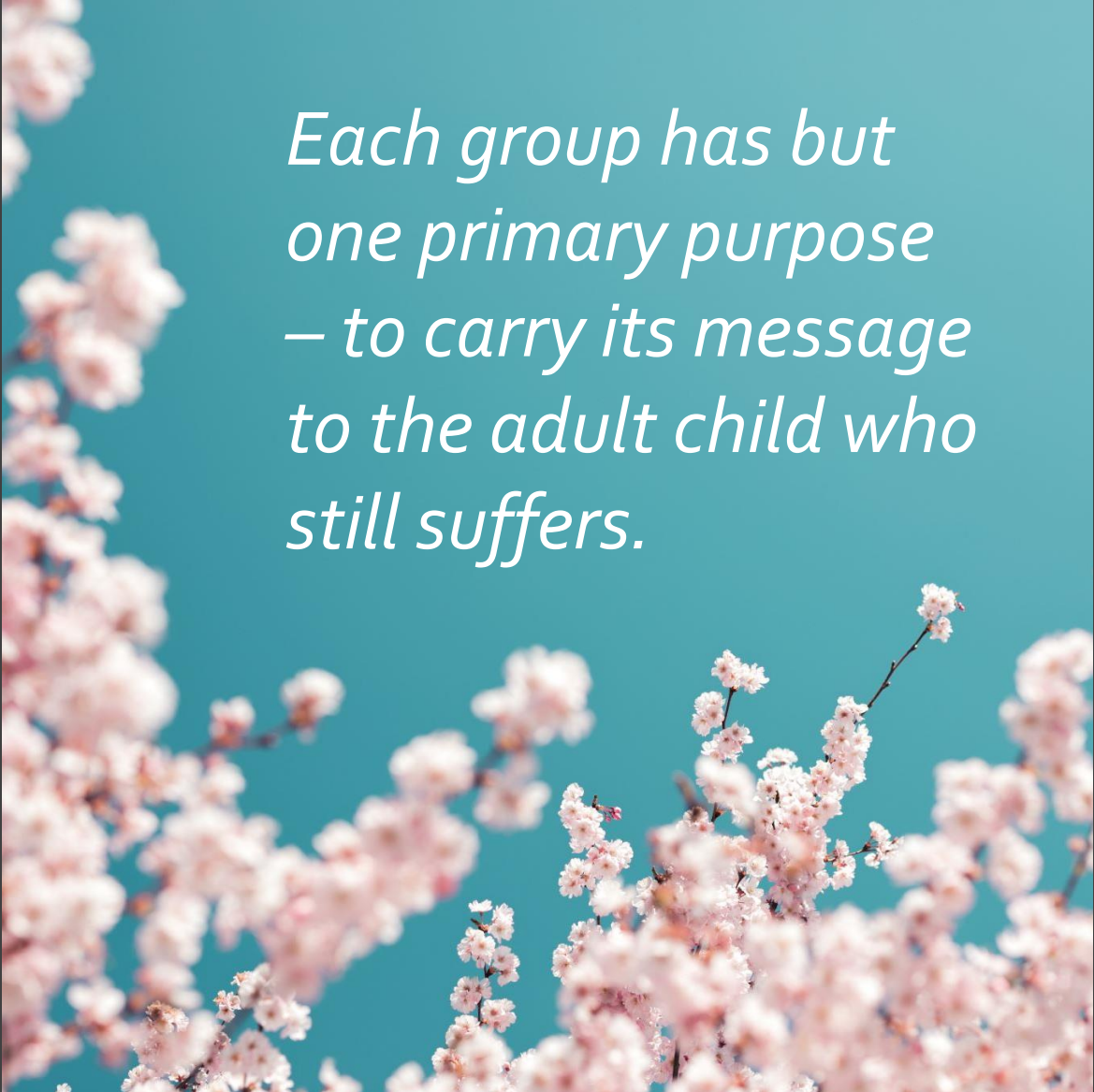


A GUIDE TO THE TWELVE TRADITIONS

TRADITION 5



*Each group has but
one primary purpose
– to carry its message
to the adult child who
still suffers.*

Welcome Fellow Travelers!

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

"Each group has but one primary purpose – to carry its message to the adult child who still suffers."

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.

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. Debrief and takeaways
- G. 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 to employ:

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

Tradition Five

Each group has but one primary purpose – to carry its message to the adult child who still suffers.

Spiritual Principle

Singleness of Purpose

Singleness of Purpose

“We are an autonomous fellowship who answers to its membership and no one else. We are guided by the fellowship voice and a Higher Power. The message we carry in ACA meetings, treatment centers, and to professional groups is a clear message free of affiliation with outside issues. We don’t mix the ACA message with other causes or philosophies, no matter how noble. To do so would cloud the ACA message of recovery. The message we carry is that ACA works for those who are willing to surrender, ask for help, and accept it... By carrying the message, we embrace the power of identification. We don’t have to promote ACA. Our stories and sincerity attract people to ACA and to a better way of life.” **BRB p.515**

Tradition Five Skit Introduction

The following skit presents some members after an in-person meeting standing around a table that has various flyers from a lot of different sources.

Tradition Five: Each group has but one primary purpose – to carry its message to the adult child who still suffers.

Tradition Five Skit

Pat (Newcomer – picks up a flyer about using different therapeutic techniques like hypnosis to uncover memories):

Wow – this information is really great!

Drew: I like the part about hypnosis. I've done it and it really was great! I think you should check into it.

Pat: Actually, something like this is going to be offered at my business. I didn't realize this was a part of the ACA Program!

Chris: Give me that flyer! It doesn't belong on our literature table. It's not a part of the ACA Program! And we made a decision to only have ACA literature on the table.

Drew: Chris – that was really rude! And besides, I think you're being too strict about what we decided.

Chris: This is ridiculous! A decision is a decision! I'm tired of fighting with people about what should be on this table. And how does doing hypnosis carry the ACA message?

Pat (pauses): I'm so sorry if I caused a problem. I can just invite everybody to the next presentation at my office. I'll bring the flyers and pass them out.

Drew: Chris, you're being a bully. Don't worry, Pat. I can't wait to see your flyer!

Chris: Passing out non-ACA flyers? What's next? A flyer to make Winnie-the-Pooh our group's mascot?

Discussion Questions for Tradition Five

Note: For this discussion, we are not referring to literature being read during a meeting.

1. What makes this skit dysfunctional in terms of the 5th Tradition?
2. What have you experienced as examples of what diverts a meeting from its primary purpose?
3. Regarding the display of non-ACA materials and its effect on carrying the ACA message:
 - a. What is the process groups use to determine if non-ACA material is appropriate?
 - b. How does including a variety of literature and information from non 12-Step resources and other 12-Step Fellowships affect the Newcomer? (Confusion, denial, diversion?)
 - c. If the group decides to display outside literature, what is the best way to display it?
4. How does an online meeting provide literature, flyers, etc., while maintaining its primary purpose?

Closing

Tradition Five Meditation

Higher Power. Help me remember that ACA has one primary purpose, which centers the fellowship and which simplifies most discussions. Help me remember to ask myself a simple question when I am doing the business of ACA. 'Does what we are about to do support the primary purpose of carrying the ACA message to another adult child needing help?'

References

- 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/>

Thank You For Joining Us Today!