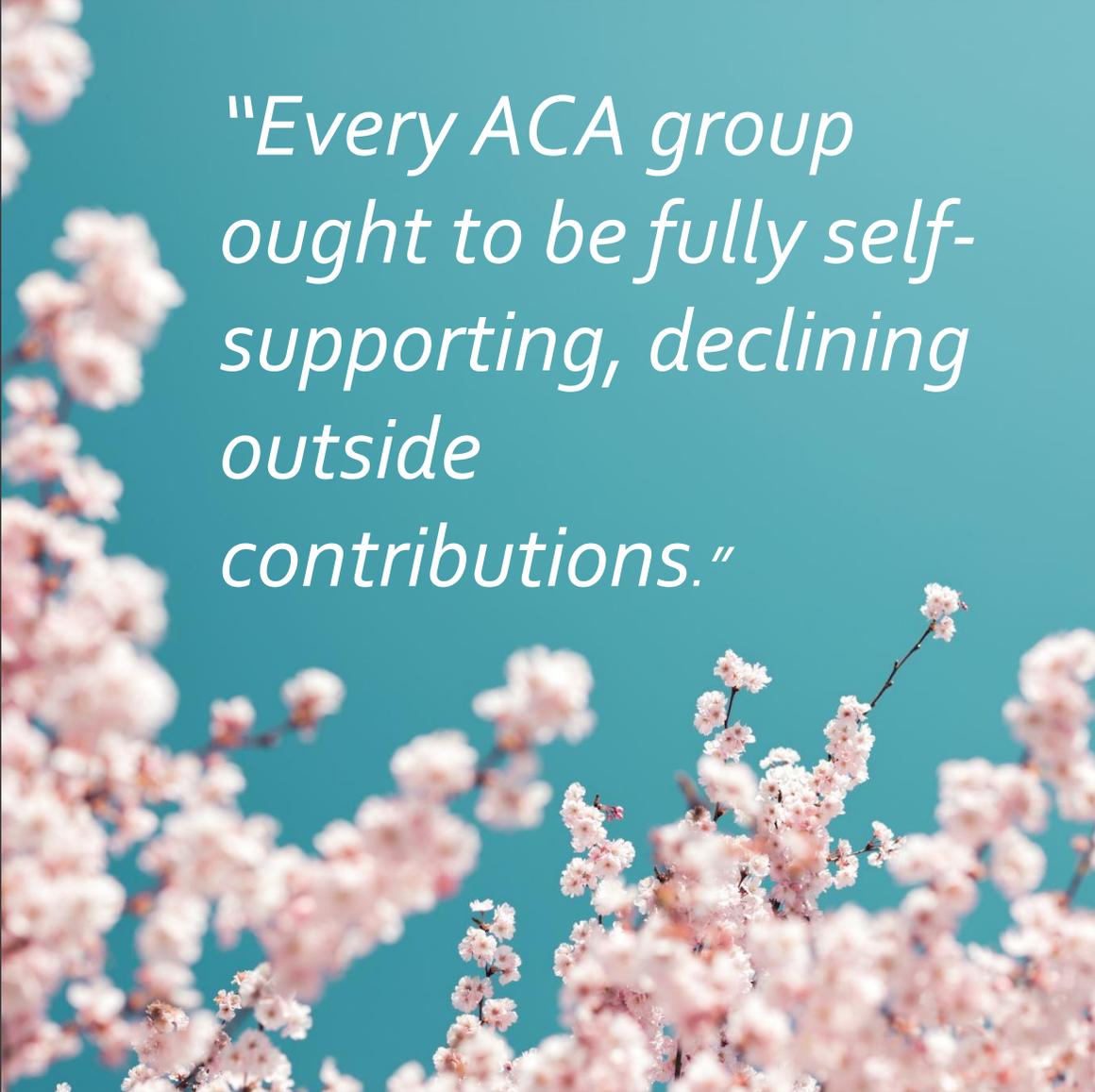




A GUIDE TO  
THE  
TWELVE  
TRADITIONS

**TRADITION 7**



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

# Welcome Fellow Travelers!

Thank you for joining us today for our workshop on *Tradition 7* of *"A Guide to the Twelve Traditions!"* workshop series.

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

This workshop is being recorded and the audio will be available at a later date. We kindly ask you to please rename yourself using your first name only.

# 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.

Introduction of our presenters and tech hosts.

# Agenda

- A. Workshop Mission & Intent of the Twelve Traditions
- B. Suggested Commitment to Service
- C. Workshop Guidelines
- D. Introduction of the Tradition
- E. Presentation of the Skit
- F. Discussion Questions
- G. Takeaways
- H. 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.

# Intent of the Twelve Traditions

BRB pp 489 - 490

The ACA Traditions outline fellowship unity, group autonomy, and the ultimate authority of ACA - a loving Higher Power - as expressed in our group conscience.

The ACA Traditions frame our leadership style in the language of being a trusted servant. We avoid a style of governance or authority over another.

Anonymity coming from love underlines all of the Traditions and our group conduct. *With the Twelve Traditions, we sustain ACA groups that allow the ACA Solution of reparenting one's self to emerge and thrive.*

# 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.

# The Suggested Commitment to Service

BRB p. 601

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.

# The Suggested Commitment to Service

BRB p.601

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 to employ:

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

# Tradition Seven

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

## Spiritual Principle

*Giving Back*

# Giving Back

BRB p524-525

In ACA, we learn to give for the right reason, and we learn the right amount to give. We give our fair share and let others give their fair share, so we all take ownership in ACA.

Our groups and services depend on individual and group donations. The principle of being fully self-supporting through our own contributions has been established at the group level and throughout the ACA service structure. No ACA member should be pressured to give money or be made to feel less-than for not being able to contribute.

The Tradition also reminds us of the spiritual principle of giving, and of giving with a willingness to help another. Some members give their time in sponsorship, while others give their talents in the service structure. We all try to support our group and the service structure as best as we can.

# Tradition Seven Skit Introduction

The following represents a discussion at a business meeting.

*Tradition Seven: Every ACA group ought to be fully self-supporting, declining outside contributions.*

# Tradition Seven Skit

**Pat** – Let's start with our Treasurer's report. We never seem to have enough money anymore to pay our expenses. Our general expenses are rent, literature, our website, the holiday party, coins and medallions, coffee, and water. And we don't even have a prudent reserve!

**Jo** – Maybe we need to look at what we're spending our money for. Providing coffee and water is expensive. And by the way, even though we give money to the church, they don't require any rent from us.

**Drew** – Because this is a hybrid meeting, some of those attending online don't seem to be contributing. Maybe we need to make it mandatory.

**Chris** – Well, our book talks about giving service. I've been doing a lot of work to keep this meeting going. I'm the contact person and the secretary, so I think I'm giving my fair share by doing that.

**Pat** – Well that's true – some people give in other ways. But we still need to be able to pay our expenses.

**Jo** – We do suggest a \$2 contribution, but some people seem to ignore that. Others are generous, like Fred, who throws in \$20 whenever he's here.

**Drew** – Speaking of Fred, he told me that his company gives funds to charities. I think he'd be happy to put us on their list. That would solve all our financial problems.

**Chris** – Yah – if we get the money from Fred's company, then it would be the way it's supposed to be – where the program is Free. And none of us would have to put any money in the basket. And we could stop talking about this stuff!

*Tradition Seven:  
Every ACA group ought to be fully self-supporting, declining outside contributions.*

## **Discussion Question 1**

Do your group members know what your expenses are and are they reasonable?

*Tradition Seven:*

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

## **Discussion Question 2**

We talk about there not being any membership fees. How is that different than 7<sup>th</sup> Tradition contributions?

*Tradition Seven:*

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

## **Discussion Question 3**

How do our service bodies (Intergroups, Regions, World Services) use contributions to carry the message?

*Tradition Seven:*

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

## **Discussion Question 4**

This Tradition reminds us of the spiritual principle of giving and giving with a willingness to help another. How does giving honor our personal recovery?

*Tradition Seven:*

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

## **Discussion Question 5**

If a group is really having problems paying their expenses, what are ways they (meetings, Intergroups and Regions) can raise funds?

*Tradition Seven:  
Every ACA group ought to be fully self-supporting, declining outside contributions.*

## **Additional Thoughts & Takeaways**

# Resources

- Contact us at [traditions@acawso.org](mailto: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/>

# 7<sup>th</sup> 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 Seven Meditation

*Higher Power. I am here to do your will. Help me give for the right reason with the right amount. Help me remember that I have a different life today because of ACA. May I be willing to give back what was freely given to me. May I claim spiritual ownership in this fellowship.*

**Thank You For Joining Us Today!**