

A.C.A MEETING FORMAT

Hello and welcome to ACA. My name is ____ I am an adult child and will be your chairperson for today's meeting. This is a "Closed Meeting", and ACA defines a "Closed" meeting as one reserved for those identifying as an Adult Child. Please keep Tradition 3 in mind while attending this meeting which States: "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". Also, while many ACA members make fine use of therapists and counselors, our meetings are not therapy sessions. We don't discuss therapeutic techniques. While we might share about our counseling work, the focus of an ACA meeting is the Twelve Steps and Twelve Traditions. Therapy is not a replacement for ACA meetings or working a program.

Preamble

We meet to share the experiences we had as children growing up in an alcoholic and or dysfunctional home, the way it affected us then and the way it affects us now. By practicing the 12 steps and by attending meetings regularly, we find freedom from the effects of alcoholism or other family dysfunction. As ACA members, we identify with the Laundry List traits. We learn to live in The Solution of reparenting ourselves, one day at a time. We wish at last to find our true selves.

Can we have a moment of silence and then the Serenity Prayer?

1. Introductions.

2.Any Newcomers?? (If so, handout Newcomer info.

3.Begin Readings: Problem/ Solution/ 12 Steps/ 12 Traditions

4. Chairperson Reads:

You may have related to our readings even if there was no apparent alcoholism or addiction in your home. This is common because dysfunction can occur in a family without the presence of addiction. We welcome you. The ACA program is not easy, but if you can handle what comes up at six consecutive meetings in a row you will start to come out of denial. Confronting your denial about family addiction or dysfunction will

give you freedom from the past. Both you and your life will change.

In the beginning, many of us could not recognize or accept that some of our current attitudes or behaviors result from being raised in an alcoholic or other dysfunctional family. We behave as adult children which means we bring self-doubt and fear learned in childhood to our adult interactions.

By attending six meetings in a row and attending regularly thereafter, we come to know and begin to act as our True Selves. We encourage each member to share openly about his or her experiences as time allows. This is a safe place to share your adult and childhood experiences without being judged. To allow everyone a chance to share during the meeting, we ask each person to limit their sharing to five minutes.

5. ACA Announcements or Reports? (Business meetings are quarterly and are held after the meeting. Check the calendar book)

6. 7th Tradition. (We are self-supporting)

7. Pass Calendar Book (for those wanting to chair)

8. Read: “No Crosstalk Rule.”

9. Read: “Safety in Meetings” (if needed or newcomer is in attendance)

10. Weekly Topic: refer to Monthly calendar

11. Read: “ACA 12 Promises” before closing meeting.

12. Close meeting with a prayer chosen by the chairperson.