

# GREATER WESTERN USA REGION 2

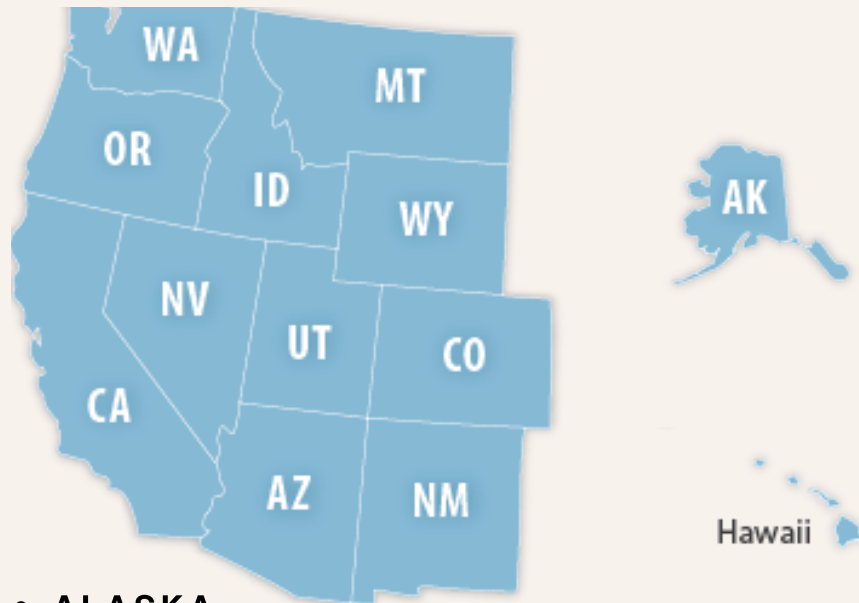
SUPPORTS YOUR INTERGROUP OR MEETING

## Quarterly Newsletter

*We're so glad you're here!*

MARCH 2024

### GWU REGION 2 SERVICE MAP



- ALASKA
- ARIZONA
- CALIFORNIA
- COLORADO
- HAWAII
- IDAHO
- MONTANA
- NEVADA
- NEW MEXICO
- OREGON
- UTAH
- WASHINGTON
- WYOMING

### WHAT IS A REGION?

- **ACA Regions are service committees of the Adult Children of Alcoholics and Dysfunctional Families service network supporting the ACA membership. This ACA service network includes meetings, Intergroups, Regions, and the World Service Organization (WSO).**
- **ACA Regions consist of Intergroup and meeting members in specific geographic areas.**
- **Region representatives provide guidance to the World Service Board.**
- **We support the fellowship in our region and provide communication between meetings, intergroups, and the World Service Board.**
- **The Greater Western USA Region strives to help all our meetings be safe and aligned with our greater fellowship.**

# Greater Western USA Region Supports Intergroups and Meetings

Are you trying to start a new Intergroup?  
Reach out to us so we can assist you.

Are you trying to start a new meeting?  
Reach out to us so we can assist you.

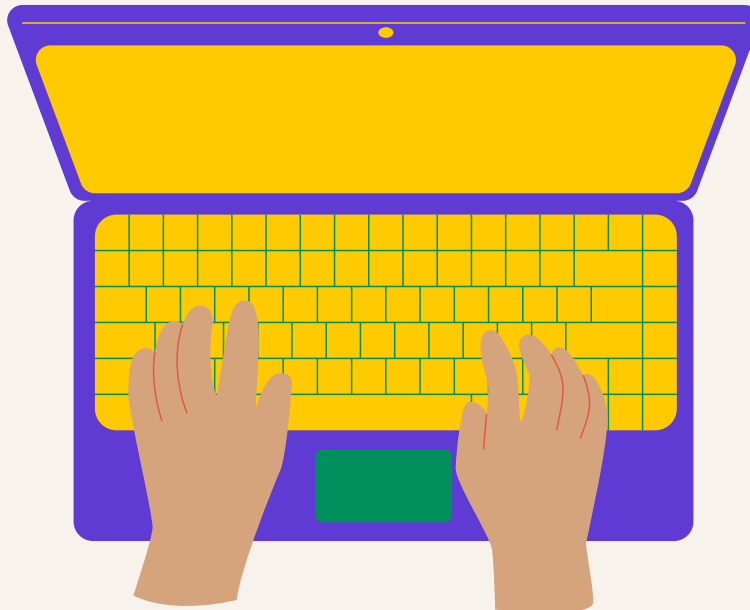
[GWUREGION@GMAIL.COM](mailto:GWUREGION@GMAIL.COM)



## Coming Up

- Events

[FIND OUT MORE](#)



## ACA Resources

- Free Workbook
- Literature
- ACA Links
- GWU Region Meetings

[SUPPORT](#)

# Communicate Between Your Loving Parent and Your Inner Child



## **Weekly Puppets Workshop Every Friday on Zoom**

**10am – 12 noon Pacific Time (USA)**

**We use sock puppets to communicate between our loving parents and our inner children. The goal/solution of this workshop is to become our own loving parent(s); connecting with our inner children and listening to what they want from us.**

**This is a CLOSED workshop, which means ACA members only.**

**Please contact: [innerchildpuppets@gmail.com](mailto:innerchildpuppets@gmail.com) for Zoom credentials.**

**WEB0854 - Weekly Puppets Workshop**

## Region 2: Teleconference Board Meetings

- ✔ Greater Western USA Region (Region 2) is inviting you to a scheduled Zoom meeting.
- ✔ Topic: Greater Western USA Region's Zoom Meeting
- ✔ Time: This is a recurring meeting on the last Thursday of the month at 7:00 p.m. Pacific Time
- ✔ Join Zoom Meeting  
<https://us02web.zoom.us/j/89200958890?pwd=bEhzOWQ3WmdvV25Sc3VSVytQOVR4Zz09>
- ✔ Meeting ID: 892 0095 8890  
Passcode: Region2  
Phone Passcode: 1425736
- ✔ Find your local number: <https://us02web.zoom.us/u/kdDntS8V4b>



## ACA Service Structure



HAVE ANY QUESTIONS ABOUT DOING  
SERVICE WITH US?

OPEN SERVICE POSITIONS

[HTTPS://GWUREGION.ORG/](https://gwuregion.org/)

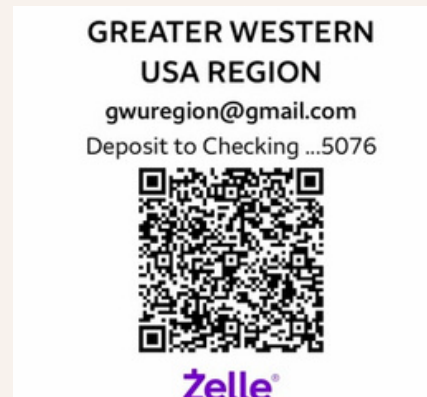
## 7th Tradition Donations

**“Every ACA group ought to be fully self-supporting, declining outside contributions.”**

Please make check payable to “Greater Western USA Region“  
and mail to: Greater Western USA Region  
P.O. Box 73  
Arroyo Grande, CA 93421  
(Please include your meeting number and an e-mail address.)

## Electronic Donations with Zelle

If you have the Zelle app, you may send your 7th Tradition by using the QR code below.



[See if your bank supports Zelle](#)



## TO REGISTER FOR

The 39th bi-annual Puget Sound ACA Retreat

Here is the link to the Registration Form

May 9th - 12th, 2024

@ Seabeck Conference Center, Seabeck, WA

(see campus at [www.seabeck.org](http://www.seabeck.org))

SO YOU CAN PLAN ~ all prices are per person.

Thursday - Sunday: w/roommate \$375; as single \$525

Friday - Sunday: w/roommate \$305; as single \$405

\*see below about early bird discount available for the options above\*

Single day (meals provided) \$75

NOTE PRICES WILL BE PUBLISHED FOR ADDED BUILDINGS.

Partial scholarships will be offered. Groups can also help fund member's cost.

## IMPORTANT TO KNOW

Our numbers keep increasing! HELP THE TREND CONTINUE. Pass the word.

If your registration AND PAYMENT is in our hands by MAR 28th, you will be an official early bird and can take \$20 off the price if you are staying multiple days. Registration will be out early March.

Seabeck needs our number for their planning. We encourage quick registration so we can have access to other buildings as needed. Thank you!

## THIS IS YOUR RETREAT

If you know someone who wants to be on our mailing list, have them contact us at [retreataca@gmail.com](mailto:retreataca@gmail.com).

## WHAT TO EXPECT

Affirmations, an art project, storytime, good food, burning bowl ceremony, workshops, a movie, the play room, variety show, games, a special Thursday event, and a recovery book giving library (or exchange).

In service,

Your Retreat Committee

Sponsored by Puyallup Valley ACA, mtg# 227 266 735 392