

## Weekly Meeting Schedule

### Sunday

5:30-6:45 1953 Hopkins 2<sup>nd</sup> Floor, Rm 29  
ACA Sunday **Berkeley**  
Solution

6:00-7:30p St. Timothy's Church,  
Solution Youth Center  
Group 1550 Diablo Rd.,  
**Danville**



### Monday

12:00-1:00 230 Sacramento Street  
Time for First Congregational Church  
Serenity **Rio Vista**

1:00-2:00p 8385 Brentwood Blvd., Suite B  
Cycle East Contra Costa Fellowship  
Breakers **Brentwood**

6:30-7:30p 2540 East Street  
One Day at John Muir Medical Center,  
A Time Concord Campus,  
**Concord**

### Tuesday

7:00-8:30p 2727 College Ave., 2<sup>nd</sup> Floor  
Tuesday St. Johns Church  
Night ACA **Berkeley**

7:00p 911 Dowling Blvd (E Merle Ct)  
San Leandro All Saints Episcopal Church  
Tuesday **San Leandro**  
Night ACA

### Wednesday

12:30 1953 Hopkins Street Room 29  
Midday Epworth United Methodist  
ACA Church, **Berkeley**

6:30-7:30p 8385 Brentwood Blvd., Suite B  
Take Back East Contra Costa Fellowship  
Our Lives **Brentwood**

7:30-9:00p 1924 Trinity - Family Ministry  
Searching & St. Paul's  
Fearless **Walnut Creek**

### Thursday

7:00p 3600 Broadway, Kaiser Hosp.  
Oakland ACA Lower Level Conference Rm  
Thurs Nite **Oakland**

7:00p 36600 Niles Blvd  
Clothesline Niles Discovery Church  
Group Fellowship Hall, **Fremont**

### Friday

6:00-7:00p 1953 Hopkins Street Room 29  
Friday Epworth United Methodist  
Night ACA Church, **Berkeley**

6:30-7:45p 960 Grant Street, Suite B  
Benicia Southern Solano Alano Club  
ACA **Benicia**

### Saturday

6:00p Quarterly Speaker Mtg, Location  
Sat. TBA on [www.GEBACA.org](http://www.GEBACA.org)  
2<sup>nd</sup> Sat. of Jan, Apr, July, Oct only

## Adult Children of Alcoholics and Dysfunctional Families Weekly Meeting Schedule

New Meetings  
coming soon!  
American Canyon  
and Pleasanton!



**Adult Children of Alcoholics** is an organization that is intended to provide a forum to individuals who desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.

Never before in the history of 12-Step programs has a fellowship brought together such a diverse group of recovering people that includes adult children of alcoholics, codependents, and addicts of various sorts. The program is Adult Children of Alcoholics. The term "adult child" is used to describe adults who grew up in alcoholic or dysfunctional homes and who exhibit identifiable traits that reveal past abuse or neglect. The group includes adults raised in homes without the presence of alcohol or drugs. These ACA members have the trademark presence of abuse, shame, and abandonment found in alcoholic homes.

**InterGroup Monthly Business Meeting**  
2<sup>nd</sup> Saturday of each Month  
1924 Trinity Avenue, Walnut Creek  
Family Ministry Room - St. Paul's Church

### **“The Laundry List”**

#### **14 Traits of an Adult Child of an Alcoholic**

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened by angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to “love” people we can “pity” and “rescue.”
10. We have “stuffed” our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

### **The ACA 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 failure 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 help, we will learn to expect the best and get it.

#### **What IS Adult Children of Alcoholics?**

We meet to share our experience and recovery in an atmosphere of mutual respect. We discover how alcoholism and other family dysfunction affected us in the past and how it influences us in the present. We begin to see the unhealthy elements of our childhood. By practicing the Twelve Steps, focusing on the ACA Solution, and accepting a loving Higher Power of our own understanding, we find freedom.

### **The 12 Steps of ACA**

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 that 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.

[www.GEBACA.org](http://www.GEBACA.org)

501(c)(3) non-profit organization

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