



**WALKING THE 12 STEP PATH:**  
*Recovery in ACA*  
*through Love and Service*

*Dec 5, 2020*

**Sponsored by the National Capital Area Intergroup  
in partnership with WSO**

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**Even if you're on Step One**

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## THE WORKSHOP PROGRAM

1. Introduction to the Workshop
2. Loving service = key to self love and reparenting
3. Service in ACA – the ideal and the real
4. Panel of Fellow Travelers
5. Deeper dive into service work: what's love got to do with it?
6. Types of Service in ACA
7. Brief focus on Sponsorship
8. Q&A

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## FELLOW TRAVELER PANELISTS

- Sarah F. (Moderator, NCA/IG Service Chair)
- Charlie H. (WSO Board Chair, WSO Lit Chair)
- Brad L. (NCA Intergroup Chair/Speaker, Inner Child Workshop)
- Justine F. (NE US Region Chair, PA IG Chair)
- Katherine M. (former NCA/IG Outreach Chair)

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LOVING SERVICE :

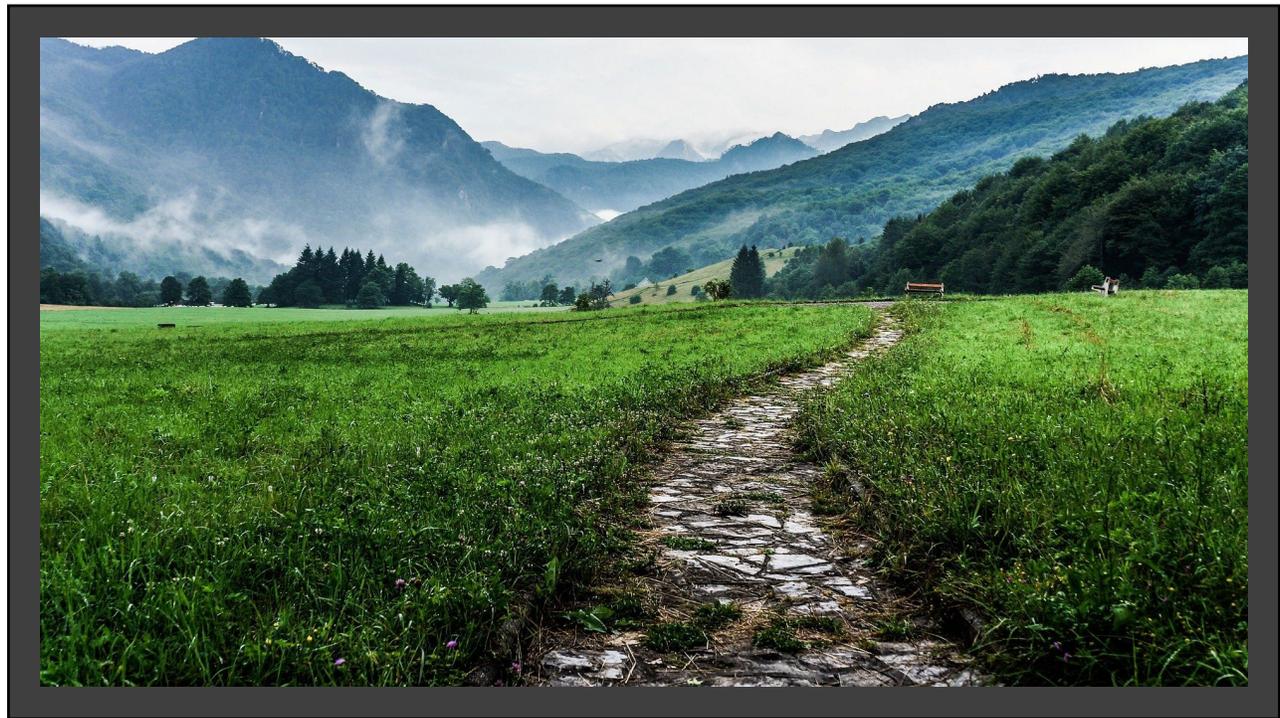
KEY TO SELF LOVE AND REPARENTING  
(RECOVERY)



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- “Service” - giving of ourselves, our time, our energies
- Service is an essential part of ACA recovery, no matter where you are in your journey
- Service can repair deficits and damage from childhood we carry into adulthood
- Service is not an afterthought. It must be woven into our Inner work as best we can under the conditions of today.

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## SERVICE IN ACA : The Ideal and the Real

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## SERVICE IS GOOD!

We know this because:

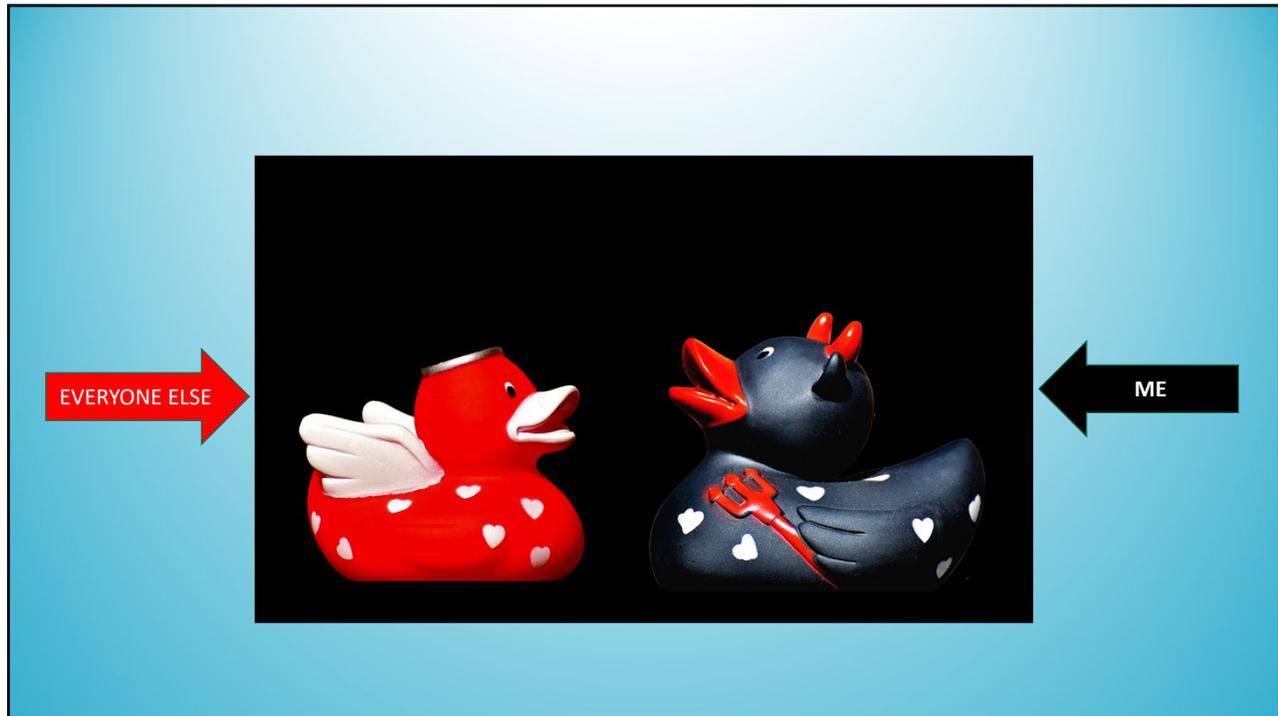
- We read about it in the literature:  
“We are motivated to get out of ourselves and to be of service to others. We give back what has been given to us freely in ACA.” *BRB p.439*
- We hear others share about it; we see them do it.
- We’re encouraged to engage in service work.

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But what often really goes through our minds?



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## Service?

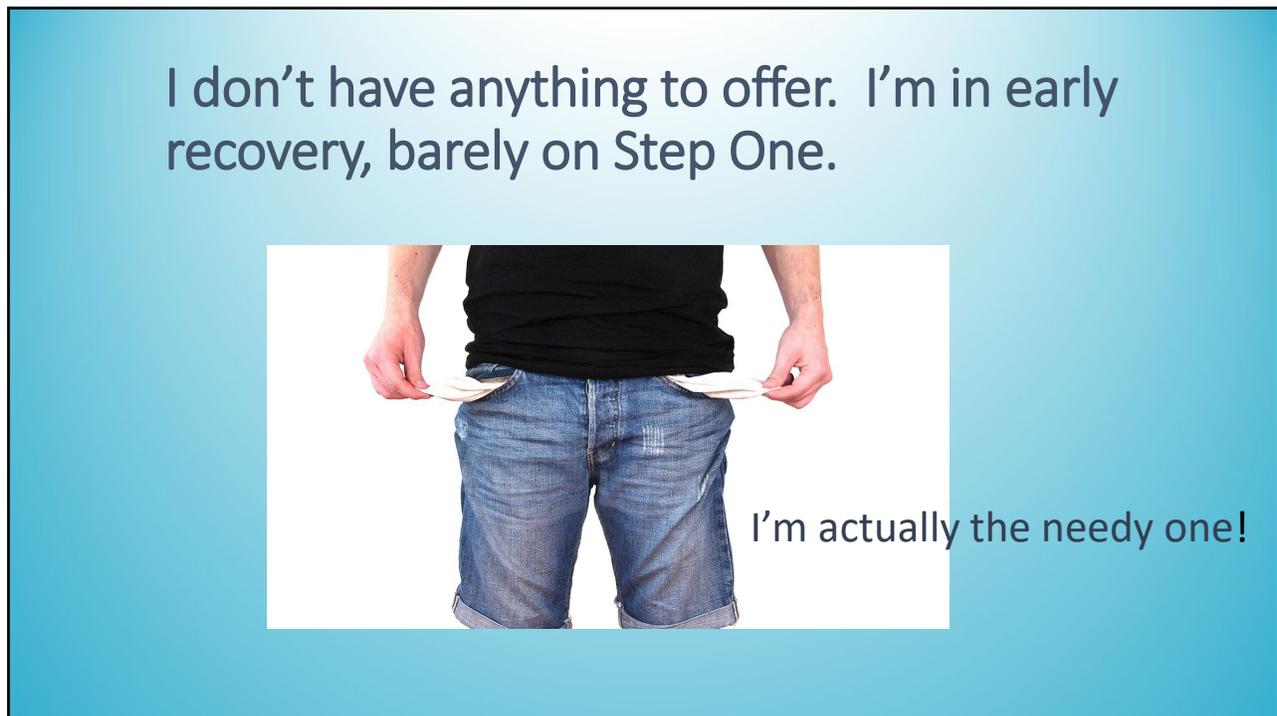
All well and good but it's not my cuppa tea!

A cartoon illustration of a grumpy-looking orange bear sitting on a small white patch of ground. The bear has a black nose, a black mouth, and red, angry-looking eyes.

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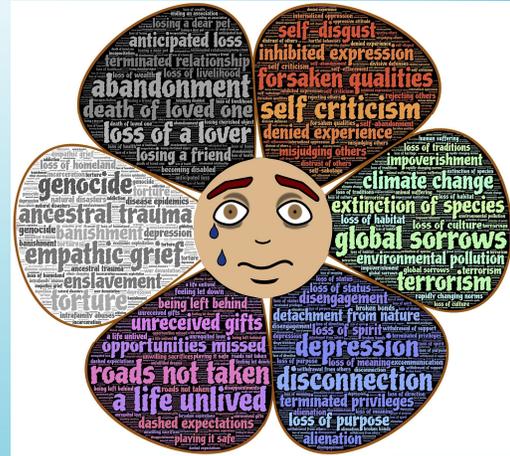
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I'm hurting!

I'm in too much pain to think of anyone or anything else.



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I'll damage someone



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I'll be sucked down  
a rabbit hole of  
endless caretaking  
– yet again!



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I'm not convinced.  
What's in it for me and my recovery?

I see only  
trouble  
ahead if I put  
myself out  
there.



Think I'll  
just stay in  
here...



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If we lift the lid off these reactions and objections....



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And look underneath...

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We find LL traits and a critical inner voice:

- Low self-esteem (I have nothing to offer)
- Fear of authority figures and people in general (I'll be judged and criticized)
- People pleasing (been there, done that! Or, bring it ON!)
- Fear of abandonment (I'll get close to someone and they will leave)
- Preferring isolation to enmeshment (I'm fine right here, thanks)
- Judge ourselves harshly (I have no right or ability to do service)
- Black and white thinking (a sponsorship relationship is forever!)
- Hypersensitivity to criticism as personal attack (I'll set myself up)
- Overdeveloped sense of responsibility (I'll damage them)

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And underneath all that we find...

**FEAR!**



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The truth is,  
loving service  
is a key to our  
recovery



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**SERVICE is an experience you do not want to miss!**

**Guess who it really helps...**

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**Fellow  
Traveler  
Panel**



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Shares from participants:

How have you experienced doing service?

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A deeper dive into service in ACA  
*Hurting to Healing to Helping*

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## What's Love Got To Do With It?

- Service is action coming from love (including self-love)
- Self-love: Our first-line service work is becoming a Loving Parent to our Inner Child

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## Importance of Service in ACA: BRB Highlights

- The purpose of service in ACA is to support one another in becoming responsible for our own well-being
- Service is action coming from Love
- Service allows us to trust ourselves
- Sharing our recovery is service
- Reawakening the Inner Child
- Forgiving ourselves

Identity Paper 3 (1987) BRB p. 353 – 363

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## Loving Service: How do I know how?

- We can't think our way into a new way of acting, but we can act our way into a new way of thinking.
- Through service (helping others) we learn to give AND to receive love (both are critical to recovery and self-parenting)

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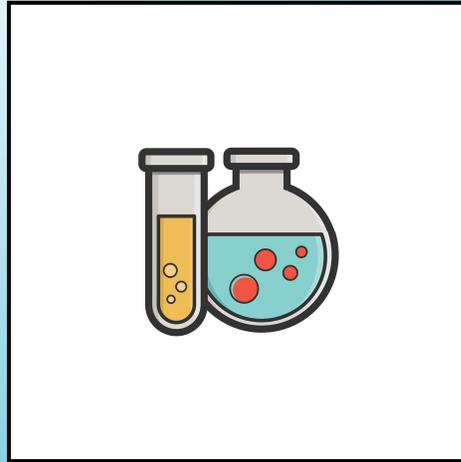
## ACA is our Love and Service Lab



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## Love is the medium!

Eventually the  
evidence is  
irrefutable – we  
are loveable!



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Healthy Service =  
Healthy Love



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“Service from a space of love: A sure-fire way of keeping ourselves tuned into our True Selves and our Inner Loving Parent, which leads us to take care of our Inner Child.”

*(Strengthening My Recovery p. 298)*

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“There is possibly no greater act of reparenting ourselves than carrying the message of hope to another suffering adult child yet to know of a new way of life. By doing so, we grow emotionally and spiritually. We learn to love ourselves more surely.”

*-- BRB Chapter 7, p.282*

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How to manage the Laundry List traits when they (invariably) crop up



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How do we avoid the activation  
of our traits?



What to do when those traits get  
activated?

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- Check motives for offering to do service
- Take positive risks
- Share in meetings and get feedback
- Call a fellow traveler and discuss my feelings before taking something on
- Recognize the fear and do it anyway, even with baby steps

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Share from participants:

How have you dealt with a Laundry List trait to be of service?

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Many levels and types of service in ACA

*(even if you're on Step One!)*

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- Interpersonal – carrying the message
- Group – Traditions in action
- Sponsorship
- Beyond the group –
  - Intergroup
  - IG board and service positions
  - Region
  - WSO

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Service possibilities  
at Intergroup, Region and WSO levels

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MY INTERESTS AND TALENTS	POSSIBLE SERVICE COMMITTEES
Money/finances	<ul style="list-style-type: none"> <li>• Group treasurer</li> <li>• Intergroup/Region/WSO Finance or Audit Committee</li> </ul>
Event Planning	<ul style="list-style-type: none"> <li>• Intergroup/Region Event Committee</li> <li>• WSO Annual Business (ABC) Conference/Annual World Service (WSC) Committee</li> </ul>
Website Development/IT	<ul style="list-style-type: none"> <li>• Intergroup/Region/WSO Tech Committee</li> </ul>
Reading/Writing/Editing	<ul style="list-style-type: none"> <li>• WSO Literature Committee</li> </ul>
International connections and support	<ul style="list-style-type: none"> <li>• WSO Global Subcommittee</li> </ul>
Supporting Intergroup/Region/WSO	<ul style="list-style-type: none"> <li>• Group Intergroup Rep</li> <li>• IG rep to Region or WSO</li> </ul>
Letting people know about ACA	<ul style="list-style-type: none"> <li>• Intergroup/Region Outreach Committee</li> <li>• WSO Hospitals and Institutions Committee</li> <li>• WSO Public Services Committee</li> </ul>

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## How do I get involved?

### Intergroup positions:

- Contact your local Intergroup. Intergroups usually have a website (e.g. dc-aca.org)
- Look up your Intergroup on adultchildren.org for contact info
- Go to an Intergroup meeting
- Talk to your meeting Intergroup rep

### WSO positions:

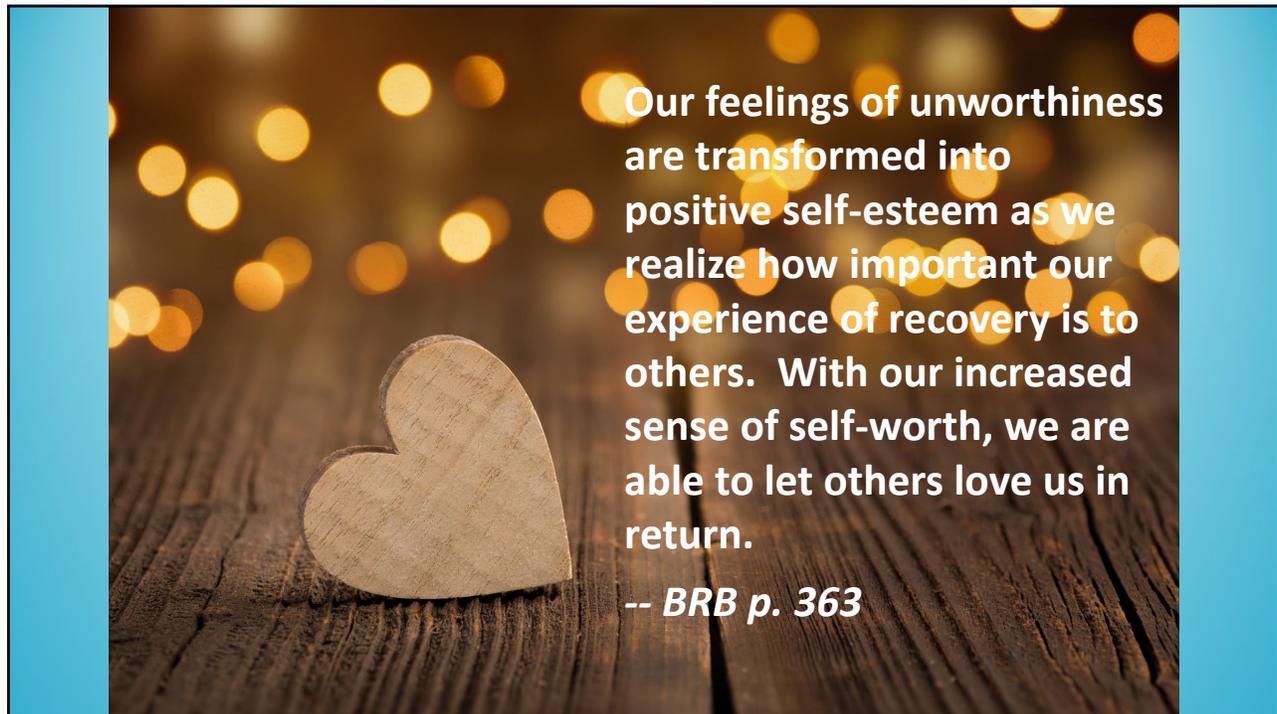
Go to the acawso.org website. Look up the committee your interested in and go to a meeting.

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## Payoffs/benefits of service in ACA

*Yes, but, what's in it for me?*

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Our feelings of unworthiness are transformed into positive self-esteem as we realize how important our experience of recovery is to others. With our increased sense of self-worth, we are able to let others love us in return.

*-- BRB p. 363*

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## SOME NOTES ON SPONSORSHIP

- Central form of service
- It's so hard to find a sponsor in ACA! But I WANT ONE!
- ACA's fellow traveler approach helps with perceived risks
- We may never feel ready, but that's OK

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*Coming in 2021*

## SPONSORSHIP WORKSHOP

with space for  
connecting potential  
sponsors and  
sponsees

*Stay tuned...*



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## Meanwhile use the Zoom Chat Box Right Here, Right Now

- Reach out and say you are looking for a sponsor
- Or, put your contact information in the Zoom chat box as a potential sponsor and see what happens!

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Questions?



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Any further questions, feedback or comments?

Send us an email at

**[Service@dc-aca.org](mailto:Service@dc-aca.org)**

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