MONTEREY BAY ACA INTERGROUP MEETING AGENDA

Saturday, September 23, 2023, 4-5:30 PM

Meeting by Zoom ID: 898 9797 7526 PW: 792214

https://us02web.zoom.us/j/89897977526?pwd=eUx1RzRnS003QThzQ2hwblA1RUZsQT09

Zoom telephone: 669-444-9171

FINAL AGENDA

ACA Serenity Prayer

Request volunteer / volunteers to protect and lock down the meeting from zoom bombers, if needed.

Mission Statement and Commitment to Service of Monterey Bay ACA Intergroup

9th Tradition and 9th Concept

Guidelines for Business Meetings

(Attach readings into chat window)

(Begin recording)

Welcome to all the IGReps.

Vice Chair recognizes any new IG Reps, proxies and visitors. Determine who is eligible to vote

MINUTES – Review of July 22, 2023, meeting minutes

REPORTS

- Chairperson (Paul & Evie)
- Vice Chairperson (Renee)
- Secretary (Jeannie)

• Treasurer (Dottie)

DOCUMENT

• WSO Representative (Peg)

"WSO quarterly meeting is November 4th, Peg will attend as IG rep. The World Conference will be on November 17 and 18th of this year, on line."

InterGroup Rep. REPORTS

COMMITTEE & COORDINATOR REPORTS

- Literature Committee Carol INVENTORY DOCUMENT
- Website Committee Evie SITE TRAFFIC DOCUMENT
- Virtual Speaker Meeting Committee Shari
- Workshop Coordinator Bob HANDWRITING WORKSHOP EVALUATIONS SUMMARY DOCUMENT
- Outreach Committee Rosa
- Six year anniversary gathering Renee

OLD BUSINESS –

NEW BUSINESS –

1. Orphan accounts & disposition - shall IG decide what to do about unused accounts (the three listed + ???)?

Dottie: "I do not use the <u>mbacatreasurer@gmail.com</u> account, I don't even know the password for this gmail acct."

Renee: "We had previously opened an email mbacaretreat@gmail.com when we were planning a weekend retreat during Covid"

mbacafuncommittee@gmail

2. Western Region - Shall IG go on record regarding whether to associate with Western Region? I was unable to find any reference to Western Region in the MB ACA IG record of motions. **Shari said** "In my archive are meeting minutes from a 2022 GWRegion meeting. We (MB ACA) chose not to participate/contribute to the region with discussion of their purpose and how they could contribute to our Intergroup. As you can see in what is the

- purpose of a Region, we felt that there wasn't sufficient benefit to us. You may need to go back to the <u>Book of Motions</u> to find this decision."
- 3. Shall IG establish a central repository of Secretary scripts and associated documents used by local meetings? If so, how? GDrive? Website? Other? Who would carry the responsibility for maintaining / updating it? Is this already being done by any other IG or by WSO?
- 4. Shall Intergroup supportively sanction the Laundry List Traits workshop starting Oct 14 running for 16 weeks at the Quaker Meeting House Saturdays 9:30-11 am?
- 5. Shall IG donate to WSO? If so, how much? How has the donation amount been calculated previously?

Next IG Meeting: Saturday, October 28, 4:00 PM

Affirmations and suggestions about the meeting (affirm what worked well toward supporting ACA values, note what could be changed to be more supportive of those values).

Motion to Adjourn

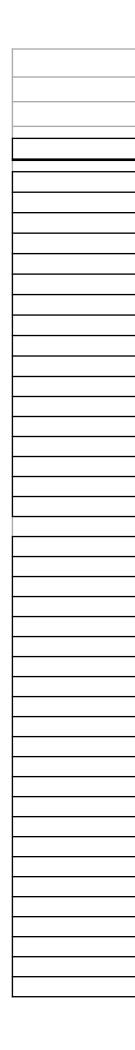
ACA Monterey Bay InterGroup

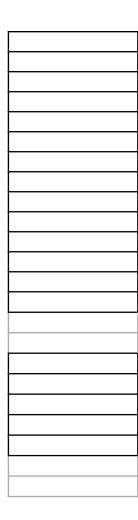
Cash Sources and Uses

2023

DI/DI/23			I			2023						
DJ/01/23		Group	Source/Payee	Туре	7th Trad.	Group Donation	Event	Lit. Sales	R	Lit. Purchase	Payment	Totals
01/01/23	01/01/23		Beginning Balance						*			\$1,681.93
01/02/23 CA1264 ACA Scotts Valley	01/01/23		Individual 7th Tradition	PP	\$250.00				*			\$1,931.93
01/09/23	01/01/23		Website back up	DC					*	\$4.99		\$1,926.94
101/15/23	01/02/23	CA1264	ACA Scotts Valley	VN		\$211.00			*			\$2,137.94
D1/17/23	01/09/23		Individual 7th Tradition	PP	\$30.00				*			\$2,167.94
Diffy9/23	01/15/23		IG Speaker Mtg	V/P			\$25.00		*			\$2,192.94
101/25/23	01/17/23		Bank Offer	BA			\$0.25		*			\$2,193.19
101/25/23	01/19/23		Literature Sales	VN				\$129.50	*			\$2,322.69
101/25/23	01/25/23		Newcomer mailing book	VN					*		\$15.49	\$2,307.20
D1/30/23			Literature Purchase	VN					*	\$288.34		\$2,018.86
D2/11/23			Website backup	DC					*	\$4.99		\$2,013.87
D2/27/23 Website backup	02/06/23	CA1354	Saturday Serenity San Jose	VN		\$50.00			*			\$2,063.87
03/15/23 WEB0287 Laundry List Traits VN \$60.00 \$ \$ \$2,154.	02/11/23	CA1313	Friday Night ACA	VN		\$36.00			*			\$2,099.87
03/16/23	02/27/23		Website backup	DC					*	\$4.99		\$2,094.88
03/25/23 WSO donation	03/15/23	WEB0287	Laundry List Traits	VN		\$60.00			*			\$2,154.88
3/30/2023 Website backup	03/16/23	CA1169	Serenity Seekers Wed	VN		\$193.45			*			\$2,348.33
4/11/23	03/25/23		WSO donation	VN					*		\$1,000.00	\$1,348.33
04/11/23	3/30/2023		Website backup	PP					*	\$4.99		\$1,343.34
04/18/23	4/11/23		Individual 7th Tradition	VN	\$5.00				*			\$1,348.34
04/18/23 IG Speaker Mtg VN \$20.00 * \$1,495. 05/01/23 Website Backup PP * \$4.99 \$1,490. 05/04/23 Annual Zoom Fee PP * \$149.90 \$1,349. 05/16/23 CA1371 Monday Stepping UP VN \$9.00 * \$190.57 \$1,349. 05/23/23 Literature Purchase VN \$12,50 * \$190.57 \$1,159. 05/23/23 Literature Sales VN \$12,50 * \$1,171. \$1,171. 05/30/23 Website backup DC \$4.99 \$1,166. \$1,171. <	04/11/23	CA1333	Literature sales	VN				\$122.25	*			\$1,470.59
05/01/23	04/18/23		IG Speaker Mtg	VN	\$5.00				*			\$1,475.59
05/04/23	04/18/23		IG Speaker Mtg	VN	\$20.00				*			\$1,495.59
05/16/23 CA1371 Monday Stepping UP VN \$9.00 * \$1,349. 05/23/23 Literature Purchase VN * \$190.57 \$1,159. 05/23/23 Literature Sales VN \$12.50 * \$1,171. 05/30/23 Website backup DC * \$4.99 \$1,160. 05/30/23 Domain Registration fee DC * \$34.99 \$1,131. 06/17/23 Literature sales VN \$181.75 * \$13.13. 06/17/23 Step study Literature sales VN \$180.00 * \$1,493. 06/18/23 AC72507 Literature Purchase VN \$180.00 * \$118.88 \$1,374. 06/19/23 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,371. 07/11/23 Individual 7th Tradition VN \$7.00 * \$4.99 \$1,372. 07/16/23 IG Speaker Mtg VN \$60.00 * \$252.89 \$1,185. 07/	05/01/23		Website Backup	PP					*	\$4.99		\$1,490.60
05/23/23	05/04/23		Annual Zoom Fee	PP					*		\$149.90	\$1,340.70
Size Size	05/16/23	CA1371	Monday Stepping UP	VN	\$9.00				*			\$1,349.70
05/30/23 Website backup DC * \$4.99 \$1,166.0 05/30/23 Domain Registration fee DC * \$34.99 \$1,131.0 06/17/23 CA1553 Literature sales VN \$181.75 * \$1,313.0 06/17/23 Step study Literature sales VN \$180.00 * \$1,493.0 06/18/23 AC72507 Literature Purchase VN * \$118.88 \$1,374.1 06/19/23 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,376.1 06/29/23 Website backup PP * \$4.99 \$1,371.1 \$1,378.1 07/11/23 Individual 7th Tradition VN \$7.00 * \$1,378.1 07/12/23 AC73889 Literature Purchase VN \$1,125.1 \$1,125.1 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.1 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,189.1 7/24/23 CA1371 Individual 7th Tradition VN <	05/23/23		Literature Purchase	VN					*	\$190.57		\$1,159.13
05/30/23 Domain Registration fee DC * \$34.99 \$1,131.0 06/17/23 CA1553 Literature sales VN \$181.75 * \$1,313.0 06/17/23 Step study Literature sales VN \$180.00 * \$1,493.0 06/18/23 AC72507 Literature Purchase VN * \$118.88 \$1,374.1 06/19/23 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,376.1 06/29/23 Website backup PP * \$4.99 \$1,371.1 \$1,378.1 07/11/23 Individual 7th Tradition VN \$7.00 * \$4.99 \$1,378.1 07/12/23 AC73889 Literature Purchase VN \$60.00 * \$252.89 \$1,185.1 07/16/23 IG Speaker Mtg VN \$60.00 * * \$1,185.1 7/16/23 IG Speaker Mtg PP \$2.00 * * \$1,187.1 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$4.99	05/23/23		Literature Sales	VN				\$12.50	*			\$1,171.63
06/17/23 CA1553 Literature sales VN \$181.75 * \$1,313.4 06/17/23 Step study Literature sales VN \$180.00 * \$1,493.4 06/18/23 AC72507 Literature Purchase VN * \$118.88 \$1,374.4 06/19/23 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,376.4 06/29/23 Website backup PP * \$4.99 \$1,371.4 07/11/23 Individual 7th Tradition VN \$7.00 * \$1,378.4 07/12/23 AC73889 Literature Purchase VN * \$252.89 \$1,125.0 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.0 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,184.0 7/31/23 Website Backup VN \$2.00 * \$4.99 \$1,184.0	05/30/23		Website backup	DC					*	\$4.99		\$1,166.64
06/17/23 Step study Literature sales VN \$180.00 * \$118.88 \$1,493.4 06/18/23 AC72507 Literature Purchase VN * \$118.88 \$1,374.8 06/19/23 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,376.8 06/29/23 Website backup PP * \$4.99 \$1,371.8 07/11/23 Individual 7th Tradition VN \$7.00 * \$252.89 \$1,378.8 07/12/23 AC73889 Literature Purchase VN * \$252.89 \$1,125.0 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.0 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$1,189.0 7/31/23 Website Backup VN \$2.00 * \$4.99 \$1,184.0	05/30/23		Domain Registration fee	DC					*	\$34.99		\$1,131.65
06/18/23 AC72507 Literature Purchase VN * \$118.88 \$1,374.8 06/19/23 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,376.8 06/29/23 Website backup PP * \$4.99 \$1,371.8 07/11/23 Individual 7th Tradition VN \$7.00 * \$1,378.8 07/12/23 AC73889 Literature Purchase VN * \$252.89 \$1,125.4 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.4 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.4 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,184.4 7/31/23 Website Backup VN * \$4.99 \$1,184.4	06/17/23	CA1553	Literature sales	VN				\$181.75	*			\$1,313.40
06/19/23 Individual 7th Tradition VN \$2.00 * \$1,376.5 06/29/23 Website backup PP * \$4.99 \$1,371.5 07/11/23 Individual 7th Tradition VN \$7.00 * \$1,378.5 07/12/23 AC73889 Literature Purchase VN * \$252.89 \$1,125.0 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.0 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,184.0 7/31/23 Website Backup VN * \$4.99 \$1,184.0	06/17/23	Step study	Literature sales	VN				\$180.00	*			\$1,493.40
06/29/23 Website backup PP * \$4.99 \$1,371.5 07/11/23 Individual 7th Tradition VN \$7.00 * \$1,378.5 07/12/23 AC73889 Literature Purchase VN * \$252.89 \$1,125.6 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.6 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.6 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$4.99 \$1,184.6 7/31/23 Website Backup VN * \$4.99 \$1,184.6	06/18/23	AC72507	Literature Purchase	VN					*	\$118.88		\$1,374.52
07/11/23 Individual 7th Tradition VN \$7.00 * \$1,378.5 07/12/23 AC73889 Literature Purchase VN * \$252.89 \$1,125.0 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.0 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$1,189.0 7/31/23 Website Backup VN \$1,184.0 * \$4.99 \$1,184.0	06/19/23		Individual 7th Tradition	VN	\$2.00				*			\$1,376.52
07/12/23 AC73889 Literature Purchase VN \$1,125.0 07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.0 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$1,189.0 7/31/23 Website Backup VN \$1,184.0 * \$4.99 \$1,184.0	06/29/23		Website backup	PP					*	\$4.99		\$1,371.53
07/16/23 IG Speaker Mtg VN \$60.00 * \$1,185.0 7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$1,189.0 7/31/23 Website Backup VN \$1,184.0 \$1,184.0	07/11/23		Individual 7th Tradition	VN	\$7.00				*			\$1,378.53
7/16/23 IG Speaker Mtg PP \$2.00 * \$1,187.0 7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$1,189.0 7/31/23 Website Backup VN * \$4.99 \$1,184.0	07/12/23	AC73889	Literature Purchase	VN					*	\$252.89		\$1,125.64
7/24/23 CA1371 Individual 7th Tradition VN \$2.00 * \$1,189.0 7/31/23 Website Backup VN * \$4.99 \$1,184.0	07/16/23		IG Speaker Mtg	VN	\$60.00				*			\$1,185.64
7/31/23 Website Backup VN * \$4.99 \$1,184.0	7/16/23		IG Speaker Mtg	PP	\$2.00				*			\$1,187.64
	7/24/23	CA1371	Individual 7th Tradition	VN	\$2.00				*			\$1,189.64
8/1/23 Literature sales VN \$98.00 * \$1,282.0	7/31/23		Website Backup	VN					*	\$4.99		\$1,184.65
	8/1/23		Literature sales	VN				\$98.00	*			\$1,282.65

22/2-15		T					4				1
08/05/23	CA1553	Literature Sales	VN				\$55.50	*			\$1,338.15
08/05/23		Literature Purchase	VN					*	\$146.01		\$1,192.14
08/01/23	CA1371	Individual 7th Tradition	VN	\$2.00				*			\$1,194.14
08/20/23	WEB0287	Laundry List Traits	VN		\$60.00			*			\$1,254.14
08/21/23	CA1416	Literature Sales	VN				\$5.00	*			\$1,259.14
08/23/23		Workshop rent	VN					*		\$75.00	\$1,184.14
08/29/23	CA1553	Literature sales	VN				\$117.50	*			\$1,301.64
08/30/23		Website back up	PP					*	\$4.99		\$1,296.65
09/06/23	CA1276	Literature sales	VN				\$52.50				\$1,349.15
09/05/23	AC76215	Literature Purchase	VN						\$111.69		\$1,237.46
09/01/23	CA1276	Individual 7th Tradition	VN	\$10.00							\$1,247.46
09/23/23		Workshop deposit	CK							\$190.00	\$1,057.46
Totals				\$390.00	\$550.45	\$25.25	\$779.50		\$920.60	\$1,165.39	\$1,341.14
										Reserves	
										Prudent	\$800.00
										Outreach	\$65.56
										Events	\$56.41
										Events Travel	\$56.41 \$150.00
										Travel	\$150.00





ACA Monterey Bay Intergroup IG654 Sep 2023 LITERATURE INVENTORY REPORT

ITEM	8/20/23 BEGINNING QUANTITY	# BOUGHT	# SOLD	9/15/23 ENDING QUANTITY
BIG RED BOOK - HARD COVER	6	4	4	6
12 STEP WORKBOOK	5	1	2	4
STRENGTHENING MY RECOVERY -SO	6	12	11	7
LAUNDRY LIST WORKBOOK	5	0	1	4
LOVING PARENT GUIDEBOOK	9	0	0	9
NEWCOMER BOOKLET	31	10	10	31

LITERAT		

	OUR PRICE	BEGINNING INVENTORY VALUE	ENDING INVENTORY VALUE
*	\$18.50	\$111.00	\$111.00
	\$12.00	\$60.00	\$48.00
	\$10.00	\$60.00	\$70.00
	\$12.00	\$60.00	\$48.00
	\$11.75	\$105.75	\$105.75
	\$1.25	\$38.75	\$38.75
,		\$435.50	\$421.50
	'		\$ (14.00)

	Total	Sales
Total	Stock	minus
Sales	Purchased	Purchases
\$ 232.50	\$ 214.18	\$ (18.32)

* BRB price 7/27/22 from \$12.58 to \$15.60 per WSO price incr to \$21; corr 10/22 to \$18.50 to incl tax

5	(14.00)	Change in inventory value	

GIFTS TO NEWCOMERS	Pri	or YTD	This month	Ending YTD		
NC Pamphlets		8	0	8		
Speaker Meeting NC Gift Books		5	0	5		
Books / pamphlets	\$	83.50	\$ -	\$ 83.50		
Postage	\$	46.51	\$ -	\$ 46.51	stamp price	\$

Total \$ 130.01 \$ - \$130.01

FILLED ORDERS	D.	ATE	D	ATE	DA	TE	DATE	DAT	Έ	DATE	D	ATE	DA	TE	DA	TE	D	ATE	D/	ATE	D/	ATE	D	ATE	TOTALS:
	8/2	22/23	8/	25/23	9/1/	′23	9/2/23	9/5/	23	9/8/23															QTY & \$
BIG RED BOOK - HARD COVER qty				3			1																		4
" amt	\$	-	\$	55.50	\$	-	\$ 18.50	\$.		\$ -	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$ 74.00
12 STEP WORKBOOK qty				1			1																		2
" amt	\$	-	\$	12.00	\$	-	\$ 12.00	\$.		\$ -	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$ 24.00
STRENGTHENING MY RECOVERY qty		2		3	1		1	4																	11
" amt	\$	20.00	\$	30.00	\$ 10	0.00	\$ 10.00	\$ 40	.00	\$ -	\$	-	\$	-	\$		\$	-	\$	-	\$	-	\$	-	\$ 110.00
LAUNDRY LIST WORKBOOK qty							1																		1
" amt	\$	-	\$	-	\$	-	\$ 12.00	\$.	-	\$ -	\$	-	\$	-	\$		\$	-	\$	-	\$	-	\$	-	\$ 12.00
LOVING PARENT GUIDEBOOK qty																									0
" amt	\$	-	\$	-	\$	-	\$ -	\$.		\$ -	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$ -
NEWCOMER BOOKLET qty										10															10
" amt	\$	-	\$	-	\$	-	\$ -	\$.	-	\$ 12.50	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$ 12.50
Cost of newcomer/gift			\$	-	\$	-		\$			\$	-						-						-	\$ -
	\$	20.00	\$	97.50	\$ 10	0.00	\$ 52.50	\$ 40	.00	\$ 12.50	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$	-	\$ 232.50
Postage for newcomer / gift	\$	-																							\$ -

 Patt
 Patt
 Carol
 Donna
 Gina
 Patt

 Gettin' the Band
 Gettin' the Band
 Heart Circle Heart Circle Tues 12:30
 Gettin' the CA1233
 Band

INCOMING SHIPMENTS RECEIVED

Order#:	AC76215	AC76833	
Date	8/25/23	9/7/23	TOTALS
BIG RED BOOK - HARD COVER	3	1	4
12 STEP WORKBOOK	1		1
STRENGTHENING MY RECOVERY - SO	5	7	12
LAUNDRY LIST WORKBOOK			0
LOVING PARENT GUIDEBOOK			0
NEWCOMER BOOKLET		10	10

Total paid: \$111.69 \$ 102.49 \$214.18

	8/30/23	9/13/23	
	Count	Initials	DATE
BIG RED BOOK - HARD COVER	6	ccg	9/14/23
12 STEP WORKBOOK	4	ccg	9/14/23
STRENGTHENING MY RECOVERY - SO	7	ccg	9/14/23
LAUNDRY LIST WORKBOOK	4	ccg	9/14/23
LOVING PARENT GUIDEBOOK	9	ccg	9/14/23
NEWCOMER BOOKLET	31	ccg	9/14/23

Photo confirmation-->



At a Glance My Plan Plans (2) Recommendations (3) My Jetpack

Jetpack Stats

Days Weeks Months

80

Aug 16 Aug 18 Aug 20 Aug 22 Aug 24 Aug 26 Aug 28 Aug 30 Sep 1 Sep 3 Sep 5 Sep 7 Sep 9 Sep 11 Sep 13 O

Views today Best overall day All-time views All-time comments

1 327 Views 110,658 1

July 11, 2020

How likely is it you would recommend this workshop	Overall how do you rate the work- shop?	Overall how do you rate the work shop?	What did you like about the workshop	What did you dislike about the workshop	How clear were the objectives of the workshop	How clear were the objective s of the workshop
10	Excellent	5	Pace was relaxed and welcoming - no pressure	No breakthroughs, maybe something will come	Extremely clear	5
10	Excellent	5	The meditation was welll-paced. Superb!.	(nothing It was all thoughtul!	Extremely clear	5
9	Very good	4	Doing it! Writing & listening to inner child	Can't read my own writing. We all need to speak louder - I couldn't hear anyone	Very clear	4
10	Excellent	5	Well organized, good questions	Nothing	Extremely clear	5
10	Excellent	5	Structure, meditation, guidance, mutual support	Lack of clarity, e.g. 1. What happens when, 2. time limits for sharing	Somewhat clear	3
10	Excellent	5	The sharing		Extremely clear	5
10	Excellent	5	Relaxed pace	N/A	Extremely clear	5
10	Excellent	5	Well paced, comfortable & friendly atmosphere		Extremely clear	5
10	Very good	4	Writing	Nothing	Extremely clear	5
5	Good	3	That it was held		Somewhat clear	3

Summary of the 10 responses received

ow likely		Overall,	
is it you		how do	
would	Overall, how	you rate	
recommend	do you rate	the	How clear were
this	the	worksho	the objectives of
workshop	workshop?	p?	the workshop
9.4	Very Good +	4.6	Very clear +
out of 10		out of 5	

What type of ACA workshop are you interested in?

Inner child
Doing the steps from a child's viewpoint
Boundaries
Trauma
Similar to this with relaxed pace
Meditation