



## **Adult Children of Alcoholics and Dysfunctional Families**

**West Great Lakes ACA Intergroup, NFP**  
**P.O. Box 2124**  
**Bolingbrook, IL 60440**  
**(312) 344-3859**  
**[www.westgreatlakesaca.org](http://www.westgreatlakesaca.org)**

### **MEETING LIST – July 7, 2013**

**For updates, visit our Website**

**NOTE: Other meetings in our geographical  
areas can be listed by contacting  
[webmaster@westgreatlakesaca.org](mailto:webmaster@westgreatlakesaca.org)**

## **Chicagoland Area**

### • **Sunday 5:30 pm – Lake Barrington**

Stillwaters Alano Club, 28144 W. Industrial, Suite 122;  
Go north at Hwy 14 & Pepper Rd.; Right on Industrial.  
See directions at [stillwatersalano.org/](http://stillwatersalano.org/)  
- Closed meeting for Adult Children only, Steps,  
traditions, Red Book Study  
- Contact Mary Jo at [maryjl@msn.com](mailto:maryjl@msn.com) or (773) 807-  
2986

### • **Sunday 7 pm - Wilmette**

Loyola Academy, 1100 Laramie Ave.; Just north of  
Lake St & west of 94; Room 174  
- Closed meeting for Adult Children only  
- Contact Eileen at [eileencb12@gmail.com](mailto:eileencb12@gmail.com)

### • **Monday 10 am - Palatine**

900 E Wilmette - near Rohlwing and Northwest Hwy.  
- Closed meeting for Adult Children only  
- Red Book Study, Discussion  
- Contact Dee at [deebeach55@comcast.net](mailto:deebeach55@comcast.net) or (248)  
674-8540

### • **Monday 7 pm - Forest Park**

7518 Madison St.; Upstairs on the left  
- Open to all, including gay/lesbian, beginners  
- Discussion, book study  
- Contact Ken at [hobbitken@yahoo.com](mailto:hobbitken@yahoo.com) or (708)  
450-0045

### • **Monday 7 pm - Libertyville**

St. Lawrence Episcopal Ch, 125 W. Church St.; 1 bl.  
west of Milw. Ave.; Park behind church; go in double  
doors on left; in basement. Wheelchair accessible.  
- Closed meeting for Adult Children only, Steps,  
traits, small group discussion, workbook groups.  
- Contact Don at [aca.newday@gmail.com](mailto:aca.newday@gmail.com) or (847)  
370-6937

### • **Monday 7:30 pm - Arlington Heights**

Our Saviour's Lutheran Church, 1234 N Arlington Hts.  
Rd. at Olive; Park in lot, enter left door, Meeting Rm 4  
- Closed meeting for Adult Children only, beginners  
welcome, speaker, Steps.  
- Contact Dan at [dlapinski@hotmail.com](mailto:dlapinski@hotmail.com) or (847)  
259-4645

### • **Monday 7:30 pm - Joliet**

First Presbyterian Church, 805 Western Ave.; Fireside  
Room; NW corner Western & Raynor Aves.  
- Closed meeting for Adults Children only  
- Steps, discussion  
- Contact Tom at [tmtonguesr@juno.com](mailto:tmtonguesr@juno.com) or (815)  
838-3053

### • **Tuesday 12 pm - Downers Grove**

St. Luke's Presbyterian Church, 3910 Highland; 1  
block N of Ogden, 1 block E of Main  
- Closed meeting for Adult Children only, Steps,  
book study, Red text  
- Contact Dolores at [toniacoa5617@comcast.net](mailto:toniacoa5617@comcast.net) or  
(630) 435-0893

### • **Tuesday 7 pm – Orland Park**

Faith United Methodist Church, 15101 S. 80<sup>th</sup> Ave.  
- Discussion meeting  
- Contact Pam at [rainbowmap@aol.com](mailto:rainbowmap@aol.com) or (708)  
712-9747

### • **Tuesday 7:30pm - Naperville**

St. Timothy Lutheran Church, 1313 N Mill St.  
- Closed meeting for Adult Children only, Steps, book  
study.  
- Contact Debbie at [debbiem6@aol.com](mailto:debbiem6@aol.com) or (630)  
790-3422

### • **Tuesday 8 pm – Chicago**

North Side Alano Club, 5555 N Lincoln Ave.  
- Kids room, street parking  
- Speaker Meeting  
- Contact Greg at [dontdrink1190@yahoo.com](mailto:dontdrink1190@yahoo.com) or  
(773) 307-3642

### • **Wednesday 5:45 pm – Chicago**

North Side Alano Club, 5555 N Lincoln Ave.  
- Kids room, street parking; Top of stairs on left  
- Workbook Study Group  
- Closed meeting for Adult Children only  
- Contact Bev at [bee.0317@gmail.com](mailto:bee.0317@gmail.com) or (773)  
412-3331

### • **Wednesday 7 pm – Chicago**

North Side Alano Club, 5555 N Lincoln Ave.  
- Kids room, street parking  
- Closed meeting for Adult Children only  
- Red Text study  
- Contact Nayt at [mongo.prolongo@gmail.com](mailto:mongo.prolongo@gmail.com)  
(773) 209-6300

### • **Wednesday 7 pm - Elk Grove Vlg.**

Kenneth Young Center, 1001 Rohlwing Rd.; NE  
Corner of Rohlwing and Nerge  
- Closed meeting for Adult Children only  
- Steps and character traits.  
- Contact Marty at [marty.lund@comcast.net](mailto:marty.lund@comcast.net) or  
(847) 922-5714

### • **Thursday 6:30pm - Palatine**

Presbyterian Church of Palatine, 800 E. Palatine Rd.  
- Closed meeting for Adult Children only  
- Speaker, Steps, Red Book Study  
- Contact Bobbie at [morlando9@gmail.com](mailto:morlando9@gmail.com) or  
(847) 934-3335

- **Friday 6:30pm - Antioch**

311 Depot St., Suite C; Antioch Recovery Club; ½ bl. from Antioch Metra station off Main & Depot Sts.  
 - 12 Step study meeting  
 - Contact Dawn at (847) 867-7592 or go to antiochrecoveryclub.org

- **Saturday 8:30am - Deerfield**

St. Gregory's Episcopal Church, 815 Wilmet Rd.  
 - 2nd Floor, Wilmet & Deerfield Roads  
 - Closed meeting for Adult Children only, 12 Steps, Red Text  
 - Contact Bobbie at morlando9@gmail.com or (847) 934-3335

- **Saturday 9 am - Chicago Hyde Park**

Church of St. Paul & the Redeemer, 4925 S. Dorchester Ave.; downstairs in Cecelia Room  
 - Closed meeting for Adult Children only, 12 Steps, Discussion  
 - Contact Fabian at nechfamily@ameritech.net or (773) 744-8589

- **Saturday 10 am - LaGrange**

Adventist LaGrange Hosp., 5101 Willow Springs Rd.  
 - Wheelchair accessible; Main Entrance, 1st Floor, Dixon Auditorium  
 - Closed meeting for Adult Children only, Steps, discussion, speaker, Red Book study  
 - Contact Rita at (630) 493-0722

- **Saturday 10 am - Wood Dale**

Municipal Building, 404 N Wood Dale Rd.  
 - Open to all, Beginners, Discussion, Steps, Red Book study.  
 - Contact Ryan at rksauers@hotmail.com or (630) 333-7479

## **Southeast Wisconsin**

- **Tuesday 7 pm - Milwaukee "The Rediscover Life Group"**

Luther Memorial Church - 2840 S 84th St.  
 - Closed meeting for Adult Children only, beginners welcome, Steps, last Tues - traditions/promises.  
 - Contact Steve N. at nennig54@yahoo.com or Charlie K. at arm5555@aol.com

- **Friday 6:30 pm - Antioch, IL**

See Illinois listing for Friday night.

- **Friday 7 pm - Wauwatosa,**

Mt Zion Ev Lutheran Church - 12012 W North Ave.  
 - Upstairs In School - Back Door  
 - Closed meeting for Adult Children only, Steps, book study, characteristics  
 - Contact Peter at petedustpete@att.net or (414) 630-2175

## **Northwest Indiana**

- **Thursday 6:30pm, Highland**

8413 Kennedy Ave.  
 - South of I-80/I-94 on Kennedy Ave.  
 - Closed meeting for Adult Children only, discussion, speaker, Steps, book study, fellowship text  
 - Contact Katherine at katherinemammano@att.net or (219) 718-9992

**NOTE:** The West Great Lakes ACA Intergroup meets on the 3<sup>rd</sup> Saturday of each month.

The January, April, July and October meetings are in-person starting at 1 p.m. at the Lutheran Church of the Holy Spirit, 30 Riverwoods Road, Lincolnshire, IL.

The Intergroup meetings for all remaining months are conference calls starting at 1 p.m. The call-in number is (530) 881-1300 and the participant passcode is 434291#.

All ACAs are welcome to attend these meetings.

Please contact Mary Jo at (773) 807-2986 for more information.

**The Laundry List:** (Common survival traits of an Adult Child of Alcoholics and Dysfunctional Families)

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened of angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to "love" people we can "pity" and "rescue."
10. We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.