

# WEST GREAT LAKES ACA INTERGROUP 11<sup>TH</sup> ANNUAL CONFERENCE (IN-PERSON & ZOOM)

Saturday, October 8<sup>th</sup>, 8:00am to 4:00pm (Starts @ 9:00 CST)

Trinity International University (North Campus), 2065 Half Day Road  
Village of Bannockburn, Deerfield, IL 60015 (see map)  
Waybright Building Room: Melton Hall

## WELCOME BACK, ALRIGHT!!

ZOOM Meeting ID: 863 7823 3698 Passcode: 110427

### *Featured Speakers & Panel Discussion:*

#### **KATHY A. - *How the Laundry List Keeps Us Stuck In Clutter***

Our clutter causes us to be embarrassed, feel overwhelmed, magnifies procrastination, and impedes our decision-making process when we are trying to let go of our stuff. This workshop will show you how the laundry list characteristics contribute to your clutter and keep you trapped and unable to move forward in your life! Here are some examples: We became isolated. Because we are too embarrassed to have people come into our cluttered homes, we don't spend time socializing and our shame causes us to isolate ourselves by burying, hiding, denying, abandoning and betraying our True Self. We are addicted to excitement/fear. We fear getting rid of something because we might need it someday and then it hangs around for years, unused. Or what happens if we get rid of it and need it next week? We fear making a mistake, so it's better to keep it than suffer the negative self-talk our critical parent will give us for tossing something that we now need. As an "adult child," we respond to adult interactions (clutter) with the fear and self-doubt learned as children. In this workshop, we will learn to use the "solution" to reparent ourselves with gentleness, humor, love and respect and FINALLY stop beating ourselves up for having clutter and begin the process of becoming clutter-free

#### **KARIN S. - *12 Steps to Healthy Service in ACA***

Step 12 reminds us to "carry this message to others who still suffer." Service is a tried and proven part of 12-Step recovery, ensuring that the program keeps being available for those seeking healing. This workshop looks at 12 ways in which new members of ACA can "dip their toe" in service and learn to appreciate the benefits it offers without getting overwhelmed. Participants will be invited to share personal experience, strength, and hope with different service positions in a fun, interactive way.

#### **INTRODUCTION TO THE LOVING PARENT GUIDEBOOK – PANEL DISCUSSION**

Loving Parent Guidebook Panel featuring Al E & Matt K – Connecting ACA's past to its future – Several people are going to share their experience with ACA's newest literature. We will have a breakout session and an opportunity for Q/A. (New LP Guidebooks will be passed out for reference during this session)

- LUNCH PROVIDED— Gluten free & Vegetarian
- Intergroup Elections & Updates      ● 50/50 Raffle
  - Literature for Sale & Information Tables
  - FOUR \$75 Visa Credit Cards door prizes

Scholarships are available. Contact [secretary@wglaca.org](mailto:secretary@wglaca.org)

# 11<sup>TH</sup> ANNUAL WGL INTERGROUP CONFERENCE

Saturday, October 8<sup>th</sup>, 8:00am to 4:00pm— Central Time

Trinity University, Waybright Building, Room: Melton Hall

Register by **OCTOBER 1st** For Early Bird Discount \$25.00

**After October 1<sup>st</sup> and "At the Door" the fee is \$35.00**

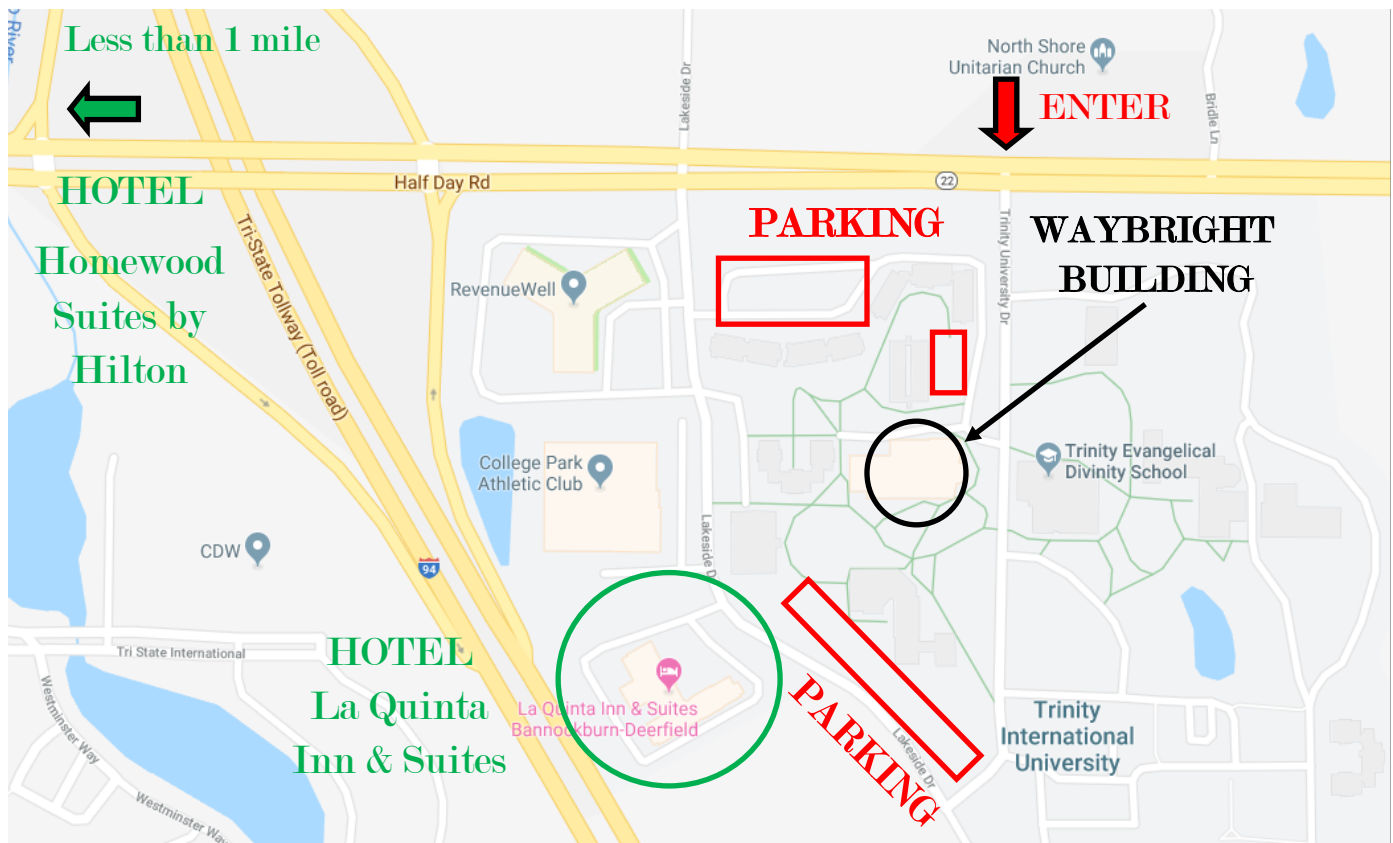
**PAYING BY CREDIT CARD OR PAYPAL :** Use this link

<https://westgreatlakesaca.org/2022-annual-conference-registration/>

OR

**REGISTER BY MAIL SEND YOUR \$25.00 CHECK TO:**

West Great Lakes ACA Intergroup, P. O. Box 681276, Schaumburg, IL 60168



Conference is 20 minutes north of O'Hare International Airport

La Quinta, (847-317-7300) 2000 Lakeside Dr., Bannockburn, IL 60015

Bannockburn/Deerfield / East/South side of Tollway + Hwy 22 interchange / just across the street from the Westerly edge of Trinity Univ. / just a 3-4 block walk to Waybright Bldg. / **Call Hotel & Ask for the Trinity Rate Discount of \$92.00**

Homewood Suites, (847-945-9300) 10 Westminster Way, Lincolnshire, IL 60069