

A GUIDE TO
THE
TWELVE
TRADITIONS

TRADITION 4



Welcome Fellow Travelers!

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

You may want to have your Big Red Book with you; however it is not required.

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

Serenity Prayer

Higher Power,
grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

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

Our Mission

To provide education and experience through a series of 12 workshops on how The Traditions work to keep 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.

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.

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 Four

Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve-Step programs.

Spiritual Principles

Autonomy & Cooperation

Autonomy

The wisdom of the Fourth Tradition allows every ACA group the right to make its own decisions. Within the guidance of the Traditions, the groups run their own meetings and choose the method for carrying the ACA message within their community. The groups are given freedom to make mistakes. In other words, every group has the unabashed right to be wrong. And when wrong, their decision then becomes part of the growth process, both for the meeting and, more especially, for the meeting members. BRB p511

Autonomy

We would like to call attention to the first paragraph on page 510 of the Big Red Book.

Skit

The following skit is meant to be dysfunctional. The focus is on group autonomy.

Tradition Four: Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve-Step programs.

Skit

Chair: We have chosen by group conscience to revisit our meeting format. Currently, we do not read the Problem or the Laundry List, the Solution, the Steps, or the Traditions, but we do say the ACA Serenity Prayer and we read The Promises at the end of our meeting. The floor is now open for discussion.

Chris: I like what we're doing – not wasting valuable meeting time to read something we all know already. If we read these things, it shortens our sharing time.

Pat: For me, when I get to my meeting and move away from my day-to-day life, I want to be emotionally present for my recovery. This means being reminded that I am an adult child. The traditional readings of the Problem, Solution, Steps, and, at a minimum, the Tradition of the month, are a good transition for me. They help me stay aware of the tools I need to work my recovery.

Chris: We made the decision to not do these readings for a reason. I wish we could just leave things alone. How important is it anyway?

Discussion Questions for Tradition Four

1. Currently ACA does not have required readings. What would be the pros and cons to having required readings?
2. Given that our meetings are autonomous, what types of decisions might groups make that could affect ACA as a whole?
3. What are the limits to group autonomy when it comes to literature since ACA has an open literature policy? *Note: Our Open Literature policy means that ACA groups have the right to use non-conference approved literature, conditional upon their group conscience and that various other considerations are taken into account, e.g., that the ACA 12 Traditions are used as their guideline, etc.*
4. Autonomy is formed by Group Conscience. Who makes up the group conscience? How and when is the group conscience process used?
5. Our 4th Tradition is slightly different than other 12-Step Programs because we have added “We cooperate with all other Twelve-Step programs.” What do you think this means? Are there limits to cooperation?

Breakout Room Set-Up

- ✓ 30-minute discussion
- ✓ Select someone to read the questions, a timekeeper, and a secretary to take general notes. Decide who will share the group's major takeaways when we reconvene.
- ✓ Based on number of people, determine amount of individual time for sharing on each question.
- ✓ Sharing is encouraged, but voluntary.
- ✓ If you have any questions, please use the **"ask for help"** icon located in the breakout room and one of us will assist you
- ✓ 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

Discussion Questions for Tradition Four

1. Currently ACA does not have required readings. What would be the pros and cons to having required readings?
2. Given that our meetings are autonomous, what types of decisions might groups make that could affect ACA as a whole?
3. What are the limits to group autonomy when it comes to literature since ACA has an open literature policy? *Note: Our Open Literature policy means that ACA groups have the right to use non-conference approved literature, conditional upon their group conscience and that various other considerations are taken into account, e.g., that the ACA 12 Traditions are used as their guideline, etc.*
4. Autonomy is formed by Group Conscience. Who makes up the group conscience? How and when is the group conscience process used?
5. Our 4th Tradition is slightly different than other 12-Step Programs because we have added “We cooperate with all other Twelve-Step programs.” What do you think this means? Are there limits to cooperation?

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 Four Meditation

Higher Power. Help my home group remain focused on the Twelve Step process of recovery while still having its own personality and flavor. When the actions and decisions of my group might affect ACA as a whole, may we find the spirit of cooperation and a willingness to seek help from the ACA service structure. My group is autonomous, but it is not alone.

Thank You For Joining Us Today!