


A GUIDE TO THE TWELVE TRADITIONS

TRADITION 9



"ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve."

Welcome Fellow Travelers!

Thank you for joining us today for our workshop on ***Tradition 9*** of ***"A Guide to the Twelve Traditions!"*** workshop series.

"ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve."

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 Nine

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Spiritual Principle

Trust

Trust

BRB pp.532-535

ACA is an exception from the normal rules of how to run a business or organization. Other organizations have governing boards which assert their power onto the rest of the organization. The governing boards put out the directives needed to keep everyone else in line. As a Twelve Step organization, ACA does not have any such directives because experience shows they don't work for adult children. Too many rules, or any rules, would ruin ACA and its effectiveness in helping adult children. When an Intergroup or the WSO is asked for direction on a certain matter, these committees typically answer with "We suggest..." or "Our experience shows ..." There are no directives. No one can tell ACA groups how to run their meetings. There is no authoritative governance in ACA

We must remember that disruptive members are not the norm in ACA. Groups only occasionally encounter such individuals who usually change their behavior or move on from ACA. Our groups have demonstrated maturity, compassion, and assertiveness in handling these situations throughout the years.

Many of us arrive at ACA wounded and angry. We hurt, so we want to hurt others. However, no one has the right to harm anyone in ACA. We must avoid our misguided attempt to recreate our dysfunctional family system through the ACA group. Angry or disruptive members are usually acting out their family role, unknowingly reconstructing their dysfunctional family setting. Some of us can relate to this claim. We realized that our disruptive behavior allowed us to blame the group. We could avoid working on ourselves by blaming group members for imagined wrongs and slights. The tolerance we found in ACA allowed many of us to change.

Tradition Nine Skit Introduction

We're at a business meeting. The group is talking about creating a safety committee.

Tradition Nine: ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Tradition Nine Skit

Fred: On our agenda this month is the organization of a safety committee.

Drew (interrupts): Wait a minute – our 9th Tradition says we ought never be organized.

Fred: Yes, but we can create committees directly responsible to this group.

Drew: Doesn't the BRB also say something about not creating safety committees?

Lee: But our meeting can get so unsafe at times. I think we have to do something. There is so much crosstalk. And I've also felt bullied at times. Even our business meetings have become argumentative. Does anyone else feel this way?

Andi: Yes – I've had some of the same experiences. I'd hate to be a newcomer showing up here because I might not come back. Shouldn't we be concerned about protecting the safety of our meeting?

Lee: I think we all know people who have felt unsafe and who left this meeting. I'll say it again – I think we Have to do something or else for me it feels like what went on in my family growing up.

Drew: I get what you're saying, but can we really just create rules?

Andi: I just looked it up in the BRB and it talks about how a couple of group members can talk to the person who is causing trouble. Can we do something with that?

Fred: That could be part of what we come up with. Could we call it a "safety resource committee" that finds out what information other groups or World Services already have?

Drew: Oh, I think I get it now. So, the committee would be responsible to us by getting information, and our group members would make any final decisions.

Lee: I'd like to make a motion that we create a safety resource committee.

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Discussion Questions

Tradition Nine: ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Discussion Question 1

What do you think “*ought never be organized*” means?

Tradition Nine: ACA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Discussion Question 2

Why is “*Trust*” the spiritual principle of Tradition Nine?

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Discussion Question 3

Why doesn't the “safety resource committee” just make decisions if they are the trusted servants that the group chose?

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Discussion Question 4

How can our controlling behavior as ACAs impact our ability to trust that the group can make effective decisions?

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Discussion Question 5

How does Tradition Nine relate to the other Traditions?

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Discussion Question 6

How does the spiritual principle of this tradition – *Trust* - help me in my recovery and affect my relationships outside of ACA business?

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Additional Thoughts & Takeaways

Resources

- 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/>

Closing

Tradition Nine Meditation

Higher Power. May I remember that ACA and its meeting and service structure are different than my family of origin. May I be patient and avoid reaching for the easiest way out when I am confronted with a difficult situation. Help me and my ACA group ask for help in keeping our meetings safe and recovery-oriented. Also help us celebrate the things that we do right.

Thank You For Joining Us Today!