



A GUIDE TO THE TWELVE TRADITIONS

TRADITION 3



Welcome Fellow Travelers!

Thank you for joining us today for our workshop on ***Tradition 3*** of
"A Guide to the Twelve Traditions!" workshop series.

Tradition 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.*

This workshop is being recorded and the audio will be available at a later date.

ACA Serenity Prayer

Higher Power,
grant me 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.

Agenda

- A. Workshop Mission & Presenter Introductions
- B. Suggested Commitment to Service
- C. Workshop Guidelines
- D. Introduction of the Tradition
- E. Presentation of the Skit
- F. Questions to consider about the Tradition
- G. Breakout Rooms
- H. Debrief and takeaways
- I. Close with the Tradition Meditation

Traditions Workshops Mission

To provide education and experience through a series of 12 workshops on how The Traditions work to keep our meetings safe and recovery oriented by practicing spiritual principles.

Introduction of our presenters and tech hosts.

The Suggested Commitment to Service

BRB p. 601

I perform service so that my program will be available for myself, and through those efforts, others may benefit. I will perform service and practice my recovery by:

1. Affirming that the true power of our program rests in the membership of the meetings and is expressed through our Higher Power and through group conscience.
2. Confirming that our process is one of inclusion and not exclusion; showing special sensitivity to the viewpoint of the minority in the process of formulating the group conscience so that any decision is reflective of the spirit of the group and not merely the vote of the majority.

The Suggested Commitment to Service (Cont.)

3. Placing principles before personalities.
4. Keeping myself fit for service by working my recovery as a member of the program.
5. Striving to facilitate the sharing of experience, strength, and hope at all levels: meetings, Intergroups, Regional committees, service boards, and World Services.
6. Accepting the different forms and levels of service and allowing those around me to each function according to their own abilities.
7. Remaining willing to forgive myself and others for not performing perfectly.

The Suggested Commitment to Service (Cont.)

8. Being willing to surrender the position in which I serve in the interest of unity and to provide the opportunity for others to serve; to avoid problems of money, property, and prestige; and to avoid losing my own recovery through the use of service to act out my old behavior, especially in taking care of others, controlling, rescuing being a victim, etc.

9. Remembering I am a trusted servant; I do not govern.

Workshop Guidelines

We share in a general way. For our purposes today, we kindly ask everyone to focus on the topic being presented so that we may cover all the material.

Please remember the following:

- ✓ Principles over personalities
- ✓ Curiosity over criticism
- ✓ Progress not perfection
- ✓ Service coming from love
- ✓ HALT: Humility, Acceptance, Love, & Tolerance

Tradition 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.

Spiritual Principle

Inclusion

Inclusion

Our single requirement for ACA membership gave rise to ACA's spirit of inclusion. Our membership includes adult children from homes without alcoholism being a factor. Soon after ACA was founded, adult children from homes with other forms of dysfunction began showing up and identifying with the ACA message. The Laundry List traits described their behavior and thinking in the same manner as adult children from alcoholic or addicted homes. These adult children attended ACA meetings and embraced recovery. They claimed the Inner Child and Loving Parent just like the ACA member from an alcoholic home. We see no difference in these members. Their voice is the voice of ACA. *BRB p.505*

Skit

The following skit is meant to be dysfunctional. The focus is about what constitutes a desire to recover.

Tradition 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.

Skit

Drew: We're at the point in our meeting for any new business.

Chris: Can we talk about how when Jesse shares, it's consistent angry outbursts and victim behavior about how life is so unfair? Does Jesse really belong in this group if there's no focus on actual recovery?

Lee: I know Jesse has been around forever, but there's always the blaming, judgment and being the victim. I am so tired of it. It makes me want to leave every time Jesse starts sharing.

Pat: I know it can be annoying, but I have actually seen a small amount of positive change through the years. I'm not sure how we deal with this, but isn't this gossip?

Drew: Well, I disagree. This is hurting the group. Jesse shows no movement and no use of program tools or identifying feelings other than anger. It seems like we're losing newcomers because of this. I don't think Jesse belongs here.

Pat: My recovery tells me there has to be a solution here.

Discussion Questions for Tradition ?

1. We started by saying this was a dysfunctional business meeting. What stood out to you as dysfunctional? Is the group jumping to conclusions, or making judgements?
2. If the group is having trouble with the spiritual principle of inclusion, what Laundry List traits or character defects may be activated in members?
3. There is a difference between the group having simple guidelines and exerting too much control over meeting members. What are some examples?
4. Describe different ways that groups could implement these examples. (from question 3)
5. If I think someone else's progress isn't good enough, what recovery tools, slogans and other resources could I or the group use to honor Tradition 3?

Breakout Room Set Up

20-minute breakout room discussion session:

- ✓ You will need a **notetaker** and a **reporter** for our Main Room sharing after the breakout room session. This can be the same person or two different people.
- ✓ Elect a **spiritual timekeeper** to ensure everyone has an equal opportunity to speak if they wish.
- ✓ Proceed with an open discussion and refer to the “**Questions to Consider**”. We have posted it in the chat. Please divide your total sharing time accordingly so that each participant may share at least once if they wish.
- ✓ If you have any questions, please use the “**ask for help**” icon located on the bottom of your screen
- ✓ You will receive a 3 minute end of Breakout session notification.
- ✓ **Goal: for participants to gain 3 takeaways around the Tradition**

Questions?

**Breakout Rooms
Are
In Session**

Takeaways

Briefly tell us about your Breakout
Room discussions

References

- Concept I, p.615
- Robert's Rules of Order
- Contact us at traditions@acawso.org
- Workshop recordings and slides located at:
<https://adultchildren.org/traditions-workshops/>
- Workshop dates and Zoom information found at:
<https://acawso.org/events/>

7th Tradition Contribution

"Every ACA group ought to be fully self-supporting, declining outside contributions."

Your contribution is a critical part of maintaining WSO services and delivering the message to the adult child who still suffers.

<https://adultchildren.org/7th-tradition/>

Closing

Tradition 3 Meditation

Higher Power. Help me recognize my desire to recover from the effects of growing up in a dysfunctional home. Give me willingness to attend meetings to recover from these effects. I participate in ACA because I want to change and help others. Thank you for leading me to these rooms where I belong. Thank you for giving me the courage to walk into an ACA meeting and stay and find my place. I am finally home. I finally know where I fit.

Thank You For Joining Us Today!