

Virtual  World Convention



5th Annual AWC Global connections



Welcome

Good Morning, Good Afternoon and Good Evening and a warm welcome to the GLOBAL ACA Community for the 5th 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 last of the 13 meetings over 26 hours for this ACA World Convention themed Global Connections Strengthen our recovery. We hope you have enjoyed your virtual trip around the ACA World.

My name is Amy, Adult Child, and this meeting is being tech hosted by Fredrik from Sweden.



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.

During the meeting, only the active speakers will be unmuted. This meetings may offer an opportunity for sharing. 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 form 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.**

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 Amita to read *The Problem*...

The Problem



Many of us found that we had several characteristics in common as a result of being brought up in an alcoholic or other dysfunctional households. We had come to feel isolated, and uneasy with other people, especially authority figures. To protect ourselves, we became people pleasers, even though we lost our own identities in the process. All the same we would mistake any personal criticism as a threat.

We either became alcoholics ourselves, married them, or both. Failing that, we found other compulsive personalities, such as a workaholic, to fulfill our sick need for abandonment. We lived live from the standpoint of victims. Having an over developed sense of responsibility, we preferred to be concerned with others rather than ourselves. We got guilt feelings when we trusted ourselves, giving in to others. We became reactors rather than actors, letting others take the initiative.

We were dependent personalities, terrified of abandonment, willing to do almost anything to hold on to a relationship in order not to be abandoned emotionally. We keep choosing insecure relationships because they matched our childhood relationship with alcoholic or dysfunctional parents.

These symptoms of the family disease of alcoholism or other dysfunction made us 'co-victims', those who take on the characteristics of the disease without necessarily ever taking a drink. We learned to keep our feelings down as children and keep them buried as adults. As a result of this conditioning, we often confused love with pity, tending to love those we could rescue. Even more self-defeating, we became addicted to excitement in all our affairs, preferring constant upset to workable solutions.

This is a description, not an indictment.



I've asked Mazal 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 Marc P to read the ACA 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 Sanhita to read the ACA 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, TV. 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 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/>.



Global Members Subcommittee



My name is Amy R, currently in the UK, and your chair for this meeting. I joined the Global Members Subcommittee in October of 2019. Our Global members Subcommittee is sponsoring this workshop. Our focus is to provide support to emerging countries and meetings outside of North America & Europe.

I am an adult child of a dysfunctional family. I came to ACA after being a member of Al Anon. I love to learn about and experience different cultures, which led me to wish to be a member of the global subcommittee. I feel a deep spiritual connection with being a part of bringing ACA all around the world as I believe in its power to ease suffering and bring about spiritual healing. I am honored to be a trusted servant of the speakers you will hear today.

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SUN APRIL 26, 2020: 10 AM EDT
GLOBAL MEMBERS WORKSHOP

GLOBAL MEMBERS SHARING

In our final workshop, we will hear from 4 ACA members from 3 different countries, India, South Africa and Israel about their personal journey in finding an ACA meeting in their country. They will share their experience, strength and hope on how this has changed their lives.

We are joined by

- Amita in New Delhi, India
- Sanhita in Calcutta, India
- Marc P in South Africa
- Mazal in Israel



GLOBAL MEMBERS SHARING **Amita, in New Delhi, India**



GLOBAL MEMBERS SHARING **Sanhita, in Calcutta, India**



GLOBAL MEMBERS SHARING

Marc P in South Africa



GLOBAL MEMBERS SHARING

Mazal in Israel



Global Members Subcommittee



If you feel called to global service, please consider joining the Global Members Subcommittee and carry the message of ACA healing.

Please **email** us at: globalmembers@adultchildren.org

or

send a note to our **slack** channel: [#msc_global_mbrs-subcm](#)

or, if you would like more information,
please go to the **website** www.acawso.org/category/globalmembers.

“W” in WSO is for “WE the ACA WORLD”.
Together We are Stronger.



Global Members Subcommittee



In Closing, I have asked Sue V, our Global Chair and Charlie, our World Service Chair to say a few final words.....

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Together We are Stronger.



Announcements

The 7th Tradition states: Every ACA group ought to be fully self-supporting, declining outside contributions.

We ask that you consider making a 7th tradition contribution at <https://adultchildren.org/contribute/7th-tradition-contribution/>

or purchase an MP3 at shop.adultchildren.org



I will now read the ACA 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.

Please check the acawso.org website for information about these meeting's MP3 recordings. The website details are being added to the chatline.

I have asked Amita & Sanhita to read the ACA Serenity Prayer in Hindi.

We will now open the lines for everyone to join us in closing 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...



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)

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)



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, dá-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 everyone.
I am now passing the trusted servant role
to Charlie H, Chair of ACA World Service