



Carrying the ACA Message to South Korea

Article by Sarah O, NJ, USA, Global Members Sub-committee & Sue V, Toronto, CAN, Global Members Sub-committee (Chair)

I was visiting South Korea last June while on vacation and offered to be of service to our ACA fellowship. This was the first of many overseas trips working with Sue V, Toronto, CA, on the Global Members Sub-committee, and with David McB in PI, USA, WSO Board Trustee & Public Outreach. I'm grateful to them both, and to the WSO office staff, who packed and mailed the books to me, and sent trifolds colored copies to distribute.

Together we developed a number of steps in our global outreach throughout this trip, including connecting with churches, counselling groups, and with the Intergroup & GSO for AA and NA. I was welcomed with great warmth from the other 12 Step groups; they had heard about ACA and wanted to know more.

An oversea trip distributing ACA literature in one church is a very big and somewhat overwhelming act of service for some. For others, taking each of these steps one day at a time can make a trip all the more fruitful and enjoyable, making new friends, seeing parts of a city and country not seen otherwise, and carry the message to adult children of other 12 Step fellowships, churches, therapists' offices, counseling centers etc.

I will say that while travelling, I had to keep remembering all the ACA affirmations on p. 329 in the big red book, for example: it's ok to take a break; it's ok to ask for help; it's ok to ask someone to show me how to do things; it's ok to feel angry (disappointed, confused, lost, etc.); it's ok to try new things and say I like this and I like that; it's ok to play and have fun and be silly; it's ok to work an ACA program.

I share these Steps with the trust that another ACA will soon go on a journey, return with an experience of his or her own, adding strength and hope, and with these suggestions, have a manageable and fun ACA adventure!



Thank you, Sarah, on behalf of David and I (Sue V.). This wouldn't have happened without you stepping up and defining what was possible for you. Service is about doing what we love when we can with a healthy balance. Sarah is a wonderful example of how service works for both the person giving and the person/group receiving.

We are continuing to evolve our processes and would like to ask the world fellowship's help! We are looking for ACA members who are on the online/phone meetings and do not have access to face to face meetings in their country. We would like to connect you with our ACA member travelling; perhaps you can work together. Just as we are writing this article, a fellow ACA member contacted us for support for a new ACA meeting in South Korea. This could only

have happened with the Higher Power's help; they hadn't heard of our visit yet. Thank you, Higher Power!! If you would like to be a fellow traveller or country sponsor/coordinator to this emerging new group in South Korea or other countries, contact us and join the Global team.

As well, if you are travelling to a country with no or minimal ACA meetings and would like to be of service like Sarah, please contact us at:
globalmembers@adultchildren.org.

David McB ,Chair of Public Outreach can be contacted at:
Pscchair@acawso.org

Lastly, we are also communicating on Whats App and can include you on a special channel, please include your phone contact in the email.

We are stronger together and we all have a unique gift however small or large it may be, even if we don't know what it is or believe it. The impact is very real and the ACA seeds of healing are rippling around the world, more than we know. Thank you all for your service.