

NETXACA-IG Newsletter

Northeast Texas ACA Intergroup #737

Serving groups in Atlanta, Bonham, Carrollton, Dallas, Denton, El Paso, Flower Mound, Fort Worth, Grapevine, Plano, Prosper Richardson, Southlake, Stephenville, Tyler, Wichita Falls



The solution is to become your own loving parent.

MARCH SPEAKER MEETING

Exciting news! At the Intergroup's December Business Meeting, we officially committed to hosting monthly speaker meetings on Zoom. These sessions have been a huge hit and we're thrilled to keep the momentum going! **Next Meeting: Wednesday, March 4, 2026, 7:00 PM CT on Zoom.**

Join us for inspiration, connection, and community. Have someone in mind for a future speaker? We'd love your nominations, send us an email with their contact information.

Meeting ID: 814-3659-9050 | Passcode: 223038

NAME CHANGE VOTE RESULTS

The final results of the ACA name change vote reflect strong fellowship participation (41%) – **the highest level of group involvement in over 40 years.** Groups voted on changing the functional name to Adult Children of Alcoholics and Dysfunctional Families (ACAD). Of the 1,056 counted votes, the final result was **86.65% Yes** and 13.35% No.

HOST AN H&I MEETING

Help bring ACA recovery to those who need it most! **Hospitals & Institutions (H&I) meetings** bring the ACA message into treatment facilities where individuals can't attend outside meetings. We need your help to share hope in our region. We're looking for groups to **host one monthly meeting**.

What's provided?


- ✓ Training
- ✓ Meeting format guidance
- ✓ ACA literature


Please discuss this opportunity at your next Group Conscience meeting and let us know if your group is ready to serve. **Email us at netxaca@gmail.com**.



2026 ACA WOMEN'S CONFERENCE

Join us for the **2026 ACA Women's Conference**. A powerful weekend of connection, recovery, and growth. Spots are still available, so be sure to grab yours before they're gone!

 **Dates:** April 10-12, 2026

 **Location:** Camp Cho-Yeh in Livingston, TX

 **Conference Fee:** \$185

Come experience inspiring workshops, meaningful fellowship, and a supportive space created by and for ACA women.

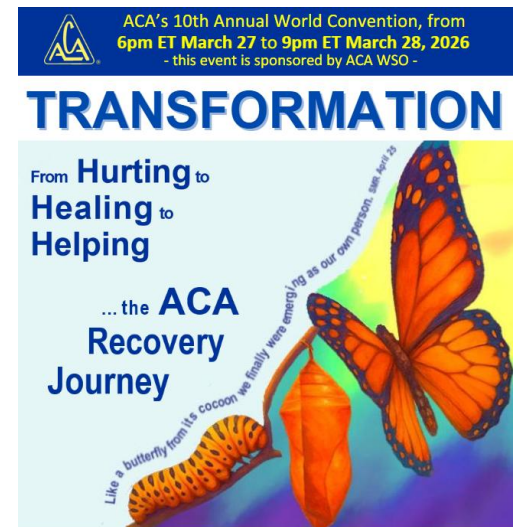
[Register here!](#)

ATTEND THE 2026 ACA WORLD CONVENTION

Registration is now open for the 2026 ACA World Convention, taking place **March 27-28** as an online-only event. This is the largest ACA recovery gathering of the year. All members are invited to attend! The Convention offers many engaging workshops and a welcoming space for connection and growth in recovery.

Register here:

<https://adultchildren.org/2026-awc-registration-form/>



SUBMIT YOUR FEEDBACK

We want to hear from you! How can the Intergroup better support you and your group? Please take a moment to fill out our quick survey with feedback: [Northeast Texas ACA Intergroup Feedback Survey](#).

NETXACA-IG MISSION STATEMENT

The mission of Northeast Texas Adult Children of Alcoholics and Dysfunctional Families Intergroup (NETXACA-IG) is to support ACA groups in northeast Texas and nearby areas and to act as a liaison between these groups and the World Service Organization (WSO). Its dual purpose is to foster an environment of recovery and promote unity among the groups.



Personal Story

By BILL W.

I entered the world of recovery on February 13, 2007, when I was finally able to surrender. I did not want to live the life I was living. I started my recovery in another fellowship and experienced some positive changes in my life. But I was still struggling in my personal and professional relationships. I did not know why life was such a struggle for me. I was working with a therapist who told me, "I am sorry your father abused you and your mother abandoned you".

I was "gut punched". I thought I had the perfect childhood. The therapist gave me the ACA Big Red Book. She encouraged me to read it to help me better understand the reality of my childhood and how those experiences may still be affecting me today as an "adult child". It was like the story I told myself of my childhood had been shattered, but it made sense to me. The words I read seemed like my life story, describing my struggles.

From that day, I dove headfirst into the program of ACA. Though my work, I came to understand that my entire life has been based on my internal sense of fear of being shamed and fear of being abandoned. Shame as the result of my father's abuse, and abandonment as the result of mother never protecting me. Fear had ruled my life. All my behaviors, all my relationships, all my struggles, were all connected to this internal sense of fear.

It has not been a "smooth" road along my journey in ACA. Chemical sobriety is so clear cut. But the emotional sobriety described in ACA is much more challenging. However, the ACA program has helped me understand the effects of my childhood experiences, tools to help me overcome my childhood trauma, and healthy people to have positive and supportive relationships in my life. ACA has truly changed my life. I work my program each day to live my life as a functional adult and not an adult child. I live my life as my "True Self". I am and have always been a "precious child".

Correct Contact Information Needed

Please check all the info you have published and let the Intergroup know if anything has changed. In addition, contact the WSO for changes to the time, day or meeting place. If you do not have contact information, you may use the Intergroup email. Contact NETXACA-IG at netxaca@gmail.com with any questions or needs.

Contact Your NETXACA Intergroup

Have questions regarding:

- Free zoom account access for meetings!!!
- ACA Literature discount on orders with shipping availability. (Up to 30% off)
- 24/7 Helpline (Can be utilized by your group for phone number contact Information, if needed. 214-315-8100)
- Local Meetings
- New Meetings
- NETXACA Events
- Fellowship Text and Workbook orders
- ACA Outreach
- Annual local DFW Conference
- ACA WSO updates



Just go to **www.netxaca.org** and look for "Send Us a Message" on the first page. Comments and requests submitted by this web form will then be routed to the appropriate NETXACA committee or NETXACA Intergroup member for response.

You can also write to us at: **NETXACA-IG, 3916 Bryn Mawr Dr., Dallas, TX 75225**

The ACA Twelve Traditions

1/ONE Our common welfare should come first; personal recovery depends on ACA unity.	2/TWO For our group purpose there is one religious authority - a living God as expressed in our group consensus. Our leaders are his trained servants; they do not govern.	3/THREE The only requirement for membership in ACA is a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.
4/FOUR Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve Step programs.	5/FIVE Each group has but one primary purpose - to carry its message to the adult child who will suffer.	6/SIX An ACA group might serve evidence, finance, or fund the ACA name in any related facility or outside enterprise; but problems of nature, property, and prestige direct us from our primary purpose.
7/SEVEN Every ACA group ought to be fully self-supporting, financing its own contributions.	8/EIGHT Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.	9/NINE ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10/TEN Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.	11/ELEVEN Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV, films, and other public media.	12/TWELVE Anonymity is the spiritual foundation of all our Traditions, even extending to the place principles belong personally.

ACA is a service of Alcoholics Anonymous World Services, Inc. 4000 Old Orchard Road, Houston, TX 77032-1000. © Copyright 1999 by ACA, Children of Alcoholics. World Service Organization Inc. All rights reserved.

Links to ACA WSO sites:

Audio and PDF files of all 12 ACA Traditions Workshops are on the ACA WSO. These are great resources to learn more about each Tradition and how to work them out in our weekly meetings. To access these files, go to [traditions - Adult Children of Alcoholics & Dysfunctional Families](#)

Have a story or event to put into the newsletter?

Email Sierra W., NETXACA-IG Newsletter Editor, at sierrawillis25@gmail.com.