



# ADULT CHILDREN AOTEAROA

Newsletter of the ACA/DF Intergroup of Aotearoa/NZ

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## Your new ACA/DF NZ newsletter

Welcome to your new ACA/DF Aotearoa/New Zealand newsletter. The purpose of this 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.

## New guidelines approved

There was unanimous support for the adoption of the proposed new guidelines for how the Intergroup is run from all attending groups. The Dunedin group was absent and has not made any contact regarding this. There are some suggested additions to the guidelines from the groups. These will be collated by the working group and will be taken back to the groups to be ratified.

## Literature committee disbanded

After discussion including two current Literature committee members it was decided to disband the literature committee. We would like to thank Nicho G as Chair and past members of the committee for their work Ben H will report at the next Intergroup meeting on 12 Dec on literature costings. The Intergroup has noted that some groups are not supportive of the Intergroup purchasing books since they feel these are available through the Familial Trust and via the internet. Ben will liaise Annie S (who as a group literature rep has sourced medallions and literature from the WSO for meetings in the past) for suggestions regarding purchasing literature and medallions.

## Next Intergroup meeting date

The date for the next Intergroup meeting is 17th February 2018. 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.

## Intergroup email team

Thanks to Karla O & Annie S for agreeing to be the people behind the email address when you email the Intergroup. Thank you also to those who have been answering emails for the Intergroup in the past year. The Intergroup email address is: [adultchildren.nz@gmail.com](mailto:adultchildren.nz@gmail.com)

## Groups contact details needed!

Group's contact details are needed for the NZ website and on the WSO website. Can the secretary from each group to 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)

I am not what happened to me as a child. I am what I choose to become

## Public outreach

The Intergroup will look into public outreach work after the election of Intergroup officers in February 2018.

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## Frequency of meetings

The Intergroup will meet monthly at this stage and work to facilitate ACAs who wish to attend to be Skyped in. The Intergroup may decide to meet physically and online alternatively in the future.

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## Intergroup donations

The Intergroup received the following 7th tradition donations since the last Intergroup meeting in April 2017:

Monday Skype: \$155  
Monday Dunedin: -  
Wednesday Christchurch: -  
Saturday Christchurch: -  
Sunday Christchurch: -

Outgoings in 2017 have included room hire for Intergroup meetings (\$20 per meeting), phonline rental (\$25 a month) and an annual membership fee for Christchurch Community House (\$25). The phonline has been cancelled so this cost will not be incurred in future. Thank you for your support of the Intergroup. Groups have largely chosen to withhold donations until it is clear that the Intergroup is being productive in supporting groups. We hope that 2018 will be a year of action at the national level and that groups will again begin to make donations to support the Intergroup's work. This newsletter is part of the Intergroup's work to be in touch with the needs of the membership after some of the groups asked for a newsletter from the Intergroup.

## ACA/NZ birthday medallions

The Wednesday meeting did have some spare birthday medallions to sell to other groups or give to non-home group members on their fourth birthdays in 2017 due to a shortage of four year medallions in NZ this year. From 2018, Wednesday group will not have extra medallions any more. The group's medallions are only for home group members from now on. Members who want birthday medallions will need to belong to a group which provides them. At present Wednesday and Saturday Christchurch meetings and the Monday Skype meeting give home group members medallions on their birthday (the anniversary of their first ever ACA/DF meeting).

## Skype meeting new email address

Monday Night Skype meeting now has a contact email address: [monday.acadf.nz@gmail.com](mailto:monday.acadf.nz@gmail.com) if you have any questions about how to access the meeting on the Skype platform. To attend at 8pm on Mondays, send a Skype contact/friend request to ACA-DF-NZ so that the host account can 'friend you'. This can sometimes take a couple of weeks. Once they are your 'friend', 5-10mins prior to the meeting message them 'join please'.

## Social events & Convention

There is a new ACA/DF events team for Christchurch members comprising Annie S (co-ordinator), Angela H, Christopher M, Sonya C, Victoria H and Philip H. At the first meeting on Saturday 9th Dec, the team along with other attending ACAs decided on a schedule of upcoming events including organising the second ACA/DF National Convention with the support of the Intergroup. Look for flyers in Christchurch meetings and information on the national Facebook page. Scheduled events are 21 Dec 7pm Margaret Mahy playground Inner Child outing (BYO kiddy snacks); 25 Dec 3pm Xmas meet up organised by Beate H on the beach at the end of Penguin Street, Southshore.

## Website news

We are currently paying for two domain names: [www.adultchildren.org.nz](http://www.adultchildren.org.nz) and [www.adultchildren.nz](http://www.adultchildren.nz). Karla O is going to bring points for and against keeping both to the next meeting so the groups can decide whether the Intergroup should drop one of these.

## Change of Secretary

Thank you to Victoria H for her work as secretary in 2017. She has needed to step down. Karla O will undertake the secretary's duties at Victoria's request until the elections in February 2018.