

**Minutes for Greater East Bay ACA Intergroup (GEBACA)
March 27, 2021 10:30am-12 noon**

Zoom only meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/116286465?pwd=bJlvZVgxVUVUcVZXWE0wZkpRRE5ZQT09>

Meeting ID: 116 286 465

Passcode: 103012

Meeting Agenda

A. Serenity Prayer and Introductions

Present -- Shari K. Chairperson, Carmen B. Treasurer, Marcus H. Secretary, Carol L. Communications Officer and IGR for Brentwood Wed 6pm , Hannah J. Young People Liaison , Denise P-C. Public Information Officer, Zoe H. Tuesday 4pm Oakland People of Color, John F. Oakland Thursday 7pm, Angela Monday Concord, Chris E. Fremont Thursday Clothesline Group, Rene' Stockton Mon 4:30pm Spanish, James J. Fri 6:30pm Benicia , Alicia guest, Tabatha guest.

Present after introductions -- Jeremy C. Webmaster, Stephanie Events & Activities Officer and H & I Officer, Dean P. Literature Officer.

B. Standard Meeting Readings

- . GEBACA Mission Statement.
- . Concept III
- . Tradition III
- . Tradition III Meditation

C. Review and Approval of Agenda

The Proposals for the 2021 ACA Annual Business Conference (ABC) will voted on first using a modified minority opinion procedure. After that reports will be given, re-instituting the Start It Up program to help fund 2 recent new meetings will be discussed and we will welcome a new meeting to GEBACA.

The voting method will be as follows

- a. An initial vote will be taken if unanimous it stands without discussion or with a very short burning desire reasons why or to add comments for the ABC/WSO.
- b. If the vote is not unanimous, a total of two minutes will be allotted for Delegates who voted in the minority to speak their opinion.
- c. By using the 'thumbs up' icon on Zoom , Delegates will be asked to indicate if anyone wishes to change their vote after hearing the minority opinion.
 - i. If so,the vote is retaken and no matter what the results,minority opinion does not apply to this vote.
 - ii. If not, the original vote stands.

D. Proposals for the 2021 ACA Annual Business Conference Voting and Discussion

Proposal 2021 – 1

Issue: We propose that in future printings of Chapter 19 in the BRB, the second personal share under TRADITION THREE (p. 503) either be deleted entirely, or be edited to remove any reference to the speaker's dislike of gay people.

Vote: 11 Yes, 1 No, 0 Abstentions (A).

Minority Opinion: There is already a committee set to discuss the issue so there is not a need to

discuss it at ABC.

Proposal 2021 – 2

Issue: We propose that WSO add page numbers to the Kindle edition of the Big Red Book that correspond to the pages in the print edition.

Vote: 8 Yes, 3 No, 1 Abstain (A). After minority opinion: 3 Yes, 6 No, 2 A.

Minority Opinion: WSO is already researching options and planning a new version of Kindel. Brentwood Group and Tuesday Oakland People of Color meetings voted to add a comment that people with existing Kindel versions be able to update them. This comment will be added to our response.

Proposal 2021 – 3

Issue: We propose that Adult Children of Alcoholics (ACA) officially change its name to Adult Children of Alcoholics and Dysfunctional Families (ACADF).

Vote: 5 Yes, 5 No, 1 A. After minority opinion: 11 Yes, 0 No, 0 A

Minority Opinion: Jim 2 groups decided not to discuss it because it goes along with Proposal 5. want to be inclusive and people see the word alcoholic and they immediately disqualify themselves from this program. Fremont Breakfast comment was to change name to Adult-Children of Dysfunctional Families and it will be added to IG vote.

Proposal 2021 – 4

Issue: We propose that WSO assemble a committee—comprised (wholly or in part) by transgender, nonbinary, gender-fluid, and/or other gender-non-conforming ACAs—to determine whether and how to make future printings of the BRB more gender-inclusive

Vote: 8 Yes, 3 No, 1 A

Minority Opinion: WSO already has a committee working on this.

Proposal 2021 – 5

Issue: We propose that WSO use the acronym ACA/DF in order to include people whose parents are not alcoholics.

Vote: 5 Yes, 4 No, 2 A

Proposal 2021 – 6

Issue: We propose that the ACA WSO Literature Committee begin planning a 20th Anniversary revised edition of the Big Red Book, with new testimonials and updated content, to be more inclusive of all experiences of gender, sexuality, ethnicity, religion/spirituality, and a broader range of socio-economic and cultural backgrounds.

Vote: 9Yes, 0No, 4A.

Minority Opinion: Literature Committee would be discussing it anyway.

Proposal 2021 – 7

Issue: We propose that WSO produce a version of the BRB and other literature where the level of language is aimed at junior high-school level rather than university-grade English, so that the content is more easily understandable to people for whom English is a second language, rather than their mother tongue.

Vote: 7 Yes, 3 No, 1 A.

Minority Opinion: This can go directly to the Literature Committee and doesn't need to be discussed at the ABC. This will be added as a comment.

Proposal 2021 – 8

Issue: We propose that WSO develops a 12 & 12 (similar to the AA 12 & 12) book with each Step and Tradition condensed to something that could be read in 15 – 20 minutes, in a format designed to be used as the basis for the common Step/Tradition/Topic/Share meeting cycle, but not limited to just this use.

Vote: 6 Yes, 5 No, 0 A. After minority opinion: 6 Yes, 7 No, 1 A.

Minority Opinion: Literature Committee is overwhelmed and piling on more books won't help. Big Red Book has what is needed. These comments and vote totals will be added in comments to the vote.

Proposal 2021 – 9

Issue: We propose that a Topic book that covers the very unique and specific challenges that ACA deals with be developed. Ideally this would be in a format that each individual topic could be read in 15 – 20 minutes, so can be used as the content of a topic meeting.

Vote: 5 Yes, 5 No, 4 A. After minority opinion: 1 Yes, 9 No, 3 A.

Minority Opinion: Specific items not cover in this way in BRB and it would be good to have a smaller format. No because Literature Committee is overwhelmed. Index in Strengthening My Recovery can be used for meeting topics.

Proposal 2021 – 10

Issue: We propose that a pamphlet/trifold be developed to outline/describe the significant differences between the ACA fellowship and other 12-step programs. Specifically, that:

- Step 1 is not a one-sentence response, that it is layered and complex and takes substantial time and effort to break through the denial
- Step 2 involves coming to clarity, that many adult children have no frame of reference for healthy behaviour, so cannot “return” to sanity but may be finding it for the first time
- Step 4 involves a blameless inventory of our parents because, as our founder Tony A suggests, we have in essence become and/or married them.
- Step 6 involves a massive voyage of discovery of “if not what I know, then what to replace it with” that can involve major re-education (and really the only time self-help books may genuinely be useful, once we have identified the problem in Step 4)
- Step 8 & 9 includes, as part of the “except when to do so would injure them or others” our Inner Child/ren
- That what we are aiming for is emotional sobriety.
- That we focus on developing our on Loving Inner Parent as a fundamental part of our recovery.
- That sponsorship needs to avoid both compliance or defiance, so we use a fellow-traveler/support system rather than a prescriptive, authority-figure approach.

And no doubt other distinctions that the WSO team would identify when developing this.

Vote: 1 Yes, 11 No, 2 A

Minority Opinion: From voting at Oakland Tuesday 4pm POC mtg.: That these be incorporated into the existing newcomer pamphlet or booklet due in part because these are easier to update than books. This will be added to IG comments.

Proposal 2021 – 11

Issue: We propose that WSO consider setting up an ACA International Literature Scholarship fund for members who cannot afford ACA literature due to the price of the literature in their local currency, the exchange rate for their currency against the dollar, or due to their individual financial constraints.

Vote: 11 Yes, 0 No, 2 A.

Minority Opinion: To be added to comments: That WSO add item to 7th Tradition web page so this can be contributed to.

Proposal 2021 – 12

Issue: We propose that WSO add a second regular ACA world annual virtual event in addition to the yearly AWC, aiming toward the global membership and connections around the world.

Vote: 9 Yes, 4 No, 1 A. After minority opinion: 7 Yes, 7 No, 0 A.

Minority Opinion: It's a big undertaking to do this once a year to do it twice way too much. Online anyway now. It would be a major focus of WSO to do 2 Conventions. WSO should not be tied to this instead if people want to volunteer to do it they can at any time. These comments and vote totals will be added.

Proposal 2021 – 13

Issue: We propose that WSO create an ACA app for mobile devices.

Vote: 10 Yes, 3 No, 1A.

Minority Opinion: Abstain: Lower income people might not be able to take advantage of this and then the cost.

Tech member question cost of app and think members might volunteer to create one. A member has reached out to WSO to volunteer to do it for free.

Proposal 2021 – 14

Issue: We propose that WSO support exploring the challenges and opportunities associated with the world of online ACA recovery, learning more about the impact on individual recovery, and on the well-being of online meeting groups, including the service structures needed to support these groups over time.

Vote: 5 Yes, 2 No, 6 A After Minority Opinion: 4 Yes, 9 No, 0A

Minority Opinion: Thought service section BRB can address this and we believe Covid will end and we can go back to normal and virtual meeting space will dissolve. 4th Tradition if you want to do an online meeting you can do it you don't need a rule book for that.

Proposal 2021 – 15

Issue: We propose that the ACA fellowship approve the Global Members Subcommittee as a Standing WSO Committee.

Vote: 3Yes, 5No, 4A. After Minority Opinion: 1Yes, 11 No, 2 A.

Minority Opinion: Brentwood Voted No but in support that there be a Committee WSO has a process for creating committees so didn't see the need for ABC to do it.

Proposal 2021 – 16

Issue: We propose that WSO create an International Literature Scholarship Fund to help offset literature costs for meetings in emerging countries.

Vote: 10 Yes, 0 No, 0 A.

Proposal 2021 – 17

Issue: We propose that the Annual Business Conference (ABC) grant a representative from the proposing group of each ballot item (on the agenda) 3 minutes to speak to its meaning, intent, and importance. This would occur after the initial reading of the item but before general comments begin.

Vote: 8 Yes, 0 No, 5 A.

Proposal 2021 – 18

Issue: We propose that the Annual Business Conference (ABC) and the ACA World Convention (AWC) should occur annually with live online access to the International fellowship. This proposal should be

included in the Operating Procedures & Planning Manual (OPPM).

Vote: 11 Yes, 0 No, 2 A.

E. New Online Meeting for Native American ACAs

Zoe and Alicia

1 hr. meeting, time is likely Thursday evening 4pm. Will be registered with WSO as represented by GEBACA. We want to create a safe space for Native American/First People to discuss how impacts of colonization has intertwined with inter-generational trauma and it is really connected with ACA recovery.

We want to be part of GEBACA to have representation of an Intergroup.

Thanks to Jeremy for coordination of Zoom.

Motion: To have meeting be part of GEBACA. 14 Yes, 0 No, 0A. Motion: Shari, Second: Jeremy

Another new meeting is online Oakland AAPI/South Asians Safe Spaces - Tuesday, 9:00 PM to 10:00 PM. The first meeting is April 6.

F. Trusted Servant's Reports

Reports will be written out and sent out by email or on website.

G. Old Business

Motion: Start It Up program to fund 4 new meetings per year at up to \$100 each for rent and literature.

Vote: 12 Yes, 0 No, 0 A.

H. General Comments

Offline work on developing Young Peoples meetings. And developing H&I.

Get in contact with Shari by email if you are interested.

Workshop titled Self Care in the Pandemic Year that looks like it is being done by IG but it is not.

I. Items for Next Agenda

Help with funding for 2022 ABC/AWC through our workshops.

Discuss sponsoring a Spanish Speaker Meeting.

Motion: To have a Diversity and Inclusion Subcommittee as part of IG. Motion:Carmen, Second:Zoe

From the Chat:

Top three results from the workshop poll.

1. 12 steps for the inner critic- Utilizing the 12 steps for the inner critic.

2. Art and meditation for the Inner Child- Doing a meditation to check in with your inner child and then having an art project for your inner child to do.

3. Shame- What is shame and ways to accept it in your life.