



## GREATER WESTERN USA REGION 2

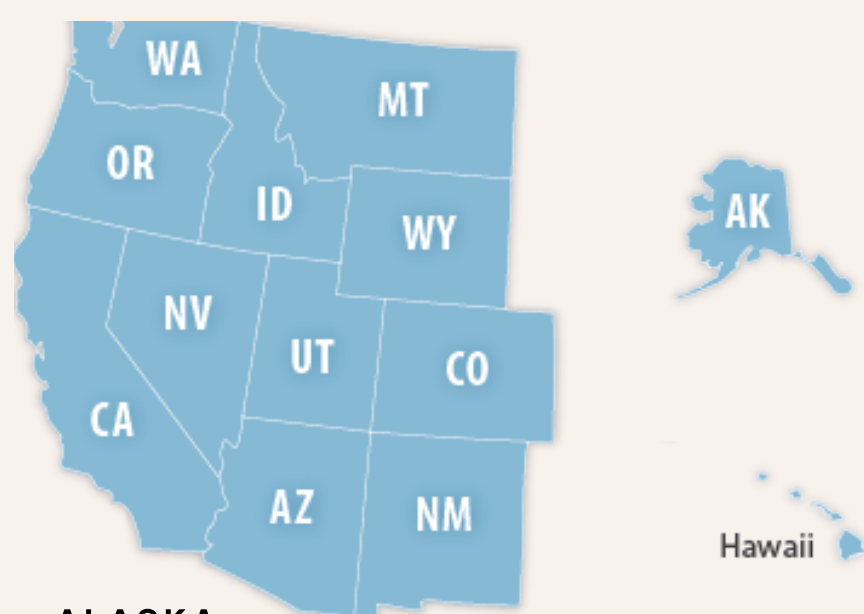
### SUPPORTS YOUR INTERGROUP OR MEETING

# Quarterly Newsletter

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

SEPTEMBER 2025

#### 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.

### Monthly GWU Region Board Meeting

Join us for our regular board meeting on the last Thursday of each month at 7:00 pm Pacific Time. This is an opportunity to connect, share, and collaborate with fellow members. 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>

### ABC Annual Business Conference

**The next Delegate Meeting will be held on September 27, 2025.**

It's important that your meeting send a delegate to the Annual Business Conferences and the interim Delegate Meetings. We suggest that meetings send a delegate so your voices can be heard!

### 2025-2026 Call for Proposals

**Proposals are due on September 30, 2025.**

**Edits may be made to the submitted Proposals before October 31st.**

**Click on the following link to submit your Proposal:**

<https://www.surveymonkey.com/r/2026ABCProposals>

### Upcoming Events

Thanksgiving Marathon–November 27, 2025–Details TBA

Christmas Marathon–December 25, 2025–Details TBA

### 35th Fall Mountain Retreat

October 10-12, 2025 at Camp de Benneville Pines in Southern California

### Workshops and Seminars

July 20, 2025 - March 15, 2026

Dealing with Difficult People

12 Traditions

Be Your Loving Parent

12 Concepts

An Attitude of Gratitude

Service Is Recovery

Learning to Grieve

ACA History

Living in the Present

### Free Literature

Explore a variety of free resources to support your recovery journey. Visit our Free Literature page to access these materials.

### Meeting Formats

If you're starting a new meeting or looking to refresh your current format, check out our suggested Meeting Formats.

**Congratulations to our Region Representative, Kaz, on being seated on 4/29/25 as our Trustee on the WSO Board!**

**Want to List Your Event on Our Newsletter?**

**Email Your Flyer Here: [newsletter@gwuregion.org](mailto:newsletter@gwuregion.org)**

## 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)



# 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**



# ACA Service Structure



HAVE ANY QUESTIONS ABOUT DOING  
SERVICE WITH US?

OPEN SERVICE POSITIONS

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

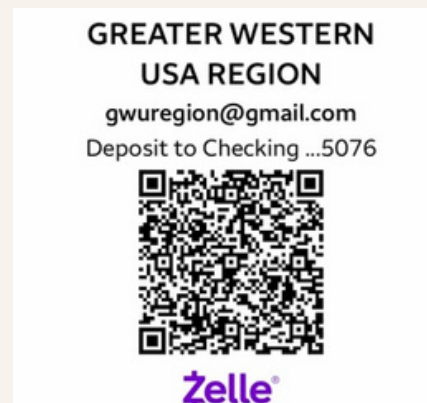
## 7th Tradition Donations

**“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

