

# ACA Meeting

Welcome to the Sunlight of the Spirit Adult Children of Alcoholics \_\_\_\_\_ study meeting. My name is \_\_\_\_\_ and I will be your secretary. Please join me in a moment of silence followed by the (AA or ACA) Serenity Prayer. God... God, Grant me the serenity...

We meet to share the experiences we had growing up in an alcoholic or dysfunctional home. In the beginning, many of us could not recognize or accept the alcoholism or dysfunction. By Practicing the 12 steps, Focusing on the Solution, and Accepting a Higher Power of our understanding, we find freedom. We identify with The Problem and learn to live in The Solution, One Day At A Time. Would someone Please read:

**1) Intro 2) Laundry List OR Problem 3) ACA 12 Steps or Tony A's 12 Steps 4) Tradition of the month 5) Solution Thank you.** Please pass over the readings.

If you are attending an ACA meeting for the first time, please introduce yourself by your first name? This is not to embarrass you, but to welcome you. (*Give them a welcome chip & a hug*) We are glad you are here and encourage you to attend six meeting and share openly. This is a safe place to share. Remember, Who you see here, What you hear here, Let it remain Here. Please refrain from Crosstalk. "Crosstalk means interrupting, referring to, commenting on, or using the contents of what another person has said." RB 573. Now Let's go around the room and introduce ourselves by our first name and do a feelings check in. Start with the person on your left or right.

There are ten meetings a week here. Mon - Sat at 11, Sat & Sun at 3, Tue night at 7:30 and Wed night at 7. All of the meetings are in Room 206 except for the 11<sup>th</sup> Step Meditation meeting in the Chapel. Is anyone Celebrating an ACA Birthday? Birthdays are celebrated the 1<sup>st</sup> Tues. at 11 am and the 1<sup>st</sup> Sat at 3 pm of each month. Business Meetings are the 1<sup>st</sup> Wed of the month here at 12:40. Contact Marty to add proposed items to the business meeting agenda. Is anyone willing to be a Sponsor? If you can't find a sponsor, try the Sponsorship meeting on Wed at 11 am. All are welcome. We have an Info Binder with Handouts and Free Trifolds.

## **ACA Secretary Announcements. Please read at every meeting.**

1. On the 1<sup>st</sup> Sat. of each month at 6:00 pm, there will be a recovery potluck and game night in Room 206. Contact Cindy, the game night secretary, for more info.
2. Everyone can have the church code. It's 8 6 7 5 3 0.
3. Submit recovery artwork, poems and stories to the newsletter: [cpierson1954@gmail.com](mailto:cpierson1954@gmail.com).
4. The Sunlight of the Spirit Fellowship has a meeting 365 days a year.
5. We can now take credit cards for 7<sup>th</sup> tradition donations and book purchases. See me or someone else at the meeting.

6. We still need secretaries for the Sunday meeting. Please hold elections until these openings are filled.
7. The ACA Northern California Intergroup will meet here on Sat. Jan. 12<sup>th</sup> at 5 pm. All are welcome.
8. There will be a John Donovan retreat on June 14<sup>th</sup> through June 16<sup>th</sup>, 2019 at Christ the King Retreat Center in Citrus Heights. Contact Courbet.

Does anyone have any other ACA related business or announcements?

Just a Friendly Reminder, 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 their feelings. 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. RB 564

The 7<sup>th</sup> Tradition states that we are self-supporting through our own contributions, while meetings are free, Coffee, Rent and Supplies are not, so we pass a basket for contributions. For all those who can afford it and would enjoy doing so, please break the buck barrier.

Please silence cell phones. **We read a paragraph or two** (OR a page OR for \_\_\_\_ minutes), **[MONDAY ONLY: we meditate for 5 minutes] and share as we feel inspired.**

After each reading, Please let everyone have a chance to share before you share again. Please keep your shares from 3 to 4 minutes. The timer rings at the end of 3 minutes and then you have one minute to conclude your share. Is there a volunteer to be the timer? Thank you. No one is required to read, just pass. Is there a volunteer to read? Thank you.

We are on Page \_\_\_\_ in the \_\_\_\_\_ Book. (*Mark the page # you'll start with next week if your meeting keeps track.*)

(At 10 – 15 minutes till) Would anyone who hasn't shared, like to share. (If no one shares) It's ok to share a second time.

(At 5 minutes till) Can we Hear the Promises.

(Secretary closing) Thank you. This has been a great meeting, let's stand and say the (AA or ACA) Serenity Prayer. Let the circle represent what we never have to do alone again, never, ever. Who keeps us sane: God, grant me the serenity...