

The meeting begins at 7:30am.

Secretary: Can I get a volunteer to lead the meeting?

Leader: Good morning, my name is _____. Welcome to the Thursday morning Step Study of Adult Children of Alcoholics. We meet to share our experience, strength and hope from growing up in an alcoholic or dysfunctional home; the way it affected us then, and the way it affects us today. By practicing The Twelve Steps of ACA, focusing on “The Solution”, and by accepting a Higher Power of our understanding, we find freedom from denial of the effects of the disease of alcoholism, or other dysfunction, has had on our lives. We identify with “The Problem” and learn to live in “The Solution” one day at a time.

Will you join me in the Serenity Prayer?

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

(AFTER PRAYER)

Can I get a volunteer to read “Common Feelings and Behaviors” **1**

Can I get a volunteer to read “The Problem” **2**

Can I get a volunteer to read “The Solution” **3**

Can I get a volunteer to read “The Twelve Steps” **4**

Can I get a volunteer to read “The Twelve Traditions” **5**

(AFTER READINGS)

If you are attending an ACA meeting in your first 30 days, will you please raise your hand and tell us your first name only. We ask this to welcome you, not to embarrass you.

(Pause)

Once you have made it through these doors you do not have to feel as if you are the only one who has had these experiences, the pain, the feelings, the depression, the fear or the problems. We welcome you and invite you to keep coming back.

Many of us could not recognize or accept that certain characteristics of our attitude or behavior in the present are the result of situations related to our childhood experience as a co-victim of the disease of alcoholism or another dysfunction. We behave as Adult Children, often without realizing it. After a time of attending meetings, we come to know ourselves, and learn to love ourselves. The patterns can change.

The format of this meeting is simple: Each person will read at least one paragraph of the reading we are on from "The Twelve Steps for Adult Children" **(Leader shows book cover to the screen)**, beginning where we ended our reading at the last meeting. When we are at the end of that step, we will read the corresponding questions in Appendix One, then the meeting is open for sharing. If you would like to read, please use the "raise hand" feature in the "more" section of your window. Call-in members can press *9 to raise/lower hand, and *6 to mute/unmute. The secretary will read the step we are on and then call on volunteers to begin reading.

If the step is a particularly long one, the Secretary will designate where to stop reading, saving the rest for next week and to allow adequate time for sharing. We will read for 5 minutes. If the timer can please set the timer for 5 minutes.

Secretary: *(Reads step we are on and announces page we are on)*

(AFTER READING)

Leader: Before we begin sharing, we will observe the 7th Tradition, which states: "that every group is to be self-supporting, declining outside contributions". Our collection goes towards rent and purchasing literature for the meeting. We have

no dues or fees but we do pay rent. If you can, the suggested donation is \$2 for this meeting. The treasurer will be posting the payment details in the "chat" below.

This part of the meeting is open sharing on the step we have just read. ACA is spoken here, please keep the focus on our program and respect the privacy of what is shared. Please leave other affiliations outside. Your professions, other philosophies, outside publications, religions, other 12-Step programs.

Remember...Whom you see here, What you hear here, When you leave here, LET IT STAY HERE.

In this meeting we do not Crosstalk. Crosstalk is interrupting, giving advice, or making comments about another person's sharing. It is also talking to someone or making distracting noise during sharing time. We do not cross talk because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective. We accept without comment what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others. When others listen to us, just listen, our reality, our truth, our ideas, our feelings, or self-image, our Beings are affirmed. When we focus only on our own recovery, keeping out of others, we are taking responsibility for our own lives. We do this by presenting all statements in the "I", first-person, form.

Sharing is 3 minutes; you will be given a notification when 1 minute remains to wrap up your share. We reserve the last 5 minutes for newcomers to share and the Secretary will announce this at 8:15am.

Sharing will go until 8:20am. Please use the "raise hand" feature to be called on by the Secretary. Hands will be called on in the order they are received.

(Secretary confirms the timer is at the meeting at timing)

(SHARING BEGINS)

(SHARING ENDS - approximately 8:20am)

Leader: That's all the time for sharing. If you did not get a chance to share, please talk with someone after the meeting. I'd like to turn the meeting over to the Secretary.

Secretary:

Hello, my name is _____ and I am your co-secretary. This meeting holds business meetings on the last Thursday of the month. If you have a motion you would like to add to the business meeting agenda, please message the secretary directly. If there are no current issues to be discussed, we will not hold a business meeting.

We reserve 3 minutes in total for comments on the announcements being made or any additional announcements. Please raise your virtual hand to be called on by the Secretary.

Are there any announcements for:

Treasurer's report

Lifeline

Literature

Intergroup

Greeter

Secretary

(If Positions are available - announce here) - The World Service position is currently open. If you would like to take this position, you can talk to the Secretary after the meeting.

Are there any other additional announcements for the good and welfare of ACA?

Thank you to the members who do service at this meeting

Secretaries: Lori and Luis

Treasure: Monica

Literature: Joseph

Lifeline: Jamie

Intergroup Rep: Jacquie

(Temporary) Timer: Kay

Security: Craig

World Service: Jamie

Greeter: OPEN

Sponsorship announcement:

It is suggested that we take the 12 steps with the guidance of a sponsor. A sponsor is someone who has taken the 12 steps themselves and is committed to using the program in their own life. If you are available to sponsor or be a fellow traveler, please change your name with the "S" for Sponsor or "FT" for Fellow Traveler next to your name with your phone number or type your name and cell phone into the chat box below to the group.

Thank you for letting me be of service, I will now turn the meeting back over to our leader.

(AFTER SECRETARY ANNOUNCEMENTS)

Leader:

Can I get a volunteer to read "The ACA Promises" **6**

It's time to read "Positive Affirmations". Please read two and say "pass" when finished **7**

(AFTER READINGS)

In closing, the opinions expressed here were strictly those of the persons who gave them, take what you like and leave the rest. Remember, the things you heard here were shared in the strictest of confidence and should be kept confidential.

Please come back next week and bring a friend.

Would (choose someone) please lead the group in "The Serenity Prayer"?