

ACA Sample Meeting Format

Hello! My name is _____, I am an adult child. Welcome to the _____ Meeting of Adult Children of Alcoholics and Dysfunctional Families. 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 Twelve 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 re-parenting ourselves, one day at a time, and growing a connection with our Higher Power.

Will you please join me in a moment of silence followed by the Serenity Prayer to open the meeting? (silence)

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 to the difference.

We will now read the group's readings from the Big Red Book (BRB). **Note: These same meeting documents can be found on the Socalaca.org Website.**

I have asked a "friend" to read:

1. The Problem - Page 589 BRB
2. The Solution - Page 590 BRB
3. The 12 Steps - Page 586 BRB
4. The 12 Traditions - Page 592 BRB

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.

If you are attending an ACA meetings for the first time, will you please introduce yourself by your first name? This is not to embarrass you, but so we can get to know you better. We are glad you are here. Keep coming back.

May we now go around the room and introduce ourselves by our first name and say how we are feeling in a few short words. We do this to learn to identify our feelings.

(If on Zoom, easiest if leader selects people)

The ACA program is not easy, but if you can handle what comes up at six consecutive meetings you will start to come out of denial. Confronting your denial about family addiction or dysfunction will give you freedom from the past. Your life will change. You will make friends and truly learn how to live with greater choice and personal freedom. You will learn to focus on yourself and let others be responsible for their own lives.

In the beginning, many of us could not recognize or accept that some of our attitudes or behaviors result from being raised in an alcoholic or 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.

Tonight's meeting topic/reading will be _____ (Note: leader chooses topic – the BRB has a list at the back of the book) Leader determines amount of time for reading from BRB.

Before we begin open sharing 'cross talk' is not allowed. Cross talk means interrupting, referring to, or commenting on what another person has said during the meeting. In ACA, each person may share feelings and perceptions without fear of judgement or interruption. We accept without comment what others say because it is true from them. If someone gets emotional during an ACA meeting, we allow them to feel their feelings without interruption. We work toward taking more responsibility in our lives rather than trying to comfort/fix or give advice to others.

We encourage each member to share openly about his or her experiences as time allows. So everyone has a chance to share during this meetings, we ask each person to limit their sharing to ____ minutes.

*Note: The leader works with the timer to determined the length of time in which everyone can be willing to share at the meeting. **Note: The leader can share for up to 5 minutes.***

If on Zoom, it is suggested that the leader call on members to share, letting them know they can pass if they do not want to.

Option- The Leader may ask if anyone has a burning desire to share before s/he calls on anyone to begin sharing.

7th Tradition. Being fully self-supporting, the current monthly Zoom cost is \$14.

Newcomers are encouraged to buy literature and need not contribute at their first meeting.

Treasurer:

Can we have a treasurer's report. (Each meeting group will determine how this will work for them.)

It is now time for the secretary's announcements.

Secretary:

Thank you...

Does anyone want to volunteer to be next week's leader? We can email you this leaders guide to help you.

Any ACA related announcements?

Any other Non-ACA related announcements?

Back to the leader.

Leader:

It is now time to read the Twelve Promises of ACA. Will someone please volunteer to read this on Page 591 in the BRB?

This bring us to the end of our meeting Thank you for joining us and keep coming back.

(if there you need to talk someone and did not have time please contact via the contact list or Zoom chat function)

I would like to ask _____ to lead us in a closing prayer or a reading of the Daily Intentions of her or his choice.

End of meeting.

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