

## The ACA Affirmations for Service at all Levels

1. I can practice my recovery by giving service.
2. I can practice personal boundaries by giving service.
3. I can surrender my self-hate in service.
4. I can ask for help without feeling like I am a burden.
5. It's ok to ask people to show me how to do things.
6. I can ask questions without feeling stupid or putting myself down.
7. I can listen to and answer questions without putting someone down.
8. It's ok to say "I don't know," and direct a person to someone who knows.
9. I am willing to consider releasing some control in my group, Intergroup, WSO, Annual Business Conference, and Board of Trustees.
10. I am willing to call someone when I feel the urge to gossip or control a trusted servant's thoughts or actions.
11. I believe that real choice (Good Orderly Direction) comes from the Higher Power of my understanding rather than my False Self, illusions of control and orderliness.
12. I desire real choice and discernment for my group.
13. I am willing to surrender my group to God as I understand God (Good Orderly Direction).
14. I can be equal in service relationships.
15. I have willingness to work the Steps, the Traditions and the Concepts in service.
16. I am capable of staying connected to a healthy sponsor.
17. I will celebrate the milestones in my group, Intergroup, WSO, Annual Business Conference, and Board of Trustees.
18. I have something to offer to the ACA fellowship.
19. I can help someone with what I have learned in service.
20. I can carry the message regardless of the type of abuse I experienced as a child.
21. I can share my experience in service instead of giving advice and managing others.
22. I will avoid "fixing," rescuing, perpetrating others in service.
23. I will maintain healthy boundaries and self-care.

## Contact us!

### Chairperson

[chair@acamassintergroup.org](mailto:chair@acamassintergroup.org)

*(general inquiries)*

### Secretary

[secretary@acamassintergroup.org](mailto:secretary@acamassintergroup.org)

*(meeting agenda/minutes, Google group, Slack workspace)*

### Treasurer

[treasurer@acamassintergroup.org](mailto:treasurer@acamassintergroup.org)

*(7<sup>th</sup> Tradition donations, stipends)*

### Social

[socialevents@acamassintergroup.org](mailto:socialevents@acamassintergroup.org)

*(meetings, group events, fun)*

### Website

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

*(meeting info, events, speaker files and more)*

*We invite you to join our*

### Slack workspace

[acamassintergroup.slack.com](https://acamassintergroup.slack.com)

*(for IG meeting info and updates)*



This trifold contains information for IG representatives,  
compiled by the Mass-ACA Intergroup, IG634.  
It is not an ACA WSO Conference-approved piece of literature.

# Welcome

to

# Mass-ACA Intergroup (IG634)



***In Service We Find Our Program***

# Welcome to Mass-ACA Intergroup (IG634)

The mission of the ACA Massachusetts Intergroup is to unite, support, and empower ACA support groups and their membership across the state.

Through fellowship and sharing our journeys with each other, we achieve and maintain our emotional sobriety, find ways to be more gentle with ourselves and others, and to inform each other of events, information, and our personal achievements.

Our goal is healing through connection, and independence through shared strength.

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

This is the ACA World Service Organization (WSO) website. This is where you will find information about ACA and the ACA WSO. Click on **Find a Meeting** and you will be taken to a page that can not only help you to find a meeting, but on the left edge of the page are links to everything you want to know about ACA. Some of the more important links are to the **Repository**, **ComLine**, and **Events**. The **Find a Meeting** page is also where you can update your group's information.

## How to Register or Update Group Information

Go to [www.adultchildren.org](http://www.adultchildren.org) and do the following:

### If you are a new meeting:

Hover over the link **Find a Meeting** and click **Register a New Meeting**. This is where you register your group with ACA WSO. Please complete all info and remember to update **Intergroup Affiliation** with IG634. At the bottom is the place to enter your contact information as the Public, Primary, or Secondary contact for your group (the Primary contact is the person to whom the ACA WSO will send info on the yearly ABC Ballot Proposals and other information). At the bottom of the page, hit **SAVE**.

### If you are an established meeting:

Click **Find a Meeting** and locate your group's listing. Click **Update Meeting**. This is where you will see your meeting info as established with ACA WSO. Please update all info and remember to update **Intergroup Affiliation** with IG634. At the bottom is the place to enter your contact information as the Public, Primary, or Secondary contact for your group (the Primary contact is the person to whom the ACA WSO will send info on the yearly ABC Ballot Proposals and other information). At the bottom of the page, hit **SAVE**.

**Intergroup meetings are held via Conference Call  
3rd Saturday of the month, 10:30 AM – 11:30 AM  
712-770-4035 Access code: 260821  
(unblocked phone numbers please)**

**Donations and written correspondence can be sent to**  
ACA Massachusetts Intergroup  
P. O. Box 611  
Millis, MA 02054