

Welcome to this Business Meeting for the Monday Self-Love Group of ACA. I'm _____ an adult child, and today's Business Meeting facilitator.

Please join me in a moment of silence, to breathe deeply, slow down, settle back into ourselves, and connect with our true selves.

[Silence]

If you would like to join me, please open your microphone as we say the **Group Serenity Prayer**

God

Grant us the serenity

To accept the things we cannot change

The courage to change the things we can

And the wisdom to know the difference.

Traditions: Please can someone read the first three Traditions?

- 1.** Our common welfare should come first; personal recovery depends on ACA unity.
- 2.** For our group purpose there is but one ultimate authority – a loving God as expressed in our group conscience. Our leaders are but trusted servants, they do not govern.
- 3.** The only requirement for membership in ACA is a desire to recover from the effects of growing up in an alcoholic or otherwise dysfunctional family.

Our experience shows that ACA meetings are safe, affirming and orderly. We therefore remind ourselves of the no cross-talk rule and to put principles before personalities. By taking care of our inner children, we are better able to

participate in group business.

(Choose two or more of the following to read:)

First Tradition Prayer: Please can someone read the 1st Tradition meditation?

Higher Power

I am your trusted servant seeking to support my ACA group and its primary purpose. Please remind me that the life of my program and my own recovery depends upon my willingness to put the group's welfare above my own will. Help me recognise unity.

Thank you.

Second Tradition Prayer: Please can someone read the 2nd Tradition meditation?

Higher Power

I am your trusted servant, seeking to support my ACA group and its primary purpose.

Please remind me that the life of my programme and my own recovery depends upon my willingness to put the group's welfare above my own will. Help me recognise unity.

Thank you.

Ninth Tradition Prayer: Please can someone read the 9th Tradition meditation?

Higher Power

May I remember that ACA and its meeting and service structure are different from my family of origin. May I be patient and avoid reaching for the easiest way out when I am confronted with a difficult situation. Help me and my ACA group ask for help in keeping our meetings safe and recovery-oriented. Also help us celebrate the things we do right.

Thank you.

Twelfth Tradition Prayer: Please can someone read the 12th Tradition meditation?

Higher Power

Help me see the connecting thread that anonymity brings to the ACA programme. Give me the willingness that I need to practice ACA principles instead of a false self personality.

Thank you

1) Approve previous meeting minutes

2) Today's agenda

a) Any additions

b) Approve agenda

We agree most conscience items where there is a clear majority in favour. For more serious decisions, such as removing someone from office, we require greater than a two thirds majority (substantial unanimity) to carry the motion. Where there is no clear vote outcome or it is ambiguous, the chair may postpone action on the motion or topic to allow more time for consideration (BRB p595-6).

3) Any other business

That's all the time we have today. Thank you for attending and for your service to the fellowship.

Closing: If you would like to join me, please open your microphone as we say the **Group Serenity Prayer**

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