

ACA Zoom Test Meeting Format

Hello. My name is _____. Welcome to the ACA 10:30 am ZOOM Test meeting of Adult Children of Alcoholics.

ACA is a spiritual program supporting people who grew up with family dysfunction. That experience infected us then and it affects us today. While our members may be from homes where alcohol or drugs were present, it is not a requirement. People who suffered abuse, neglect or unhealthy behavior are also members.

The purpose of ACA is 1) to shelter and support members in confronting denial 2) to comfort those mourning their early loss of security, trust and love and 3) to teach the skills for reparenting ourselves with gentleness, humor, love and respect. *

ACA provides a safe, nonjudgmental environment that allows us to grieve our childhoods and to conduct an honest inventory of ourselves and our families. Identifying with the Laundry List Traits (The Problem), we learn to live in The Solution, one day at a time.

Will you please join me in a moment of silence followed by the ACA Serenity Prayer?

***God, grant me the serenity to accept the people I cannot change,
the courage to change the one I can, and the wisdom to know that one is me.***

Will someone please read The Problem from Page 589 in the BRB

Will someone please read The Solution from Page 590 in the BRB

Will someone please read Tony A's 12 Steps, they are not in the Red Book, but we have copies available if you are interested.

1. We admitted we were powerless over the effects of living with alcoholism and that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could bring us clarity.
3. We made a decision to practice self-love and to trust in a Higher Power of our understanding.
4. We made a searching and blameless inventory of our parents because, in essence, we had become them.
5. We admitted to our Higher Power, to ourselves and to another human being the exact nature of our childhood abandonment.
6. We were entirely ready to begin the healing process with the aid of our Higher Power.
7. We humbly asked our Higher Power to help us with our healing process.
8. We became willing to open ourselves to receive the unconditional love of our Higher Power.
9. We became willing to accept our own unconditional love by understanding that our Higher Power loves us unconditionally.
10. We continued to take personal inventory and to love and approve of ourselves.
11. We sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of it's will for us and the power to carry it out.
12. We have had a spiritual awakening as a result of taking these steps, and we continue to love ourselves and to practice these principles in all our affairs.

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.

Are there any newcomers on the call today for their first ACA Meeting? If so, please introduce yourself by your first name so we can welcome you and get to know you. *Wait a few seconds.....*

After the meeting, some members will stay on the call to answer any questions that you may have. We are glad you are all here. Keep coming back.

OK, Let's go around the virtual room and have everyone introduce themselves by our first names. My name is _____.

Let's give ourselves a hand for being here today!!!

This program is not easy, but if you can handle what comes up at six consecutive meetings you will start to come out of denial. This 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 some experience related to alcoholism or dysfunction in our childhood. 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.

Can someone read Today's Meditation – from our book *Strengthening my Recovery*? It can be found at adultchildren.org/meditation Thank You.

Today's meeting is a Red Book Study. We will start our reading from where we left off (*see log*). We will read for 10 minutes. When we reach the end of the day's readings, we will start sharing. 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 three minutes. Will someone volunteer to be our spiritual timekeeper, thank you. The spiritual timekeeper will signal when there is 1-minute left (by saying 1 Minute) and when the 3 minutes is up by saying Time. Please acknowledge the timekeeper.

Who would like to start the reading – You can read a few paragraphs and then say pass when done.

Reading for 10 Minutes

End of Reading

A friend will now read a reminder about cross talk, anonymity and fixing.

Anonymity, Cross Talk, Fixing

What you hear at this meeting should remain at the meeting. We do not talk about another person's story or experiences to other people. Please respect the anonymity of those who share with us today.

We do not cross talk during the sharing time. Cross talk means interrupting, referring to, or commenting on what another person has said during the meeting. 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.

In ACA, we do not touch, hug, or attempt to comfort others when they become emotional during an ACA meeting. If someone begins to cry during a meeting, we allow the person to feel his or her feelings without interruption.

To touch or hug the person is known as “fixing.” As children we tried to fix our parents or to control them with our behavior. In ACA, we are learning to take care of ourselves. We support others by accepting them into our meetings and listening to them. We allow them to feel their feelings in peace.

We will now start the sharing, please no double sharing unless everyone has had a chance to share already.

Stop at 11:50

(If time allows) Does anyone have a burning desire to share? **&/or** That’s all the time we have for sharing.

Thank you for being here and please keep coming back. If you did not have a chance to share, please speak to someone after the meeting if you need to talk.

It’s now time for the 7th Tradition which states that “Every ACA group ought to be self-supporting, declining outside contributions.” We ask that you consider buying some ACA literature or make a contribution at shop.adultchildren.org or support the group or intergroup via venmo or paypal.

Can someone read the Tradition of the month and the 12th Tradition.

Does anyone have any ACA related announcements?

It is time to read The Promises.

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to “people-please” will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.

