

FYI for the chairperson: Morning meetings end the sharing portion of the meeting no later than 10 minutes to the top of the hour.

Coffee with the Stoics

START READING HERE

Hello, my name is _____ and I am a recovering adult child.

Opening

Welcome to the Agnostics ACA **Coffee with the Stoics** meeting. It's a part of our vision to build safe recovery spaces for those who are agnostic, atheist, freethinkers, humanist or simply struggling with the concept of a power greater than themselves.

We meet to share the experiences we had as children growing up in an alcoholic or dysfunctional family. That experience infected us then, and it continues to affect us today.

There is only one requirement for ACA membership: the desire to recover from the effects of family dysfunction. By practicing the Universal Principles of the Twelve Steps, and by attending meetings regularly, we find freedom from the effects of our childhood family

dysfunction. Everyone seeking recovery is welcome at Agnostic ACA meetings and we're glad you're here today.

To open the meeting, please join me in a moment of silence followed by our secular version of the ACA Serenity Statement. Feel free to press unmute if you'd like to join in. Please note that this version of the Serenity Statement begins with "Today, I seek the serenity."

Chairperson Tip

The Serenity Statement will be shared on the screen.

Chairperson Tip

Most of us pause and take a couple of deep breaths to allow everyone in the meeting to get ready.

Then we say, "BEGIN" before we actually start so that we all recite together simultaneously.

BEGIN: Today I seek 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.

Newcomers and Welcome

This meeting presumes attendees are familiar with the format of recovery meetings. If you're a newcomer, remember, you are absolutely welcome, although you might find yourself confused. Don't worry or panic: There are many meetings available where you can learn meeting structure. Feel free to stay and get to know us.

We like to take the time to introduce ourselves, if you are new to this meeting, or to ACA, feel free to let us know. This is not to embarrass you, it's to get to know you better. I'll start: **Hello, my name is _____. I am a recovering adult child.**

Chairperson Tip

After participants introduce themselves, greet them with a simple "Hi" or "Welcome". If someone says they are new to the meeting, we often say: "Welcome, we're glad you found us." Try to use a consistent tone of voice. Know that ACA's are often hypervigilant and pick up on changes in tone of voice – causing them to feel you have favorites. *Just do your best, don't stress.*

If you are new to ACA online meetings, or you have questions you'd like to ask, please stay with us after the meeting ends and we will do our best to assist you.

Safety Statements

Because safety is critically important and virtual environments create their own challenges, the chat function has disabled until the end of the meeting. You will always be able to message the host and co-hosts in the event an issue arises. Also, during the rest of the meeting, participants will be unable to unmute or rename themselves. You will be able to unmute, for your share, when you receive an invitation from the host. The invitation will appear on your screen when you are called on by the chairperson.

Chairperson Tip

Prompt the host/cohost to turn off the unmute function and wait – you might have to unmute yourself to continue reading the script.

The group conscience decided certain on-screen behaviors are really distracting. Among these are: smoking, drinking alcohol, and carrying us around with you during the meeting. Please turn off your video if

you are doing these things. Thank you for understanding that meeting safety is everyone's responsibility.

Lastly: Sometimes people deliberately disrupt meetings, which can raise the anxiety level for everyone in attendance. In the event someone interrupts the meeting or causes a disturbance, the host will mute and turn off everyone's video, and the meeting will pause while the host and co-host resolve the situation.

Please, be patient with us as the meeting will continue once the disruption is resolved.

Topic Discussion and Sharing

This group takes advantage of ACA's open literature policy. According to this: ***"It has always been accepted that ACA groups should remain open in choosing literature. That is, ACA meetings may draw from various sources."***

In this meeting, we read from historical and modern writings by Stoic philosophers. We believe that Stoicism has many teachings that support recovery. We do not promote or recommend any book over ACA literature; instead, we use these writings to support a secular

perspective of building healthy experiences in adulthood after growing up in alcoholic or dysfunctional families.

In a moment, I will read a passage from **[Stoic Philosopher Name; The Daily Stoic; etc.]** and then I'll share my thoughts. Afterwards, there will be time for sharing.

READ YOUR SELECTION HERE, FOLLOWED BY YOUR SHARE. MAXIMUM LENGTH: 10 MINUTES.

7th Tradition

The Seventh Tradition reminds us that all ACA meetings are self-supporting, declining outside contributions. Contributions to this group support the Agnostic ACA Virtual Intergroup which pays for our website, our Zoom accounts and our Discord server. Without these things, Agnostic ACA would not be the thriving community it is. We will now post the link for our donation page in the chat as we take 60 seconds to allow everyone the opportunity to donate as we pass the virtual basket.

Reminder

At this point, pause the meeting for 60 seconds to allow everyone the time to donate. If you have a timer, you may

wish to display this on the screen to let people know we are actually doing something.

Either the Zoom timer or desktop timer through screen share is sufficient – DO NOT WORRY if you do not know how to do this.

Meeting Reminders

In this meeting, we use the digital hand feature when we want to share. You will find the raise hand feature in the zoom toolbar at the bottom of your zoom window. If you cannot find it, we encourage you to update your version of Zoom. If you have any issues, please message the host. Thank you.

One quick reminder, this is a secular meeting. To maintain this space, we ask that participants refrain from promoting or persuading others toward any faith or religious system.

In order to honor others and maintain healthy boundaries we do not interrupt, refer to or comment on what another person has said. This is important because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective.

In ACA, each person may share without fear of

judgment. We accept without comment what others say because it is true for them. We work to take more responsibility in our own lives rather than giving advice to others.

Also, we share for three (3) minutes maximum and we self-time. Please be mindful that others are waiting to share. We encourage everyone to share openly about their experiences and how they are feeling today, as time allows. This is a safe place to share your authentic self without being judged.

Lastly, in this meeting, you might find it helpful to reference something someone else said. However, it is important to keep this a safe space, so we work to keep the focus on ourselves. We share our own experiences and feelings and speak from the **“I, me or my”** position.

We will begin the last share between 15 and 10 to the top of the hour.

The floor is now open. Who would like to share?

Chairperson Tip

When you call on someone: “[NAME], would you like to unmute yourself and start your timer?”.

Chairperson Tip

After each share: “Thank you for sharing [NAME],
you were heard.”

Chairperson Tip

If everyone has shared: If there are no hands raised and we have time, feel free to invite people to double dip.
(Note: do NOT invite folks to share in the parking lot, this meeting has a clear delineation between shares and the parking lot)

Begin Wrapping Up

Between 7:45 - 7:47 am ET: We have time for one more share; who would like to share?

After the last share:

Will the host please turn the chat function back on and allow everyone to unmute themselves? Thank you. Now, the announcements:

Announcements

- Agnostic ACA supports multiple meetings a week; all the meetings use the same virtual meeting information.

- Please visit our website, AgnosticACA.org, for meeting information and other resources.
- We use Discord, an online social platform, to stay in touch in between meetings. We are working to build a dynamic, virtual community there and we invite you to join us.
- If you have questions, feel free to stay after the meeting for our parking lot social time, reach out to us on Discord, or drop a message in chat. We use this time to build community, learn to connect with others, answer questions about the Agnostic ACA community and talk about whatever interests us.
- If you need more information about connecting on Discord, stick around and ask after the meeting ends. We are always willing to help people connect with us.
- The Twelfth Step reminds us to give back as a way to strengthen our recovery. An easy way to give back is by chairing the meeting, which is what I just did today. To be added to the service calendar, please attend our business meeting which is after the meeting on the first Friday of the month.
 - If you cannot make the business meeting and would like to be on the calendar, please put your

information in chat or contact the meeting Discord channel. Thank you for helping us maintain the meeting.

- Are there any announcements for the benefit of the group?

Closing

Before we close with the ACA Serenity Statement, I'm looking for a volunteer who would be willing to read the promises for us. This group uses a slightly modified version and it will be shared on your screen. We ask that you please read that version. Who would like to read them for us?

Reminder

[Reading of the Promises - displayed via Zoom screensharing](#)

Thank you, [PROMISES VOLUNTEER NAME]. Now I will read our version of the Responsibility Statement:

When anyone, anywhere reaches out for help, I want the hand of ACA to always be there. And, for that, we are responsible.

Thank you everyone for being here and we'll close with our secular version of the ACA Serenity Statement.

Reminder

[The Serenity Statement - displayed via Zoom screensharing](#)

Today, I seek 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.

MEETING DONE! YOU DID IT! 🎉

FOR REFERENCE ONLY

- *First Tradition – Does it support the growth of ACA and promote unity and consistency of our Twelve Step message?*
- *Fourth Tradition – Will the decision to use such material affect other groups in the local area or our fellowship as a whole?*
- *Fifth Tradition – Does this decision by the group remain in line with ACA's primary purpose? Sixth Tradition – Is the use of outside literature an endorsement of a particular author? Would the meeting be a "book study" if making the work of a particular author the focus of the meeting rather than an ACA recovery meeting?*
- *Eighth Tradition – Does using such literature border on, or move the meeting toward a therapy session and away from the Twelve Step recovery program of self-help groups?*
- *Tenth Tradition – Would such use violate any copyrights of others?*