



ComLine

Adult Children of Alcoholics
Experience, Strength & Hope

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Lessons From The Road

I am an unapologetic lover of the ACA Fellowship Text. Despite this fact, I sometimes find it hard to explain exactly what our Big Red Book has given me. Certainly, as a newcomer, it offered hope and the real possibility of another way to live. It also offered the comfort of knowing that I was not alone in my desperation and confusion. Still, until a recent experience with my car, I was missing just the right term to describe the powerful role of the Red Book in my life.

Earlier this year, my car was running poorly. I tried searching online to figure out the problem, but had little luck. I tried all the do-it-yourself remedies I knew, then asked everyone I encountered for their opinions and advice. Eventually, I visited the dealership and was told that I would have to run a “diagnostic test” on the car to figure out exactly what was wrong. I declined, considering that to be a \$100 rip-off.

Convinced that I could save money and solve the problem with my own deductive reasoning, I drove the car over to a bargain garage for a tune-up. Two hundred dollars later, my car was running just as poorly as before. Because I don’t surrender quickly or easily, however, I waited another few weeks to see if the problem would magically resolve on its own.

Like most problems, this one got progressively worse. Finally, begrudgingly, I returned to the dealership to authorize the suggested “diagnostic”. A few hours later, after replacement of a part I didn’t even know existed, my old car was running beautifully. The diagnostic test had pinpointed the problem, allowing it to be addressed without any more wasted effort or expense.

That is what the Red Book has offered me. For 20 years, I searched for some understanding of “what was wrong with me”. I read everything I could find. I asked everyone I knew. I tried all sorts of spiritual shortcuts and chemical cures and never felt any more sane than when I started. Until I found ACA. It pinpointed for me the Problem and detailed a workable Solution.

Today I continue to use the Laundry List as my own daily “diagnostic”. When I am feeling off-center or less emotionally sober than desired, I look over the list to see what’s going on. Am I isolating? People pleasing? Fearing abandonment, or abandoning myself? Quickly, I can see my challenge and my remedy. I can call my sponsor and share honestly, go to a meeting and find support, or journal with my Inner Child and feel the necessary feelings. Quickly, I am back on the road of recovery.

- 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...

Is ACA a religious organization?

ACA provides a Spiritual path to recovery; it is not a religious organization, nor is it affiliated with any religion. As a Twelve Step organization, each person is encouraged to seek a Higher Power, or God, of their own understanding. For some, this may well be the God of their religious background or affiliation, the God of their church, synagogue, or mosque. For others, their Higher Power may simply come to be the supportive energy they feel and appreciate within their ACA group meeting. Still others come to replace a fearsome God of their childhood upbringing with a loving God, or Higher Power, they can come to trust. However we see God, as we work the ACA Twelve Steps of recovery, we find we cannot work our recovery program alone and instead come to rely on that Higher Power, or God, of our understanding to restore us to sanity.

What is Service Work?

What Does "Giving Service" Mean?

Service work is a key aspect of the ACA recovery program. Service is our way of giving back to ACA what was freely given to us by the fellowship. When we help others we help ourselves, and we maintain emotional sobriety. We can give service in a variety of ways that include: sponsoring others, chairing meetings, mailing out ACA literature, establishing an ACA contact number, serving as the group secretary, serving as the Group Representative, starting a new group, taking ACA meetings into a treatment center or prison, and other ACA-specific activities.

What is the Difference Between Service Work And Being a People-Pleaser?

Service work comes from an attitude of giving back to ACA what was given to us. We want to help ourselves and others. People-pleasing comes with manipulation with some predetermined goal in mind. When we people-please, we usually are trying to manipulate outcomes or attitudes for our own self-interest.

A “Hospitals and Institutions” Invitation

Joan B., ACA WSO H&I Committee Chair

The ACA WSO Literature Committee has developed a pamphlet to be used as a guideline in establishing ACA meetings in hospitals and institutions. The 2011 Annual Business Conference and WSO Board of Trustees recently approved the pamphlet for a one-year review period by the fellowship. ACA groups and members are now encouraged to use the pamphlet and comment on it.

Establishing such meetings and placing our Fellowship Text and 12 Step Workbook in hospitals and institutions adds another venue for our program to reach other adult children. Many individuals residing in mental health hospitals, treatment centers, jails, or prisons were raised in alcoholic or otherwise dysfunctional homes, and often that experience contributed to their subsequent institutionalization.

The inability to leave an institution or hospital to attend regular ACA meetings can delay or deny completely, the opportunity for those ACAs to find this recovery program that could help them immensely.

Already, other Twelve Step fellowships such as AA and NA hold meetings in prisons, jails, treatment centers, and other hospitals and institutions. For many people in these facilities, the inclusion of ACA meetings may be just what is needed to gain stability and strength in his or her own life. Access to these varied roads to recovery can offer the best possible solution to changing behaviors that can lead to a more productive and



happy life. Many of these individuals find hope through H&I meetings, remaining active ACA members upon release and adding their recovery experience to our regular meetings.

Every institution and hospital has a set of guidelines and rules that must be adhered to. These rules are meant to provide for the safety of the volunteers coming in as well as the adult child within the facility. In addition, the tips and guidelines offered by ACA's new H&I pamphlet help ensure stability and consistency in the institutional meetings we support.

Step Twelve asks us to carry the message of ACA recovery to others who still suffer. Becoming involved in attending meetings in a hospital or institution is one important way to do that. ACA groups within a region or city could share the responsibilities of holding meetings in area hospitals or institutions. Such cooperation can bring benefits of enormous value to all involved.

As Tradition Five states: “Each group has but one primary purpose – to carry its message to the adult child who still suffers”. In so doing, we become an example, a resource, and a messenger of hope for those institutionalized and previously unaware that there is a way up, there is a road to sanity, and emotional sobriety is attainable.

Please consider what you can do to share your experience, strength, and hope and the message of recovery our fellowship offers, with those unable to attend ACA meetings outside the facility they currently reside in.

Wisdom From The ACA Fellowship Text...

pgs. 282-283

“In carrying the ACA message of hope to another, we use gentleness, humor, love, and respect in the same manner that we do these things for ourselves. There are other points to consider when carrying the ACA message to those who still suffer, but we begin with this attitude.

We progress from hurting to helping. We awaken to a sense of wholeness we never knew was possible. By working the ACA Steps, we learn that our past can be one of our most important assets in our effort to help others and ourselves. We don't live in the past, but we can help another adult child when no one else can or when sincere attempts by professionals have failed. We use our stories

to build identity with the person we are sponsoring or carrying the message to in treatment or elsewhere. Adult children new to the program can be skeptical without showing it. Many are experts at disbelief. They can only be reached by someone who can share about his own family dysfunction in terms that the new person understands. When we talk of being a people-pleaser or confusing love with pity, we see the connection we make with the person seeking help. Before long, the person usually opens up and begins relating similar experiences. That is the power of our story when we tell it with humility and hope for helping others.”

Guidance of the Higher Power

Mayumi (Machida, Tokyo)

It was three years ago when I knew that a book called the "Big Red Book" had been published by ACA. I heard that the BRB was a great book. A year and a half passed, and I got stuck in my relationship and was feeling terrible pain. At the time, I was repeating the way of communication and the patterns of relationships I learned from my father and mother in my childhood. I was compelled to face the reality of myself having the exact traits written in the Laundry List (14 Traits of an Adult Child), for example, "Being afraid of people and authority figures", "Seeking approval", "Having lost one's own identity and can't tell Yes or No honestly" or "Being terrified of abandonment and willing to do anything."

At such a time, I encountered the BRB again. One of my fellows had translated some text of the BRB into Japanese, and I received it. I read it and found myself in it, especially on such lines as "Unhealthy dependence is progress and powerful" and "When I finally made the decision to break free, I writhed in the floor with emotional pain that I almost could not bear." I really wanted to read more of this BRB, to recover with my fellows, and to tell others about this wonderful book.

One day, another ACA member asked me to work together. Guided by the Higher Power, I was able to start a new meeting, the ACA Steps Work Group with my fellows here in Machida, Tokyo. I remember well the sense of joy and hope I felt when we held our first meeting.

When we started the group, we had neither meeting handbook nor anything. We talked over one matter after another and went ahead, reserving the place of meeting, choosing persons for roles, making a meeting handbook which consists of excerpts from the BRB, making fliers, and carrying the message to other groups. We certainly had difficulties and a sense of anxiety, but the feeling of joy was much more beyond them. Following our first group, Sakuragicho Group

started last year, and then Yotsuya, Fukuoka, and Nara Groups started. Gradually the circle of ACA has been widening.

Now, I am checking and correcting the Japanese translation of the BRB with my fellows. Last year I was reading Step Four, and the following sentences caught my eye: "Blame is not the purpose of Step Four or any of ACA's Twelve Steps. However, we can hold our parents and family accountable for their action and inaction. Blameless and accountability are the guideposts that steer us toward a balanced but searching inventory. We hold our family accountable by naming what happened to us without fear of being ridiculed or disbelieved."

Reading these sentences, a scene I saw when I was 12 years old, in which my father hit my mother, came into my mind. I thought, "That was an 'Abuse' for me", and my eyes were filled with tears.

I went on reading Step Four and was also moved by these lines: "We avoid blame because we are aware of the generational nature of family dysfunction. Our parents passed on the seeds of shame and fear given to them. They were once children without a choice. They survived as we survived."

I realized that my father was also a survived child of a dysfunctional family just like me, and then I burst into tears and couldn't stop crying. Later I shared about this incident with other members of our meeting. Feelings of serenity and healing were given to me. I became sure that we could recover our totality in the ACA program, and I felt deep gratitude to my fellows and to the Higher Power.

At present, some members are planning to start a new meeting only for women. I am also receiving hope from the service of these energetic fellows. I am willing to keep on reading the BRB with others in our meetings, sharing our experiences and hopes, and recovering step by step.

A Note From Denmark

We were two from Denmark, one board member and one delegate, at the Annual Business Conference in Atlanta this year. Rarely have I met such kindness and hospitality. It was like coming home to a loving family ;o)

The meetings were held in an atmosphere of tolerance and gentleness, as it should be. I now recommend any ACA member to try one of these ABCs, as they are highly addictive.

Please join up with us next year in Los Angeles (Signal Hill), California. This program works. And the people who work it are the ones I like to be with. Besides there is lots of recovery in service - so they say.

To the ones who were in Atlanta, thank you so much for making my stay in Atlanta one that I will cherish the memory of.

~ Eva

ACA Hiker

Brian H. (Vancouver, Washington)

I love to hike in the Columbia River Gorge! When I am out in the wilderness, whether I am in an old forest, a beautiful meadow, or by a roaring waterfall, I feel my Higher Power's work all around me. Hiking is also a metaphor for how I experience life.

When hiking alone one early spring day, I was caught unprepared for what life had in store for me. It was 70 degrees, so I was wearing shorts. I had planned a short easy hike because it was only my second hike of the year. I brought only a 3 oz bag of nuts and a half-liter of water. The hike was to be just over a four mile round-trip with an elevation gain of 600 feet. I figured with time to stop at the waterfalls, it would take about an hour and a half.

I took a wrong turn. The path I was on was steep and more difficult than I was ready for. I hiked for two hours up the steep climb over washed out trails. Along the way, I had come across people coming down the trail in heavy climbing gear. I had snickered to myself about how over prepared they were. Looking back I realize how little I really knew. They were just better equipped for what was ahead. Finally, I came to a huge snowdrift across the trail. Unprepared in my shorts and without more food and water, I had to turn back. I had gained over 3000 feet in elevation.

As I look back on my life as an Adult Child, I see

that this is how I have gone through life. My childhood did not prepare me adequately for what Life had in store. I was forced to negotiate Life's obstacles with only the tools I was given.

I did the best that I could to forge onward until I hit the obstacle I was least prepared for, marriage. I was forced to turn back and face the path that had led me to where I now stood. My Higher Power knew that I needed help to do this, so He gave me ACA and the Twelve Steps. These are the tools that can help me be prepared for what is ahead.

Unprepared, I had been powerless over the obstacles of life. Now, I believe that a Power greater than me can help as long as I turn my will and my life over to His care. As I work the steps, making a searching and moral inventory, I am becoming ready for whatever life is to bring.

I look forward to the future, working on my defects and making amends to those I have wronged. These are the steps to clearing the debris from life's trail. Once that trail is clear, I can show it to others. I now know that I am not on this adventure alone. I have my fellow ACA members that understand me, and God is with me.

Thank You God for the Twelve Steps and thank You for what is written here. May this be helpful to my fellow travelers.

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.

ACA WSO Treasurer's Monthly Report - February 2011

Bank Balances as of February 28, 2011:

Checking account	43,355.39
Pay Pal Account	10,801.27
Savings Account	60,117.04
Total Funds on hand	114,273.70

The balances above include transfers of \$21,000 of accumulating funds in the Pay Pal account to the ACA WSO Checking account.

\$40,000 of the ACA WSO Savings Account remains designated for office lease prudent reserve.

7th Tradition Contributions (Feb.)

Anonymous, Edina, MN	25.00
Anonymous, Goldvein, VA	125.00
Anonymous, Holly Springs, MS	10.00
Anonymous, Long Beach, CA	100.00
Anonymous, Montral, Quebec	30.00
Anonymous, N. LasVegas, NV	30.00
Anonymous, New York, NY	25.00
Anonymous, Philadelphia, PA	1.00
Anonymous, Phoenix, AZ	75.00
Anonymous, Wisconsin Dells, WI	12.00
CA1024, Ojai, CA	60.00
CA428, Norwalk, CA	61.00
FL122, Vero Beach, FL	5.00
IL005, La Grange, IL	600.00
MA036, Shrewsbury, MA	10.00
MI058, Ann Arbor, MI	80.00
NV040, Las Vegas, NV	30.00
NY075, Bronx, NY	69.00
RI002, Providence, RI	100.00
TEL008, Washington, PA	20.00
TX077, Dawn Pence, TX	50.00
WI076, Madison, NY	67.00
Total 7th Tradition	1,585.00

"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."

* Please note that Seventh Tradition contributions mailed to ACA WSO take approximately 3 months to appear in this ComLine report.

	Feb 11	Jan - Feb 11
Ordinary Income/Expense		
Income		
7th Tradition	3,814.31	6,587.54
ACA Fellowship book purchase		
California Sales	1,785.00	3,360.00
Postage	2,591.95	5,090.45
ACA Fellowship book purchase - Other	9,402.00	19,474.50
Total ACA Fellowship book purchase	13,778.95	27,924.95
Bank Interest	4.61	10.21
California Sales Tax	296.25	558.41
ComLine Subscriptions	160.00	304.20
Fellowship text index	22.50	43.75
Literature Sales		
California Orders	373.25	763.15
Designated Postage	306.00	599.00
Literature Sales - Other	1,251.60	2,461.30
Total Literature Sales	1,930.85	3,823.45
Medallion Sales		
California Sales	100.00	112.50
Designated postage	156.00	234.00
Medallion Sales - Other	613.00	940.20
Total Medallion Sales	869.00	1,286.70
Workbook Purchase		
California Sales	939.00	1,709.00
Postage	234.25	499.50
Workbook Purchase - Other	4,716.00	9,125.00
Total Workbook Purchase	5,889.25	11,333.50
Total Income	26,765.72	51,872.71
Expense		
Accounting Services	1,457.48	2,765.40
Bank Fees	35.00	70.00
ComLine Expenses	25.00	25.00
Fellowship text expenses	195.75	741.82
Insurance		
Liability	617.00	1,555.00
Total Insurance	617.00	1,555.00
Legal Fees	0.00	34.00
Literature Committee		
Resale		
Chips	0.00	2,740.03
Total Resale	0.00	2,740.03
Total Literature Committee	0.00	2,740.03
Lodging/Travel	0.00	719.55
Office Expenses		
Office equipment/machines	0.00	264.67
Office Supplies	247.67	603.77
Postage	2,865.93	6,682.28
Rent	1,705.00	3,410.00
Utilities		
Gas & Electric	98.39	227.41
Telephone/Internet Services	209.09	419.57
Total Utilities	307.48	646.98
Total Office Expenses	5,126.08	11,607.70
Pay Pal Fees	766.21	1,502.19
Payroll Expenses	6,476.99	12,887.22
Repairs & Maintenance	0.00	51.01
Tax		
Sales	0.00	870.00
Total Tax	0.00	870.00
Web and Support	25.00	50.00
Total Expense	14,724.51	35,618.92
Net Ordinary Income	12,041.21	16,253.79
Net Income	12,041.21	16,253.79

ACA WSO Treasurer's Monthly Report - March 2011

Bank Balances as of March 31, 2011:

Checking account	22,204.42
Pay Pal Account	16,699.49
Savings Account	60,122.15
Total Funds on hand	99,026.06

The balances above include transfers of \$17,000 of accumulating funds in the Pay Pal account to the ACA WSO Checking account.

\$40,000 of the ACA WSO Savings Account remains designated for office lease prudent reserve.

7th Tradition Contributions (Mar.)

Anonymous Goldvein, VA	50.00
Anonymous Red Wing, MN	47.00
Anonymous, Hamburg, Germany	56.00
Anonymous, Henderson, NV	109.29
Anon., In memory of Claude M.	72.00
Anon., In memory of Claude M.	25.00
Anon., In memory of Claude M.	100.00
Anon., In memory of Claude M.	25.00
Anon., In memory of Claude M.	100.00
Anon., Trinity Park, Queensland	100.00
AZ083 Tempe, AZ	50.00
CA428, Norwalk, CA	94.00
CA714 Modesto, CA	37.50
CA825, San Diego, CA	18.80
CA825, San Diego, CA	80.20
CA939 Mission Viejo, CA	175.00
CAN141 Halifax CAN	148.34
CAN289 Vancouver CAN	100.00
CO013, Broomfield, CO	141.58
CO013, Broomfield, CO	22.00
FIN010, Helsinki	55.00
FL127 Hollywood, FL	20.00
JAP006, Machida-si, Tokyo	380.00
MA036 Worcester, MA	10.00
MD032 Bethesda, MD	200.00
MD033 Towson, MD	100.00
MI123 Redford, MI	20.00
NV041 Henderson, NV	50.00
NY038 New York, NY	200.00
NY082 Staten Island, NY	3.00
OR079, Portland, OR	32.00
OR090, Portland, OR	80.00
PA041, Abington, PA	50.00
PA083 Oaks, PA	19.00
TEL008	30.00
VT052, Bennington, VT	75.00

Total 7th Tradition \$ 2,875.71

	Mar 11	Jan - Mar 11
Ordinary Income/Expense		
Income		
7th Tradition	646.40	7,233.94
ACA Fellowship book purchase		
California Sales	1,905.00	5,265.00
Postage	3,384.26	8,474.71
ACA Fellowship book purchase - Other	10,067.50	29,542.00
Total ACA Fellowship book purchase	15,356.76	43,281.71
Bank Interest	5.11	15.32
California Sales Tax	309.30	867.71
ComLine Subscriptions	139.25	443.45
Fellowship text index	65.00	108.75
Literature Sales		
California Orders	465.90	1,229.05
Designated Postage	379.00	978.00
Literature Sales - Other	1,432.50	3,893.80
Total Literature Sales	2,277.40	6,100.85
Medallion Sales		
California Sales	79.05	191.55
Designated postage	111.30	345.30
Medallion Sales - Other	217.80	1,158.00
Total Medallion Sales	408.15	1,694.85
Workbook Purchase		
California Sales	948.00	2,657.00
Postage	436.50	936.00
Workbook Purchase - Other	5,517.00	14,642.00
Total Workbook Purchase	6,901.50	18,235.00
Total Income	26,108.87	77,981.58
Expense		
license	-15.00	-15.00
Accounting Services	1,801.32	4,566.72
Bank Fees	0.00	70.00
ComLine Expenses	0.00	25.00
Fellowship text expenses	12,000.00	12,741.82
Insurance		
Liability	0.00	1,555.00
Total Insurance	0.00	1,555.00
Legal Fees	0.00	34.00
Literature Committee		
Purchase	7,582.63	7,582.63
Resale		
Chips	737.38	3,477.41
Total Resale	737.38	3,477.41
Total Literature Committee	8,320.01	11,060.04
Lodging/Travel	0.00	719.55
Office Expenses		
Office equipment/machines	232.67	497.34
Office Supplies	2,217.18	2,820.95
Postage	3,791.50	10,473.78
Rent	1,705.00	5,115.00
Utilities		
Gas & Electric	119.54	346.95
Telephone/Internet Services	211.55	631.12
Total Utilities	331.09	978.07
Total Office Expenses	8,277.44	19,885.14
Pay Pal Fees	837.17	2,339.36
Payroll Expenses	6,795.46	19,682.68
Repairs & Maintenance	0.00	51.01
Tax		
Sales	0.00	870.00
Total Tax	0.00	870.00
Web and Support	25.00	75.00
Total Expense	38,041.40	73,660.32
Net Ordinary Income	-11,932.53	4,321.26
Net Income	-11,932.53	4,321.26

ComLine

**P.O. Box 3216
Torrance, CA 90510
USA**

**Return Service
Requested**

