



# ADULT CHILDREN AOTEAROA

Newsletter of the ACA/DF Intergroup of Aotearoa/NZ

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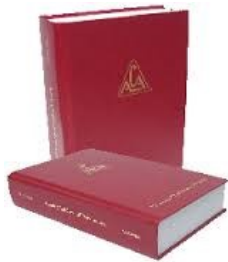
## Your new ACA/DF NZ newsletter

The purpose of this ACA/DF Aotearoa/New Zealand national intergroup newsletter is to provide information to the fellowship on matters of interest from group reports to the Intergroup and to tell you about the work the Intergroup is undertaking to build a strong fellowship nationally and help the still suffering adult child.

## 2nd National Convention

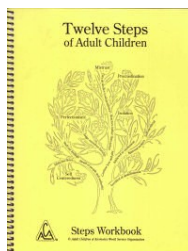
The 2nd ACA/DF National Convention will be held in Christchurch on October 6th & 7th, 2018. We will try to arrange billets for out of towners where required and airport pick ups and drop offs. If you need this assistance please contact us on [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com) More information will be announced as planning progresses.

## ACA/DF literature available



Ben H. ordered in some literature for the Intergroup to sell which has now arrived in New Zealand. If you would like to know more about what is available and the cost, email us for more information at [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com) and your email will be

forwarded to Tim W who is selling them on behalf of the Intergroup.



## Next Intergroup meeting date

The date for the next Intergroup meeting is 24th April 2018 from 2.00pm-4.00pm. All are welcome to attend to observe and may also give verbal input at the chair's discretion. Please contact [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com) for more information. If you live outside Christchurch and wish to attend remotely, then please email [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com) with your phone number and the chair Tim W call you at the beginning of the meeting.

## New Intergroup officers

The Intergroup's new officers were voted upon by the fellowship and are: Tim W (chair), Michael W (vice chair), Karla O (secretary) and Louise D (treasurer). They took office at the February 2018 Intergroup meeting.

The Intergroup's email address is: [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com)

## Some groups' details still needed!

Some groups' contact details are still needed for the NZ website and on the WSO website. Can the secretary from each group update the details on the WSO website yearly, as after a year the group will be shown as inactive. Email your contact details for the Intergroup to:

[adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com)

Or go to the following web address to update WSO information on how to contact your group:

[www.meetings.adultchildren.org/meeting-update](http://www.meetings.adultchildren.org/meeting-update)

Be the person you needed when you were a child

# Help our public outreach

Annie S has produced a notice which can have meeting details changed on it depending on where in NZ people can find space to display them. If you are able to print a few to help with ACA/DF public outreach and put them around your local area then please email [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com) for a copy to print from. There is a NZ version and a Christchurch version. If you start a local meeting you could add your own meeting's details alongside the Skype meeting details on the NZ one. This is what the NZ notice looks like (see right).

## Christchurch Events Team News

Annie S. has resigned as Christchurch Events Team Organiser as her workload is too high because of the need for other work for the Intergroup and her home group. Thank you to Annie for her contribution until now. There have been a couple of events so far: a games night and a visit to the Margaret Mahy playground. The Christchurch events group is fairly informal and its events will probably continue without an organiser and be promoted on the NZ FB page.

## Local group donations to Intergroup

The Intergroup received the following donations since the last Intergroup meeting in Dec 2017: Monday Skype: \$66

## DOES CHILDHOOD TRAUMA STILL AFFECT YOU TODAY?

Did your family of origin cause you trauma and distress? Did you grow up with family members who drank too much, were violent, took drugs, put you down, neglected or abused you?

- Do you still suffer from the effects?
- Do you fear authority figures?
- Do you stay in abusive relationships?
- Do you live in a climate of grief, anger and shame?
- Are you worried you are neglecting your own loved ones because you are still suffering emotionally?



**THERE IS A SOLUTION:**

**Adult Children of Alcoholics  
& Dysfunctional Families (ACA/DF)**

See if our 12-step programme can help you:

**Skype online meeting 8pm every Monday**

To attend: add 'ACA-DF-NZ' as a Skype contact in the week prior to the meeting. Text 'join please' 5-10 minutes before the meeting starts.

More ACA/DF and local meetings info:

[www.adultchildren.nz](http://www.adultchildren.nz)  
[adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com)

### ACA/DF Intergroup

#### Treasurers Report - 15 February 2018

<b>Starting Balance 1 November 2017</b>	<b>\$</b>	<b>1,332.15</b>	
<b>In</b>	<b>Individual Donations - Skype</b>	<b>\$</b>	<b>66.00</b>
<b>Total In</b>	<b>\$</b>	<b>66.00</b>	
<b>Out</b>	<b>Bank Transaction Fees</b>	<b>\$</b>	<b>1.20</b>
	<b>Community House - membership 2018</b>	<b>\$</b>	<b>28.75</b>
	<b>Whareora Room Rental 25/11/17</b>	<b>\$</b>	<b>20.00</b>
	<b>K Osmers for domain names</b>	<b>\$</b>	<b>68.89</b>
<b>Total Out</b>	<b>\$</b>	<b>118.84</b>	
<b>End Balance 15 February 2018</b>	<b>\$</b>	<b>1,279.31</b>	