

20 Week ACA Step Study Script

Let's open the meeting with the ACA version of the Serenity Prayer

*God, grant me the serenity to accept the people I can not change
The courage to change the one I can
And the wisdom to know that one is me (BRB pg 424)*

We meet to share the experiences we had as children growing up in an alcoholic or dysfunctional home. That experience infected us then, and it affects us today. By practicing the 12 steps and by attending meetings regularly, we find the freedom from the effects of alcohol or other family dysfunction. As ACA members we identify with the Laundry List traits or the Problem and we learn to live in the solution of reparenting ourselves, one day at a time.

Let's begin our work with The Set Aside Prayer

Dear God,
Please help me set aside everything I think I know – about myself, the disease, the Big Red Book, and the 12 steps – everything I think I know about the program, the fellowship, all spiritual terms, and especially about you, God; So I may have an open mind and a new experience. Please help me see the truth.
Amen

Sharing:

We go through this process in an atmosphere of love, understanding and support – (Workbook pg 76)

Closing:

We will read The Promises and weekly affirmation to close the meeting

Affirmation for week's 1, 12-20

Please join me in the meditation:

Higher Power, help me to be willing to recognize the Loving Parent inside of me. Help me to intergrate my Inner Child more actively into my daily life so that I remain awake spiritually. Grant me the courage to change the things I can. Grant me the wisdom of my Inner Child.

During week's 2-11 we will read the affirmation at the end of the step/chapter from the yellow workbook.