACA Big Red Book's 10th Anniversary

About Ten Years ago ...

A small group of adult children were just finishing a task that was started decades earlier. A task that was born out of the desperate need for a book that outlined a path for adult children to follow to recover from the abuse, trauma and neglect they suffered in childhood.

The “Big Red Book” was presented to the fellowship on November 6, 2006 at a California ACA convention by the



trustees of the board. This year the BRB is 10 years old and is the product of many people in ACA who worked together to create what has since breathed new life into our fellowship. It articulates The Problem and offers a program of recovery that is The Solution to a life of self doubt and fear.

*On behalf of the
Board of Trustees of the ACA World Service Organization
& the Host Committee*

Welcome to the Inaugural ACA World Convention!

Dear Attendees,

We have one abiding faith: that in featuring adult children sharing experience, strength and hope with each other, we could show each other that we are a talented and growing fellowship capable of extraordinary feats beyond our wildest imaginings.

This inaugural ACA World Convention is sponsored by the Adult Children of Alcoholics World Service Organization, Inc. Board of Trustees in collaboration with the My Life is Changing ACA group of Ft. Lauderdale and the Florida State Intergroup whose incredible dedication and magnificent effort have made this event possible.

Larry A., Chair

ACA WSO Board of Trustees

Twelve Steps of Adult Children of Alcoholics

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 our selves, 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.

The ACA Promises

The ACA Promises represent some of the rewards that we can expect from working the ACA program and practicing self-love. If we have been sincere about our recovery to this point we will have experienced many of these Promises already.

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 behaviors.
12. Gradually, with our Higher Power’s help, we learn to expect the best and get it.

2016 Annual Business Conference

Friday, April 22

7:30 – 8:30 am

Breakfast-Dining Room

8 am – 7 pm

Hospitality-Stahl A

Registration, Displays, & Store -Stahl B

9 am – 5 pm

2016 Annual Business Meeting

12 – 1 pm

Lunch-Dining Room

6 – 7:00 pm

Dinner-Dining Room

7 pm – 9 pm

Full Moon Fire Circle-Labyrinth

(additional fee required-open to the public)

2016 Annual Business Conference

Saturday, April 23

7:30 – 8:30 am

Breakfast-Dining Room

8 am – 7 pm

Registration, Displays, & Store -Stahl B

8 am – 10 pm

Hospitality-Stahl A

9 am – 5 pm

2016 Annual Business Meeting

12 – 1 pm

Lunch-Dining Room

6 – 7:30 pm

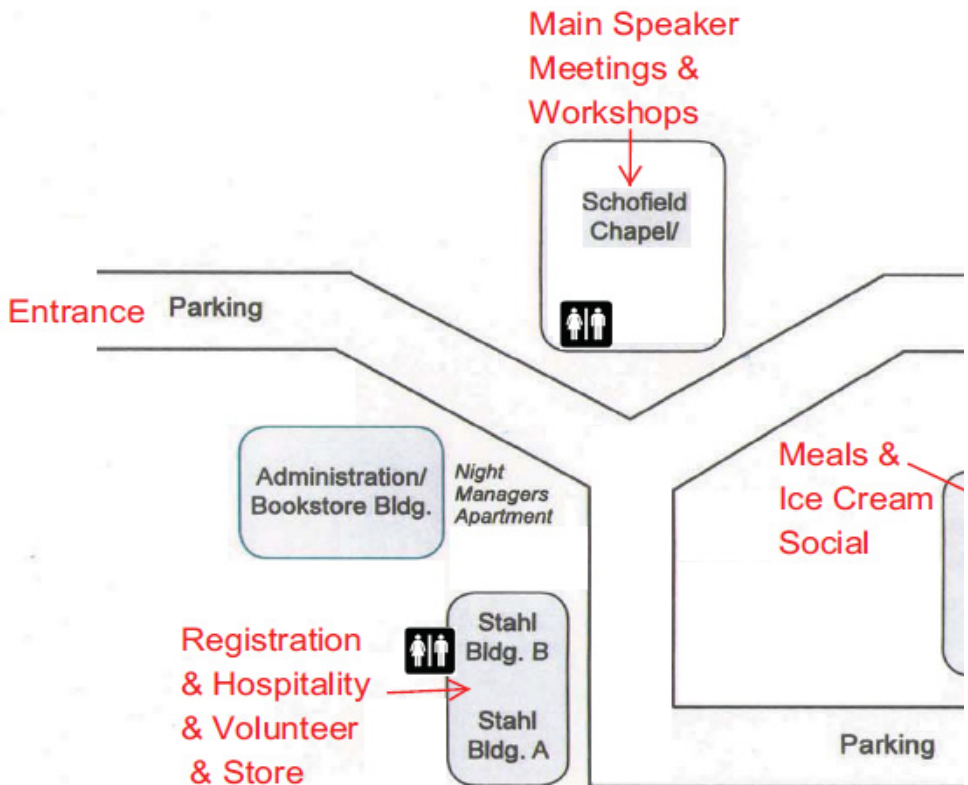
Dinner-Dining Room

End of ABC and Start of AWC

NOTES

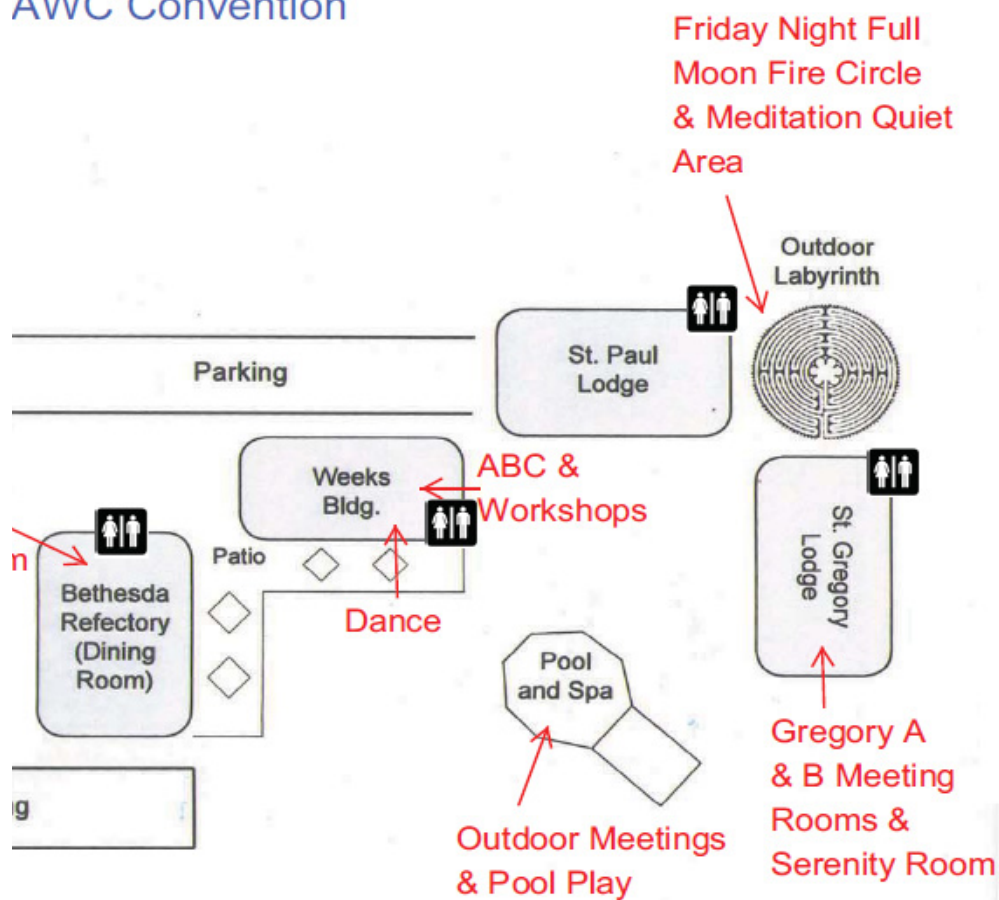
NOTES

Duncan Cen
with ABC & AV



Please Only Park In Designated Areas or as Direct

enter Site Map
AWC Convention



ected!

ACA World Convention

Saturday April 23

Hospitality
8 am - 10 pm
Stahl A

Registration
8 am - 7 pm
Stahl B

Souvenirs
8 am - 10 pm
Stahl B

7 – 8:30 pm

AWC Opening & Keynote Speaker Bill D,
“My ACA Recovery: Journey to the Best Years of My Life!”
Schofield Chapel

8:30 – 9:30 pm

Ice Cream Social at Dining Room Outdoor Patio
(additional fee required)

9 -11 pm

Dance Party with DJ Nancy N.
Weeks Building

9 – 9:45 pm

Topic Meeting: How I apply the 1st Step Daily!
Led by Barry B - Gregory A

10 – 10:45 pm

10th Step Meeting,
Led by Mary Ann M - Gregory A

11:15 pm

Informal Night Owl Meeting
Gregory A

ACA World Convention

Sunday April 24

Hospitality	Registration	Souvenirs
8 am - 4 pm	7 am - 2 pm	8 am - 5 pm
Stahl A	Stahl B	Stahl B

Breakfast	Lunch
7:30-8:30 am	11:30-1:00 pm

7 – 7:45 am
Informal Sunrise Meeting-Outdoor Patio

8 – 9 am
Yoga - Outdoor Labyrinth

8 – 9 am
Playshop—Getting to Know You Games
Led by Beth L, in Gregory B

8:30 – 9:30 am
WORKSHOP: The Laundry List: ACA Traits, led by Jay B-
Schofield Chapel

8:00 – 9:45 am
WORKSHOP: Connecting with your Inner Child through Non-
Dominant Handwriting, led by Kathy A-Weeks Building

10 -11 am
Keynote Speaker: Majbrit M
“Understanding the Simplicity and Power of Our Program:
Staying True to Reparenting Myself through Love, Humor
and Respect! - Schofield Chapel

Cont. on next page

ACA World Convention

Sunday April 24
Cont.

11 – 11:30 am

WSO Board Souvenir Coin Presentation &
Big Red Book 10 Year Celebration
Schofield Chapel

11:30 am – 1 pm

Lunch-Dining Room

11:30 am – 12:15 pm

Topic: Meeting Alone & Managing the Unmanageable
Led by Melinda D-Gregory A

11:30 am – 12:15 pm

Reunion, en Espanol, Con Jorge M-Gregory B

11:30 – 1 pm

Lunch-Dining Room & Patio

12:30 – 2:00 pm

WORKSHOP: The Power of Mindfulness in Recovery
Led by Bonnie M, in Weeks Building

12:30 – 2:00 pm

WORKSHOP: Step 11: Deepening Your Conscious Contact
with Your Higher Power
Led by Diana K, in Schofield Chapel

1 – 1:45 pm

MEETING, Topic: Spirituality & Relationships
Led by Steve S, in Gregory A

ACA World Convention

Sunday April 24

Cont.

2:15 – pm

Trusting Waters: From Fear to Fun to Fantastic
(in the pool—wear bathing suit)
Led by Thaddeus G, in Pool Area

2:15 – 3:30 pm

Playshop—Creative Play with Arts and Crafts
Led by Beth L, in Gregory B

2:15 – 3:45 pm

WORKSHOP: The Steps: A Taste; Steps 1, 2 & 3 in the
Yellow Book
Led by Mark F, in Weeks Building

2:15 – 3:45 pm

WORKSHOP: Loving your Inner Child
Led by Jeanette A, in Schofield Chapel

4 – 5:30 pm

AWC Closing & Keynote Speaker: Nicole M
The Flip “Healing” Side of the Laundry List
Schofield Chapel

The 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.

