


# A GUIDE TO THE TWELVE TRADITIONS

## TRADITION 1



*"Our common welfare  
should come first;  
personal recovery depends  
on ACA unity."*

# Welcome Fellow Travelers!

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

*"Our common welfare should come first; personal recovery depends on ACA unity."*

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.

# 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.

# **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

# Agenda

- A. Introduction of the Tradition
- B. Presentation of the Skit
- C. Questions to consider about the Tradition
- D. Breakout Rooms 30 minutes
- E. Debrief and takeaways.
- F. Close with the Tradition Meditation

# Tradition One

*Our common welfare should come first; personal recovery depends on ACA unity.*

## Spiritual Principle

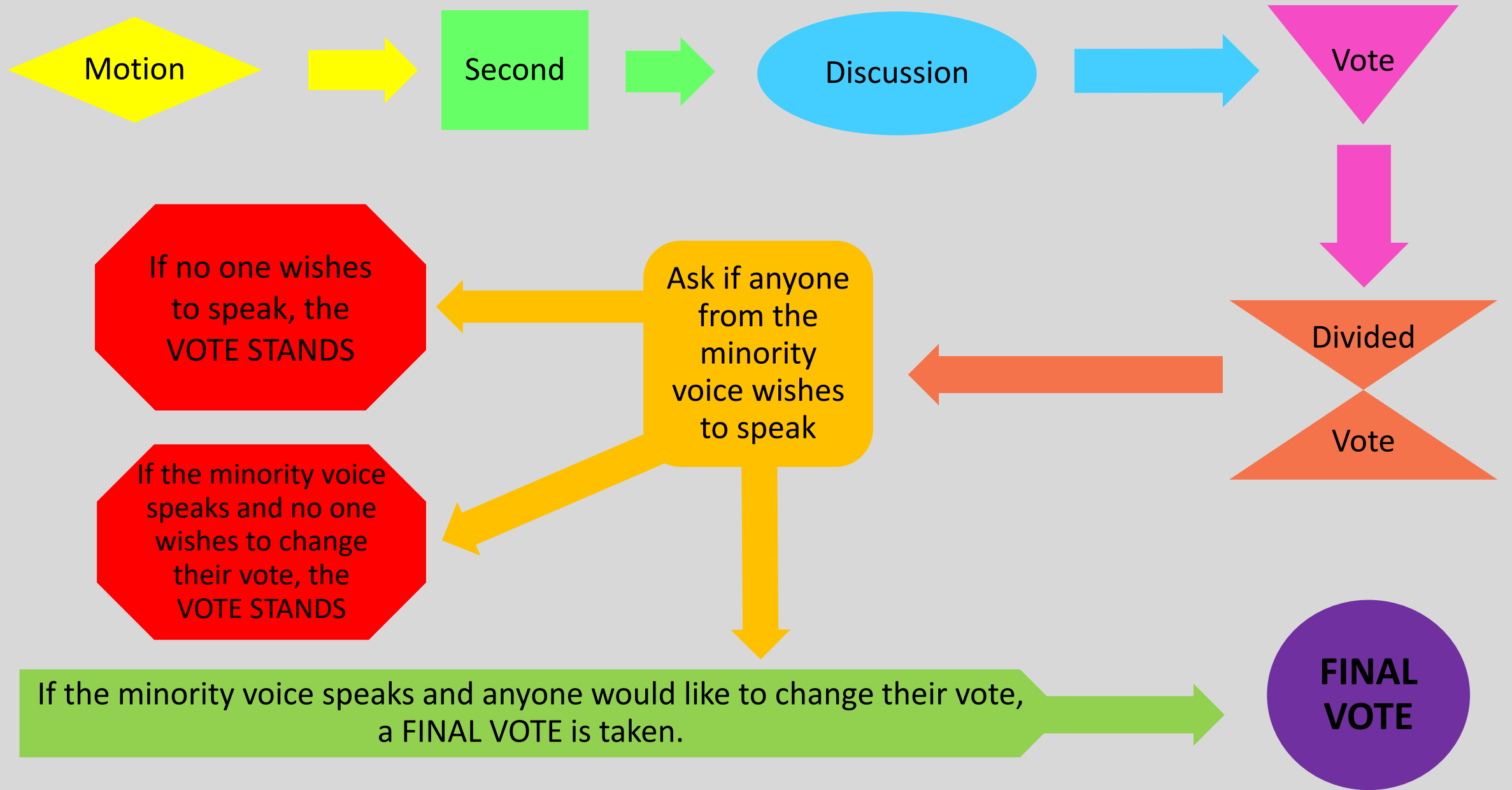
*Unity*

# Unity

- Tradition One is about unity from the level of the group all the way through other levels of our organization – Intergroups, Regions, World Service and the Annual Business Conference. It's the backbone to the 12 Concepts in achieving the collective conscience of the fellowship in our decision-making.
- Today we are going to focus on unity at the group level, specifically using the example of a business meeting and whether people are heard.

# Minority Opinion

- After a motion is made, seconded and discussion is heard, a vote is taken. A limited opportunity is then given for only those in the minority to be heard. If no one in the minority wishes to speak, the vote stands.
- If anyone in the majority is then willing to change their vote, a final vote is then taken. If not, the original vote stands.



# Tradition One Skit

The following skit is meant to be dysfunctional. The topic is about whether to recognize the use of the minority opinion when voting in business meetings.

*Tradition One: Our common welfare should come first; personal recovery depends on ACA unity.*

# Skit

**CHAIR:** This meeting is called to order. At our last business meeting this question was asked: ***why does this group Not recognize the minority opinion when we vote on motions?*** Lee, didn't you want to speak to this?

**LEE:** We do not use the minority opinion because there isn't enough time to cover everything and hear the minority opinion. Besides, we already know what everybody thinks.

**CHAIR:** I think when we vote, that's it! It's the final decision. We don't need to hear the minority opinion. If people don't agree with the vote, then they can go to a different meeting.

**DREW:** This feels too rigid. I have left some of our business meetings because I did not feel heard. Because of that, I looked at the Traditions in the BRB and found some quotes in Tradition One that I think are important for us to remember:

1. "problems become opportunities to further one's recovery." (p. 492)
2. "at a group conscience... each member is equal and has an opportunity to share (their) thoughts and solutions" (p493)
3. "ACA members not getting along or failing to place ACA first can trigger relapse for some ACA members. Resentments fester, and members in the conflict are tempted to pick up the destructive tools of manipulation, gossip, and dishonesty." (p494)

**LEE:** Sorry, but I'm ready to be done with this.

**CHAIR:** Yes, I think we've heard enough. Clearly there are more people here that want to keep it the way it is. That's final. Let's close with the Serenity Prayer.

# Discussion Questions for Tradition One

1. Why do we need the *minority opinion* when we have *substantial unanimity (2/3 of the vote in favor)*?
2. How does a healthy group deal with a minority opinion when it appears unrelated?
3. Do we all need to agree to achieve unity?
4. In ACA business meetings, what would we mean if we say, "Our Inner Child is welcome, but our healthy adult is required"?
5. Keeping the Inner Child and healthy adult statement in mind, how do I and my group make a safe emotional transition when moving from an ACA recovery meeting into a business meeting?

# 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 your group has questions during the breakout session, click on the Question Mark icon.

# Questions?

**Breakout Rooms  
Are  
In Session**

# Takeaways

Briefly tell us about your Breakout  
Room discussions

# References

- Minority opinion, pg. 595
- Concept V, pg. 616
- Robert's Rules of Order

# Resources

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

# 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 One 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 recognize unity.*

**Thank You For Joining Us Today!**