


**A GUIDE TO
THE
TWELVE
TRADITIONS**

TRADITION 10



*"Adult Children of
Alcoholics has no opinion
on outside issues; hence
the ACA name ought
never be drawn into
public controversy."*

Welcome Fellow Travelers!

Thank you for joining us today for our workshop on ***Tradition 10*** of ***"A Guide to the Twelve Traditions!"*** workshop series.

"Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy."

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 Ten

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Spiritual Principles

Neutrality & Singleness of Purpose

Neutrality & Singleness of Purpose

BRB p.539

As a fellowship, we have no opinion on outside issues. We exist for one purpose: To carry the message to those still suffering from the effects of growing up in a dysfunctional family. We avoid public controversy, and some group controversy, by focusing on what we do best.

As we move from isolation into ACA recovery, some of us become more involved in issues that matter to us, including those of political and social natures. We also find ourselves becoming more confident in sharing our opinions with others. However, within the ACA meeting, we also realize that discussions need to remain focused on our individual experiences with ACA recovery. This is a focus of our Tenth Tradition, reminding us to keep personal ideologies apart from the ACA meetings. Our members attend ACA meetings to share their recovery experience and to hear the program experience of others. They rightfully expect to hear discussions on ACA recovery topics.

Tradition Ten Skit Introduction

A group is deciding about supporting a local charity.

Tradition Ten: Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.

Tradition Ten Skit

Drew: Like we did last year, let's talk about our annual meeting to support a local charity with additional 7th Tradition contributions. So what do we want to do this year?

Andi: I really like what we did last year - we supported the 3rd Street Homeless Shelter. They even have pictures of some of us on their walls with the ACA logo.

Chris: First of all I did not know they had pictures of us with our logo on the wall. They have had an abuse scandal recently. I think we should reconsider supporting any outside groups.

Drew: I still like the idea of giving back to some charitable organization - why don't we support something else this year, like an organization that works with Veterans with PTSD. I don't think the government is doing enough for them.

Lee: This process makes me uncomfortable because I think it is a violation of Tradition 10 - that we're supporting an outside issue.

Andi: My recovery tells me to have compassion and I've learned so much working with people of various backgrounds that also relate to adult child issues. Plus it is a way we can encourage newcomers to our meetings.

Lee: (with sarcasm) So we'll be attracting newcomers who think we're all about supporting the homeless?

Chris: (says with strong sarcasm): Oh, so now we've changed the primary purpose of ACA to supporting local charities? So that would mean we'll have to change the Traditions! Hmm - while we're at it, why don't we just start a new fellowship!

Drew: Wait a minute! This is getting very heated and divisive. I think we need to close the meeting for now and say the serenity prayer.

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Discussion Questions

As we go through these questions, please consider the impact on newcomers and how Tradition 10's spiritual principles of Neutrality & Singleness of Purpose are important to personal recovery as well as how we handle group business.

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Discussion Question 1

What is an outside issue and what are the consequences of not following Tradition 10 for a meeting or ACA as a whole?

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Discussion Question 2

What are some examples your groups have encountered that were considered outside issues and how did the group handle it and how could they have handled it differently?

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Discussion Question 3

How would a member talk about an outside issue during their share that's personal to their recovery without bringing controversy into the meeting?

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Discussion Question 4

As mentioned in the skit, how would pictures with the logo violate Tradition 10?

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Discussion Question 5

When Drew closes the meeting, how can the members use the four Laundry Lists to reflect on the spiritual principles?

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Discussion Question 6

How do we use neutrality to protect the singleness of purpose of ACA while still having our own voice in recovery?

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Additional Thoughts & Takeaways

Resources

- Contact us at traditions@acawso.org
- Workshop recordings and slides located at:
<https://adultchildren.org/traditions-audio>

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 Ten Meditation

Higher Power. Help me to honor ACA's primary purpose, and focus my sharing in meetings on topics of recovery. Help me remember that ACA is a spiritual program and not apolitical, religious, or other type of program.

Thank You For Joining Us Today!