



A GUIDE TO THE TWELVE TRADITIONS

TRADITION 2



*"For our group purpose
there is but one ultimate
authority - a loving God as
expressed in our group
conscience. Our leaders
are but trusted servants,
they do not govern."*

Welcome Fellow Travelers!

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

"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. 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.

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 Two

For our group purpose there is but one ultimate authority - a loving God as expressed in our group conscience. Our leaders are but trusted servants, they do not govern.

Spiritual Principle

Humility

Humility

- The concept of a loving Higher Power reminds us that our true authority in meetings and service work is expressed in the group conscience. No one is in charge of ACA. We do elect trusted servants directly responsible to those they serve. They have no power. They serve the fellowship from the motives of compassion, love , and humility. **BRB p.499**
- Through humility, we surrender our egos and place the group first in our decisions on ACA matters. Humility does not mean we are a doormat or that we have no opinion. **BRB p.501**

Tradition Two Skit

The following skit is meant to be dysfunctional and focuses on members who seem to act as an authority rather than being a trusted servant who helps guide a meeting.

Tradition Two: For our group purpose there is but one ultimate authority - a loving God as expressed in our group conscience. Our leaders are but trusted servants, they do not govern.

Skit

Lee: Next week I will be chairing the business meeting and I will provide the agenda.

Andy: A couple of weeks ago I attended a Workshop that World Service sponsored and there was a very good suggestion that meetings read the Traditions each week and have monthly Tradition meetings. I would like to add this to the agenda.

Lee: We don't need changes to the format of our meeting – it is good enough. Besides, I've worked enough on this agenda. We're not adding anything to it.

Pat: Sorry, but I also think it is a good idea to add this to the agenda. And no one is supposed to be the authority here. It would not take more than about 2 minutes to read them. The chair isn't the one who decides what happens in the meeting.

Chris: Wait a minute. Let's not start attacking Lee, who has taught us and guides us regularly about the Traditions so that we are not going to violate them! Besides, we can read the Traditions on our own or go to other Tradition meetings.

Jay: I agree - just leave it alone. I trust Lee's judgment, too. Why do people have to create problems? Lee has been so important to the growth of this group.

Discussion Questions for Tradition Two

1. As illustrated in the skit, members sometimes support one person having control of a recovery meeting or business meeting:
 - What Laundry List traits allow members to give ultimate authority to one individual?
 - Why is it unhealthy to allow one member to govern a meeting?
2. Why is the decision of the Group Conscience more important than the opinion of one person?
3. What Laundry List trait(s) or character defect(s) may be triggered if I'm perceiving someone as the leader in our group when they may simply have more access to information and resources?
4. If I am perceived as the leader, how can I maintain my equal status in the group?
5. If you were a member of the group in the skit, what could you say after Jay's comments that could bring Tradition 2 into the discussion?

Breakout Room Set-Up

Goal: for participants to gain 3 takeaways around the Tradition

- ✓ 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.

Questions?

**Breakout Rooms
Are
In Session**

Takeaways

Briefly tell us about your Breakout
Room discussions

References

- Concept IV, pg. 616
- Robert's Rules of Order

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 Two Meditation

Higher Power. I understand that you make your voice heard in a group conscience. I ask you to remind me that the life of my program and, therefore, my own recovery depends upon my willingness to put the group's welfare above my own will. Where I disagree with the common view of my fellows in service, allow me to state my case honestly and respectfully. Allow me to listen to and consider the views of others. May I state my view and support all group decisions, including the ones I might disagree with. Your will, not mine, be done.

Thank You For Joining Us Today!