

ACA MEETING FORMAT

(Before the meeting begins: Ask who would like to read the Laundry List, Solution Part 1, Solution Part 2, The 12 Steps, Tradition for the month, The Promises, and serve as the voluntary timekeeper)

----- (Meeting begins) -----

Hello. My name is (*your first name*). Welcome to the Sanders Beach hybrid meeting of Adult Children of Alcoholics, originating from Pensacola, Florida. Please keep your cell phones turned off during the meeting. For those attending virtually, please keep your microphones muted until you are ready to speak.

We meet to share the experience we had as children growing up in an alcoholic, drug-addicted, or otherwise dysfunctional home. That experience infected us then, and it affects us today. By practicing the 12 Steps, focusing on the Solution, and accepting a Higher Power of our understanding, we find freedom from the effects of alcoholism, drug addiction, and other family dysfunction. We identify with “The Problem” and learn to live in “The Solution,” one day at a time. Will you please join me in a moment of silence followed by the Serenity Prayer?

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

I've asked \_\_\_\_\_ to read *The Laundry List*.

I've asked \_\_\_\_\_ to read *The Solution*.

I've asked \_\_\_\_\_ to read *The 12 Steps*.

You may have related to our readings even if there was no apparent addiction in your home. This is common, as dysfunction can occur in a family without the presence of addiction. We welcome you.

**(Only if we have new members)** If you are attending this ACA meeting for the first time, will you please introduce yourself by your first name only? This is not to embarrass you, but so we may welcome you and get to know you. (New members introduce themselves) We are glad you are here. Keep coming back. For the rest of us...

May we go around the room and introduce ourselves by our first name? We will start with in-person attendees, followed by online attendees. My name is (*your first name*).

This 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. 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, drug addiction, or other 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.

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.

NOV 2023 – DINNER NIGHT

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 crosstalk during the sharing time. Crosstalk means interrupting, referring to, or commenting on what another person has said during the meeting. We do not crosstalk because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective. We listen quietly and 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. We also maintain these boundaries after the meeting.

Today's meeting is a Topic Discussion followed by Fellowship Dinner. We will begin sharing now and will wrap up at 6:20. For those who would like to join us, we will depart for dinner at 6:30. We will share more details about the Fellowship Dinner during Secretary's Announcements.

Today's topic is: (Announce the topic and do any associated readings). We can now begin sharing. If you are not sharing, please keep yourself on mute until ready to share.

----- (Sharing ends) -----

**(If time allows)** For those who have not shared yet, does anyone have a burning desire to share? That's all the time we have for sharing.

It is now time for the 7<sup>th</sup> Tradition, which states that every ACA group ought to be self-supporting, declining outside contributions. We also accept contributions via Venmo @acapensacola. Newcomers are encouraged to buy literature and books and need not contribute at their first meeting.

I've asked \_\_\_\_\_ to read the Tradition for this month.

Now it's time for the Secretary's Announcements:

- Meeting ID and PW will be the same for each meeting.
- When inviting new members, please discuss meeting safety protocols – in-person & online.
- We alternate Big Red Book and Work Book every week, other than on Fellowship Dinner night.
- We have a member contact info list to notify everyone of meeting updates.
- Intergroup announcements:
  - Does anyone have an ACA milestone?
  - Treasurer's report (cash, bank, Venmo)
  - Tonight is the Fellowship Dinner at the Oar House, 6:45 ~ 7:45 pm. Who is planning to join us?
  - Does anyone have any other ACA announcements? Who would like to chair next week?

I've asked \_\_\_\_\_ to read The Promises.

Thank you to everyone who read. Thank you to those who shared. Thank you for being here and keep coming back. We will now close the meeting with the serenity prayer:

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

Keep coming back; it works if you work it!