



ComLine

Adult Children of Alcoholics
Experience, Strength & Hope

Volume 28, Number 1

April 2012

Retreating to a Place of Recovery

In the last issue of the ComLine, a reader shared her recent experiences at a retreat for adult children and encouraged the participation of others. Her share prompted some recollections of my own.

Twice each year, in springtime and in fall, ACA members in my area journey over to a nearby river valley to breathe and fellowship and heal. I had about four months of ACA “discovery” under my belt when I ventured to my first retreat. My new sponsor was on the planning committee and suggested that I attend. I was terrified. While I identified profoundly in every meeting, I didn’t yet feel connected or comfortable. I was still terrified of people and of any potential for shame or criticism. I wasn’t sure I wanted to be completely open and vulnerable, and I wasn’t sure how I would survive an intense 24 hours away from my home.

Though I didn’t commit until the last possible minute, I showed up as my sponsor suggested and took what I could from the experience. Mostly, I learned the value of willingness. I also learned that, just as in a meeting, sharing was voluntary and listening was welcomed. Five months later, I was actually looking forward to the next retreat. The following spring I helped out on the planning committee, and two years later I led a workshop on self-love. Talk about small miracles.

My fellow travelers and I have since enjoyed November retreats with picture perfect weather, and May retreats where we shivered together in the cold. We have seen retreats where the number of attendees could barely cover the cost of one cabin. Last spring we filled three. Some retreats have followed a well-planned agenda; others have developed and evolved on the spot. I have grown from each of them, and each becomes something of a mile-marker in my recovery.

Our ACA community is now so large that I often don’t know everyone who attends. But even when I do not recognize every face there, I am already at home. I already feel connected. As ACA members, we share a common experience of childhood abandonment, and each of us is there with a common willingness to simply trust, feel, and heal.

~ ComLine editor

About ACA

Adult Children of Alcoholics is an anonymous Twelve Step, Twelve Tradition program of women and men who grew up in an environment of addictiveness (alcohol or other substances) or in otherwise dysfunctional homes. Our willingness and resiliency bring us together.

We share our experience, strength, and hope to validate our experience as well as give some hope to the new member. We take positive action in our lives today. By practicing the Twelve Steps, focusing on “The Solution”, and accepting a loving Higher Power of our own understanding, we find freedom from the past and a way to improve our lives.

For more information, please visit:
www.adultchildren.org

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ComLine is published thirteen times per year by ACA’s World Service Organization (WSO). ComLine is intended as a communication line from WSO to the fellowship of ACA around the world, and as a forum for the fellowship to share their experience, strength, and hope in recovery. The opinions expressed are those of the individual writing the article and do not necessarily reflect the opinion of the ACA fellowship or WSO.

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ACA WSO, Inc., PO Box 3216, Torrance, CA 90510.

What is ACA WSO?

Adult Children of Alcoholics World Service Organization, Inc. is an organization of volunteer members elected to serve in the capacity of corporate trustees according to the laws of the State of California, U.S.A.

WSO provides a sense of common purpose, stability, and continuity for meetings, Intergroups, and Regions. By serving as a central point of group communication, the WSO encourages unity and similarity among ACA meetings. ACA WSO coordinates meeting information worldwide. It is one place where ACA groups and the general public can find information, literature, and locations of meetings.

The mission, the singleness of purpose, of WSO is to carry the message of recovery to all who suffer from being raised in an alcoholic or other dysfunctional environment.

Contacting Your ACA WSO

Have questions regarding:

Local Meetings...

New Meetings...

ACA Events...

ACA Literature...

Fellowship Text and Workbook orders...

Hospitals and Institutions meetings...

ACA Outreach...

or Public Information?

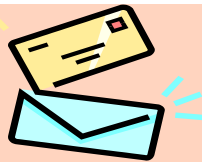
Just go to www.adultchildren.org, and select "Contact WSO" from the options menu. Comments and requests submitted by this web form will then be routed to the appropriate ACA WSO committee or board member for response.

You can also write to us at:

**ACA WSO
PO Box 3216
Torrance, CA, USA, 90510**

(Please do not send Express Mail)

We look forward to hearing from you!



The Outreach Committee Responds...

What are the final details for the 2012 Annual Business Conference of ACA?

The next ABC will be held April 27-29, 2012 in Long Beach, California, USA not far from the ACA WSO office and warehouse. Original plans were to host the ABC at the office, but the conference quickly outgrew that space! Group members from as far away as Denmark, Norway, and the UK have registered to attend. Of course, all ACA members are still welcome at the annual conference, and every registered meeting is encouraged to elect and send one designated "voting delegate" to the ABC.

For those unable to make it this year, the agenda for the conference is available on the 2012 ABC webpage (www.adultchildren.org/abc/). Results of the group conscience ballots of the fellowship will be published there soon. Other details of the conference, regarding directions and reservations are also posted on the ABC webpage.

During the ABC weekend, we will take time to visit our awesome office and warehouse where fellowship books and literature are shipped from. We have a dedicated staff who understand our 12 step program, and it will be a pleasure for the conference attendees to get to see the daily activities of our World Services office.

How is the Worldwide ACA Meeting List Kept Current?

ACA group and Intergroup members are critical in this process! On the Adult Children of Alcoholics website, WSO provides a searchable listing of all ACA meetings registered with the WSO. We currently have more than 1,000 active ACA meetings in 36 countries, as well as Telephone and Internet meetings. To keep this list accurate for all who are seeking a meeting, WSO asks registered groups and InterGroups to review and update their meeting information on our website whenever significant changes occur, or yearly even when no changes have occurred.

Currently, WSO is working to contact all meetings whose registration date is more than a year old. Unfortunately, we too often find that the email and postal mail addresses for registered "Points of Contact" are no longer valid. Where we cannot verify that a meeting still exists, we must presume it no longer exists. We then update the meeting list accordingly.

WSO asks all ACA meetings and InterGroups to verify the status of their meeting/InterGroup on the web site. Should you find that your meeting has erroneous information, or is tagged with "Outdated Information" or "No Longer Exists", please send an update to WSO using the Registration form available at www.adultchildren.org. Either the on-line form or paper form can be submitted.

“Living and Learning”

P.R.

My divorce was one of the most traumatic events in my life. I felt like such a victim. How could this happen to me? My husband and I rarely fought although we didn't agree too much about things like money and how to manage our life together. Communicate? What's that?

When I look back, of course with the wisdom of my ACA program now, I do see what I did to create the chasm that separated me from my first love. Did I stand up for myself with clarity? Did I take time to negotiate? Did I work out some boundaries with him that would have helped the two of us and our children? Did I ask my Higher Power to help me? Could I have foreseen what mistakes I made that would eventually bring me to where I am now? You know the answer now of course is NO.

After my divorce, I looked around for something, anything to fix me. I eventually found myself at an ACA meeting where the most intimate information was shared with an extremely large group of people. It just was so uncomfortable for me to listen to them. Some time later I was in a church class and we were assigned homework to go to an ACA meeting. This time, I found another meeting that really was a much better fit for me.

Imagine me, realizing that I had a choice. It was Divine guidance, I'm sure. They told us to come to 6 meetings before deciding if ACA was for us. I did just that. It took awhile to realize just faintly that I qualified as a member. But in this meeting, I was comfortable and had a chance to talk to people afterwards so I could get my questions answered. One person was kind enough to tell me that even if others had 'more terrible' stories than I, my story was as important to me as theirs was to them. It made me feel good about myself, for the first time in a long time.

To make my story a little shorter, let me tell you that I have been in ACA for quite some time now. I've had the opportunity to grow and share and serve. Those mistakes turned out to just be steps on the path to where I am now. I have happily remarried to another person in our ACA program, and I've learned to talk as honestly as I can to my husband. At first, it took me time to get out some of my upsets. Now, I can usually communicate much more clearly about money, boundaries, and other things.

Am I always in control of my actions and feelings? Of course not, but now I am able to see things in ways that I never did before ACA. And my relationship with the God of my own understanding keeps growing and growing.

THE COMLINE NEEDS YOUR SUBMISSIONS!

Please consider sharing your experience, strength, and hope in ACA recovery with other members of the fellowship. Articles may be 300 to 500 words in length.

ComLine Guidelines

Articles may be submitted for publication by mailing them to ComLine, PO Box 3216, Torrance, CA 90510, or by submitting them electronically through the web form found at www.adultchildren.org. Articles which are not used will be returned only if accompanied by a self-addressed, stamped envelope.

Articles will be selected for publication at the discretion of the editorial staff. Articles which might violate the Twelve Steps or the Twelve Traditions of ACA will not be printed. Profanity, related euphemisms, personal attacks on others, and libelous statements will not be used. Authors will be listed with a first name and last initial only, even if it's a pseudonym.

ComLine Subscriptions

ComLine is mailed to subscribers and to 7th Tradition supporters of ACA WSO. For those subscribing to receive the ComLine via postal mail, we request a donation to offset our cost of printing and postage. Rates shown are in U.S. Dollars:

Inside the US:	\$16.00/ year
Canada:	\$19.25/ year (USD)
International:	\$24.00/ year (USD)

To subscribe, please send your mailing information and donation to: ACA WSO, PO Box 3216, Torrance, CA 90510. Subscriptions can also be processed online at: www.acawso.com/wsobook/literature.php

ComLine Archive

ComLine editions published since 2004 are available to read or download, and new issues are posted each month. Just go to www.adultchildren.org and select "ComLine" from the options menu.

“Understanding PTSD”

Marilyn D.

For me, the PTSD affect is sort of like having an air raid siren blowing all the time- long after the war is over.

The dysfunction in my family is very subtle. The adults in my family were all high functioning, pillar of the community, “mother of the year” at church, solid citizen sorts of folks. However, when the lid is lifted on the family secrets, we find a great deal of distortion through perfectionistic, one right way, hypercritical, and self-righteous kinds of thinking. Addictions surrounding compulsive spending and alcohol surfaced in my parents’ generation, but later in life after I was out of the home. Today, the addictions within my self and my three siblings run the gambit of distress that fill the Recovery rooms.

It’s taken me a long time to sort out my own struggle. Two sentences in the ACA Twelve Step workbook explained PTSD in a way that made complete sense to me. “Parents who never admit being wrong and who heap heavy doses of perfectionistic language and expectations upon their children create stored trauma without lifting a hand. This type of shaming and abandoning behavior produces the fatigue of spirit that can be misdiagnosed as depression or lethargy.” Finally, clarity.

Simply stated, the brightest and best of who I was as

a child was set aside. I grew up invisible because, from their viewpoint, I was. I learned to remove myself as a target of criticism and perfectionism by learning to “not be my self”. I learned that I was probably not lovable and certainly wasn’t smart or capable enough to take care of my self. The confusion of being “never enough”, being left behind emotionally by the rest of my family has led to my own spin on the Laundry List.

Today, the “never enough” message is the key to my PTSD. I’ve realized that I pick at my self everyday, constantly, over everything I do. The real person that I am is hidden from nearly everybody except for a few in this program. My hypervigilance, resentments, fears, and confusion clog my thoughts to the extent that they drown out solutions to my difficulties. I’m learning that I can replace these voices, different at different ages, with routines and caring self support. This has been a very slow process.

I love the Steps, Promises and Affirmations that are guiding me back to the person I was always intended to be. For the most part, my family will never get my picture and this saddens me beyond measure. Having a Higher Power showing me the way out is the true healing force in my life.

Sign me Grateful for Recovery in all its many forms.

“Keep Coming Back”

Joan B.

I have heard that saying for a long time, but didn’t really understand the value it contained until I began attending ACA meetings on a weekly basis. I had been around ACoA back in the mid-80’s, but that group only lasted about one year in the area I lived. So I went about 22 years without a meeting, but on occasion I read the literature I had, such as the Laundry List and other related materials.

Eventually I moved, and about two years ago I began attending new meetings once a week. As part of the closing at this meeting, we said “keep coming back, it works if you work it!” Clever phrase, I thought, and after several weeks I no longer stumbled over it when I said it. Clever phrase!

I am now deeply aware of the intrinsic value of that phrase when it is adhered to and acted upon. Often times at meetings I have heard someone else say something that reverberates with me. I have had several eye-opening experiences just by listening to others speak.

Behaviors I hadn’t fully identified or properly labeled suddenly became clear when I heard someone else speak of it. I recall very strong feelings of “OMG! That is true with me! That description fits me!”

Perhaps I hadn’t been able to identify problem areas, or just what those problem behaviors were doing to loved ones, until I heard someone else say it at a meeting. I would not have gained such insight if I had not attended those meetings. If I had decided to attend sporadically, again I would likely have missed much that could have helped me grow and learn. I didn’t always have happy feelings when I came to understand at one of those times, but the end result has always been that I have benefited in the long run. And as an adult child with a husband and adult children, when I benefit, they usually benefit also. They do not begrudge me my Saturday meeting!

So, I will “keep coming back” for a long time to come.

ACA WSO Publishes First Translations of ACA Literature

Omer G.

ACA World Services has published its first translations of the ACA Fellowship Text and Twelve Steps of Adult Children (workbook), reaching out to adult children across the world.

The focused translation of Adult Children of Alcoholics literature began in early 2007 soon after the publication of the ACA Fellowship Text (red book) in November 2006. A Finnish translation of the ACA red book was completed and published in late 2011. A Danish translation of the yellow 12 Steps workbook was then completed and published in early 2012. ACA members in Finland and Denmark worked for almost four years on the translations, which were overseen and verified by ACA WSO. Both translated publications are now available to order through the ACA WSO website and through the ACA Intergroups in Finland and Denmark.

A completed Spanish translation of the yellow workbook has now also been submitted for printing. Spanish-speaking ACA members in Europe and North/South America volunteered countless hours to translate the ACA Steps workbook. This group is continuing translation of the ACA red book, for possible publication of a Spanish language text by late 2012.

ACA WSO Conference Approved literature is typically translated by ACA members through their group or Intergroup, which establishes a translation committee for the work. As part of the translation agreement, ACA World Services secures a translation agency to evaluate the quality and accuracy of completed translations. ACA members play a key role in the verification process as well.

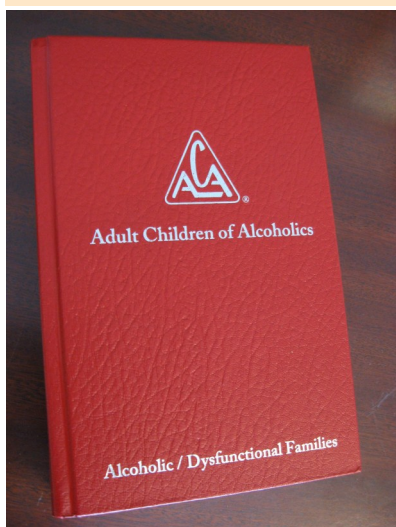
Other translation projects are ongoing. Current efforts include the translation of ACA literature into Russian, Polish, Japanese, Chinese, French, Portuguese, Hungarian, German, Swedish, and several other languages. Many previously-translated ACA pamphlets are also being revised and updated by ACA members overseas.

For the first time, ACA World Services has posted translated ACA pamphlets on the fellowship website. To read “ACA Is...” in Spanish, Portuguese, French, Chinese, or German, just visit www.adultchildren.org and select “non-English Literature” from the left-hand menu.



The Finnish translation of the ACA Fellowship Text (l) and Danish translation of the ACA 12 Steps Workbook (r) are now available to members worldwide.

New Web Store Available



The 5th Anniversary edition of the ACA Fellowship Text is just one of many items which can be ordered through the ACA WSO Shopping Cart.

On March 21st, 2012, WSO introduced a new Shopping Cart feature on the ACA website, replacing the old online order forms for ACA books and literature. Our ACA WSO webmaster took the initiative to make this happen, and ACA group members donated their skills in taking quality photos of our inventory. Go to www.shop.adultchildren.org, and see what you think of the results!

The new Shopping Cart allows you to purchase both ACA Books and Literature in the same ordering process. It also offers clear, color photos of each item available. Shoppers can now see what the ACA medallions, chips, pamphlets, and brochures look like before ordering. At checkout, orders can be paid by PayPal or by credit card.

Our standard paper forms for books and literature will be updated soon. In the meantime, if you prefer to order by regular mail, you can download the current Literature and Book order forms from the “Shopping Cart Info” link.

The 5th anniversary edition of the ACA Fellowship text is still available for order, but they are going fast. In the first 10 days the new Shopping Cart was active, 560 red books were ordered! Both the Finnish red book and Danish 12-Steps workbook are also available in limited numbers, and the Spanish workbook will be added as soon as it becomes available.

7th Tradition Contributions

June 2011

Anonymous, Ashland, OR	6.00
Anonymous, El Paso, TX	10.00
Anonymous, Goldvein, VA	75.00
Anonymous, Goldvein, VA	50.00
Anonymous, Hollywood, FL	10.00
Anonymous, La Jolla, CA	10.00
Anonymous, New York, NY	10.00
Anon., Sydney, New South Wales	69.38
Anonymous, Vero Beach, FL	5.00
CA1005, San Francisco, CA	150.00
CA915, Grover Beach, CA	22.00
CA920, Westlake Village, CA	100.00
CA986, Lakewood, CA	25.89
CAN300, Toronto, CN	60.00
FL113, Largo, FL	75.00
FL132, Hallandale, FL	40.00
MA036, Shrewsbury, MA	10.00
MN115, Edina, MN	25.00
MN121, Edina, MN	40.00
NH001, Keene, NH	75.00
NH001, Keene, NH	39.00
NM020, Gila, NM	57.00
NM022, Albuquerque, NM	299.00
NV038, Las Vegas, NV	50.00
NV040, Las Vegas, NV	50.00
NY038, New York, NY	200.00
NY082, Staten Island, NY	25.00
NY084, Bronx, NY	25.00
OKO19, Tulsa, OK	52.55
PA083, Oaks, PA	31.50
TEL008, Washington, PA	15.00
WI067, Fitchburg, WI	30.00
WI083, Baraboo, WI	57.75
Total (June)	1,800.07

July 2011

Anonymous, Boilingbrook, IL	75.00
Anonymous, Cazenovia, WI	30.00
Anonymous, Hilo, HI	200.00
Anonymous, Marietta, GA	90.00
Anonymous, Mission Viejo, CA	25.00
Anonymous, Moscow, Russia	15.00
Anonymous, Mountain View, CA	150.00
Anonymous, New Libria, LA	7.00
Anonymous, Richfield, MN	25.00
Anonymous, San Francisco, CA	125.00
Anonymous, Springfield, MA	20.00
Anonymous, Washington, DC	50.00
AUS042, Bundaber, Queensland	840.64
AZ065, Prescott, AZ	18.88
AZ073, Flagstaff, Arizona	200.00
CA012, Lomita, CA	60.00
CA1006, Grover Beach, CA	40.00
CA428, Norwalk, CA	60.00
CA510, Pasadena, CA	130.00
CA829, San Diego, CA	100.00
CA865, Thousand Oaks, CA	75.00
CAN090, Port Colborne, Ontario	49.85
CAN141, Halifax, Nova Scotia	199.40
IL193, Downers Grove, IL	178.00
MA036, Shrewsbury, MA	10.00
MD024, Elkridge, MD	50.00
MN096, Burnsville, MN	18.00
MN100, Minnetonka, MN	43.00

NM026, Edgewood, NM	26.77
RI002, Providence, RI	100.00
TN013, Johnson City, TN	25.00
WI076, Madison, WI	45.00
Total (July)	3,081.54

August 2011

Anonymous, Alleroed, Denmark	49.97
Anonymous, Bonita Springs, FL	5.00
Anonymous, Genappe, Belgium	75.00
Anonymous, Goldvein, VA	50.00
Anonymous, Goldvein, VA	60.00
Anonymous, Hoosick Falls, NY	45.00
Anonymous, London, England	30.00
Anonymous, Moscow, Russia	7.00
Anonymous, Newberry, FL	25.00
Anonymous, Ojai, CA	120.00
Anonymous, Orlando, FL	99.00
Anonymous, Tucson, AZ	10.00
Anon., Whitfield, Queensland	200.00
Anonymous, Woodinville, WA	53.80
CA612, Berkeley, CA	203.00
CA991, San Luis Obispo, CA	35.00
CA997, Grover Beach, CA	53.00
FL147, Saint Petersburg, FL	50.00
IG558, Toronto, Ontario, CN	360.27
IL190, Chicago, IL	100.00
LA016, Lake Charles, LA	60.00
MA030, Hingham, MA	150.00
MA036, Shrewsbury, MA	10.00
MI115, Traverse City, MI	87.00
MN045, Minneapolis, MN	12.00
MN089, Roseville, MN	40.00
MO009, Jefferson City, MO	85.92
NM023, Albuquerque, NM	25.00
NV043, Las Vegas, NV	44.00
NY082, Staten Island, NY	25.00
OK001, Tulsa, OK	100.00
OR079, Portland, OR	49.00
OR090, Portland, OR	76.00
TEL008, Washington, PA	15.00
TN029, Hendersonville, TN	50.00
TX083, Houston, TX	53.00
WI076, Madison, WI	71.00
Total (August)	2,583.96

September 2011

Anonymous, Ashland, OR	30.00
Anonymous, Berkeley, CA.	10.00
Anonymous, Berkely, CA	17.00
Anonymous, Boaz, KY	10.00
Anonymous, Bronx, New York	25.25
Anonymous, Burton, MI	15.00
Anonymous, Canoga Park, CA	5.00
Anonymous, Fort Lauderdale, FL	10.00
Anonymous, Los Angeles, CA	7.00
Anonymous, Marion, MA	4.00
Anon., Montreal, Quebec, CN	250.00
Anonymous, Moscow, Russia	24.00
Anonymous, New Hope, PA	50.00
Anonymous, New York, NY	250.00
Anonymous, Pequea, PA	9.50
Anonymous, San Antonio, TX	80.00
Anonymous, San Diego, CA	21.00
Anonymous, Thousand Oaks, CA	5.00
Anonymous, Washington, DC	50.00

Anonymous, Woodstock, NY	10.00
Anonymous, Chicago, IL	125.00
AZ092, Payson, AZ	25.00
CA012, Lomita, Ca	120.00
CA1005, San Francisco, CA	150.00
CA200, Huntington Beach, CA	10.00
CA829, San Diego, CA	100.00
CA898, La Jolla, CA	120.00
CA901, Westlake Village, CA	100.00
GA020, Smyrna, GA	300.00
HI013, Pahoa, HI	100.00
IL005, La Grange, IL	350.00
MA036, Shrewsbury, MA	10.00
MD033, Towson, MD	100.00
MI123, Redford, MI	20.00
MN117, Mound, MN	15.00
NV040, Las Vegas, NV	150.00
NY077, South Amenia, NY	10.00
NY084, Bronx, NY	132.70
OR095, Portland, OR	156.00
PA083, Oaks, PA	30.00
RI002, Providence, RI	50.00
RUS010, Moscow, Russia	24.00
WA150, Ellensburg, WA	50.00
Total (September)	3,130.45

October 2011

Anonymous, Albuquerque, NM	116.00
Anonymous, Bonita Springs, FL	5.00
Anonymous, Danville, CA	5.00
Anonymous, gÅfiteborg	600.00
Anonymous, Goldvein, VA	150.00
Anonymous, Keene, NH	50.00
Anonymous, Minneapolie, MO	40.00
Anonymous, montréal, Quebec	50.00
Anonymous, Mountain View, CA	150.00
Anonymous, New Orleans	100.00
Anonymous, Newhall, CA	50.00
Anonymous, Oklahoma City, OK	20.00
Anon., Palm Beach Gardens, FL	10.00
Anonymous, Panorama City, CA	10.00
Anonymous, Williamsburg, VA	40.00
Anonymous, Woburn, MA	5.00
Anonymous, Woodinville, WA	18.00
AUS047, Cairns, Australia	200.00
CA1019, Westlake Village, CA	40.00
CA428, Norwalk, CA	80.00
CA612, Berkeley, CA	388.00
CA933, Petaluma, CA	100.00
CAN141, Halifax, Nova Scotia	96.33
CAN290, Port Calborne, Canada	46.34
IL166, Chicago, IL	93.00
IL172, Deerfield, IL	250.00
MA036, Shrewsbury, MA	20.00
MI115, Traverse City, MI	100.00
MN045, Minneapolis, MN	77.50
MN100, Minnetonka, MN	34.00
MN121, Edina, MN	40.00
NM026, Edgewood, NM	41.50
NY043, Goshen, NY	25.00
NY054, Goshen, NY	25.00
NY082, Staten Island, NY	25.00
RUS014, Moscow, Russia	45.00
WI067, Fitchburg, WI	100.00
Total (October)	3,245.67

7th Tradition Contributions, continued

November 2011

Anonymous, Bonita Sprints, FL	7.00
Anonymous, Gaston, OR	20.00
Anonymous, Huron, OH	50.00
Anonymous, Mission Viejo, CA	25.00
Anonymous, New Haven, CT	20.00
Anonymous, Portland, OR	20.00
Anonymous, Staten Island, NY	25.00
Anon., Surrey, BC, CN	100.00
Anonymous, Tucson, AZ	20.00
Anon., West Palm Beach, FL	10.00
Anonymous, Philadelphia, PA	10.00
CA1053, San Juan Capistrano, CA	80.00
CA477, Palo Alto, CA	50.00
CA901, Westlake Village, CA	100.00
DC014, Washington, DC	402.50
FL127, Hollywood, FL	50.00
LA016, Lake Charles, LA	60.00
MA036, Worcester, MA	10.00
MI061, Westland, MI	60.00
MN117, Mound, MN	12.00
MOO10, Jefferson City, MO	31.55
NM023, Albuquerque, NM	28.50
NV038, Las Vegas, NV	50.00
NV043, Las Vegas, NV	72.00
NY038, New York, NY	200.00
OH045, Canton OH	50.00
OH047, Toledo, OH	25.00
OHO53, Waynesville, OH	82.00
OK001, Tulsa, OK	100.00
OK019, Tulsa, OK	36.18
OR090, Portland, OR	100.00
RUS012, Moscow, Russia	40.00
TX083, Houston, TX	85.00
WI076, Madison, WI	60.00
WY005, Casper, WY	10.50
Total (November)	2,102.23

December 2011

Anonymous, Aurora, IL	6.69
Anonymous, Bonita Springs, FL	8.00
Anonymous, MN	60.00
Anonymous, OH	15.00
Anonymous, Signal Hill, CA	10.00
Anonymous, Staten Island	25.00
Anon., Whitfield, Queensland	200.00
Anonymous, Novato, CA	25.00
CA1024, Ojai, CA	100.00
CA1050, San Francisco, CA	26.22
CA477, Palo Alto, CA	50.00
CA986, Signal Hill, CA	6.85
CA986, Signal Hill, CA	8.00
CAN020, Toronto, CN	74.12
DC010, Takoma Park, MD	50.00
FL113, Palm Harbor, FL	75.00
IL199, Colchester, IL	50.00
MA036, Shrewsbury, MA	10.00
MA036, Shrewsbury, MA	100.00
MD033, Towson, MD	100.00
MI096, Sterling Heights, MI	50.00
MI124, Sault Sainte Marie, MI	30.00
NJ019, Hoboken, NJ	50.00
NV041, Henderson, NV	25.00
NY084, Bronx, NY	50.00
NY084, Bronx, NY	50.00

OK022, Oklahoma City, OK	350.00
OK025, Oklahoma City, OK	50.00
OR098, Gresham, OR	36.00
PA076, Oaks, PA	385.00
RUS010, Moscow, RUS	18.00
TX083, Houston, TX	75.00
TX092, Houston, TX	17.67
WI083, Baraboo, WI	108.00
Total (December)	2,294.55

January 2012

Anonymous, Akron, OH	30.00
Anonymous, Bonita Springs, FL	9.00
Anonymous, Cincinnati, OH	6.00
Anonymous, Cincinnati, OH	8.00
Anonymous, Cincinnati, OH	7.00
Anonymous, Dallas, TX	6.25
Anonymous, Fitchburg, WI	30.00
Anonymous, Fort Lauderdale, FL	10.00
Anonymous, Goldvein, VA	150.00
Anonymous, Hilo, HI	5.00
Anonymous, Lantana, FL	29.00
Anonymous, Metairie, LA	20.00
Anonymous, Nashville, TN	968.75
Anonymous, Phoenix, AZ	400.00
Anonymous, Phoenix, AZ	25.00
Anonymous, Redwood City, CA	15.00
Anonymous, Seal Beach, CA	1.75
Anonymous, Seal Beach, CA.	9.92
Anonymous, Washington, PA	25.00
Anonymous, Kempton, PA	7.00
CA012, Lomita, CA	100.00
CA1005, San Francisco, CA	125.00
CA1019, Westlake Village, CA	60.00
CA200, Huntington Beach, CA	10.00
CA898, La Jolla, CA	94.00
CA986, Signal Hill, CA	10.00
CA986, Signal Hill, CA	10.00
CA986, Signal Hill, CA	10.00
CA986, Signal Hill, CA	10.00
CA986, Signal Hill, CA	10.00
FIN010, Finland	51.38
HI013, Paha, HI	100.00
IL164, Chicago, IL	91.00
MA035, Beverly, MA	100.00
MA036, Shrewsbury, MA	10.00
MA040, Springfield, MA	25.00
MI115, Traverse City, MI	65.10
MN100, Minnetonka, MN	60.00
NJ15, Princeton, NJ	144.45
NM023, Albuquerque, NM	38.50
NM024, Albuquerque, NM	60.00
NM026, Edgewood, NM	78.38
NV024, N. Las Vegas, NV	20.00
NV031, Las Vegas, NV	87.00
NV043, Las Vegas, NV	42.00
NY038, New York, NY	200.00
OH045, Massillon, OH	25.00
OH046, Akron, OH	100.00
OK019, Tulsa, OK	43.03
OR079, Portland, OR	28.00
PA041, Abington, PA	100.00
TN013, Johnson City, TN	25.00
WI084, London, England	40.00
Total (January)	3,725.51

February 2012

Anonymous, Bellingham, WA	20.00
Anonymous, Bethesda, MD	10.00
Anonymous, Bonita Springs, FL	7.00
Anonymous, Bothell, WA	40.00
Anonymous, Chevy Chase, MD	2.00
Anonymous, Cincinnati, OH	25.00
Anonymous, Cincinnati, OH	15.00
Anonymous, Cincinnati, OH	9.00
Anonymous, Cincinnati, OH	5.00
Anonymous, Goldvein, VA	70.00
Anonymous, Hayward, CA	5.00
Anonymous, Hoosick Falls, NY	50.00
Anonymous, Hudson Falls, NY	3.75
Anonymous, Irvine, CA	32.00
Anonymous, Lantana, FL	55.00
Anonymous, Mission Viejo, CA	25.00
Anon., Mountain View, CA	150.00
Anonymous, Naples, FL	20.00
Anonymous, New York, NY	39.78
Anonymous, Newburgh, NY	25.00
Anonymous, Oklahoma City, OK	200.00
Anonymous, Puyallup, WA	20.00
Anonymous, San Juan, PR	1.00
Anonymous, San Juan, PR	291.56
Anonymous, Whitfield, Queensland	500.00
AUS042, Bundaberg, Queensland	300.00
AZ083, Tempe, AZ	100.00
CA1004, La Jolla, CA	30.00
CA1020, Oakland, CA	400.00
CA1050, San Francisco, CA	21.55
CA477, Palo Alto, CA	50.00
CA612, Berkeley, CA	160.00
CA719, Thousand Oaks, CA	24.00
CA920, Westlake Villae, CA	56.00
CA986, Signal Hill, CA	10.00
CA986, Signal Hill, CA	40.00
CA986, Signal Hill, CA	20.00
CT087, Guilford, CT	40.00
LA016, Lake Charles, LA	45.00
LA019, New Orleans, LA	25.00
LA020, New Orleans, LA	25.00
MA029, Milton, MA	100.00
MA030, Hingham, MA	100.00
MA036, Shrewsbury, MA	10.00
MN045, Minneapolis, MN	20.00
MN089, Roseville, MN	40.00
NC012, Asheville, NC	120.00
NV024, Las Vegas, NV	20.00
NV038, Las Vegas, NV	50.00
NY071, Bridgehampton, NY	395.00
TX081, San Antonio, TX	90.00
WI083, Baraboo, WI	40.00
Total (February)	3,952.64

"The fund flow model of ACA is based on a 60/40 disbursement. After a group meets its monthly expenses and sets aside money for a prudent reserve, 60 percent of what is left over is usually sent to the local Intergroup and 40 percent is sent to WSO.

A prudent reserve usually is the amount that equals one to two month's worth of meeting expenses. Meeting expenses would include rent, utilities, and other group expenses."

ComLine

**P.O. Box 3216
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**Return Service
Requested**

