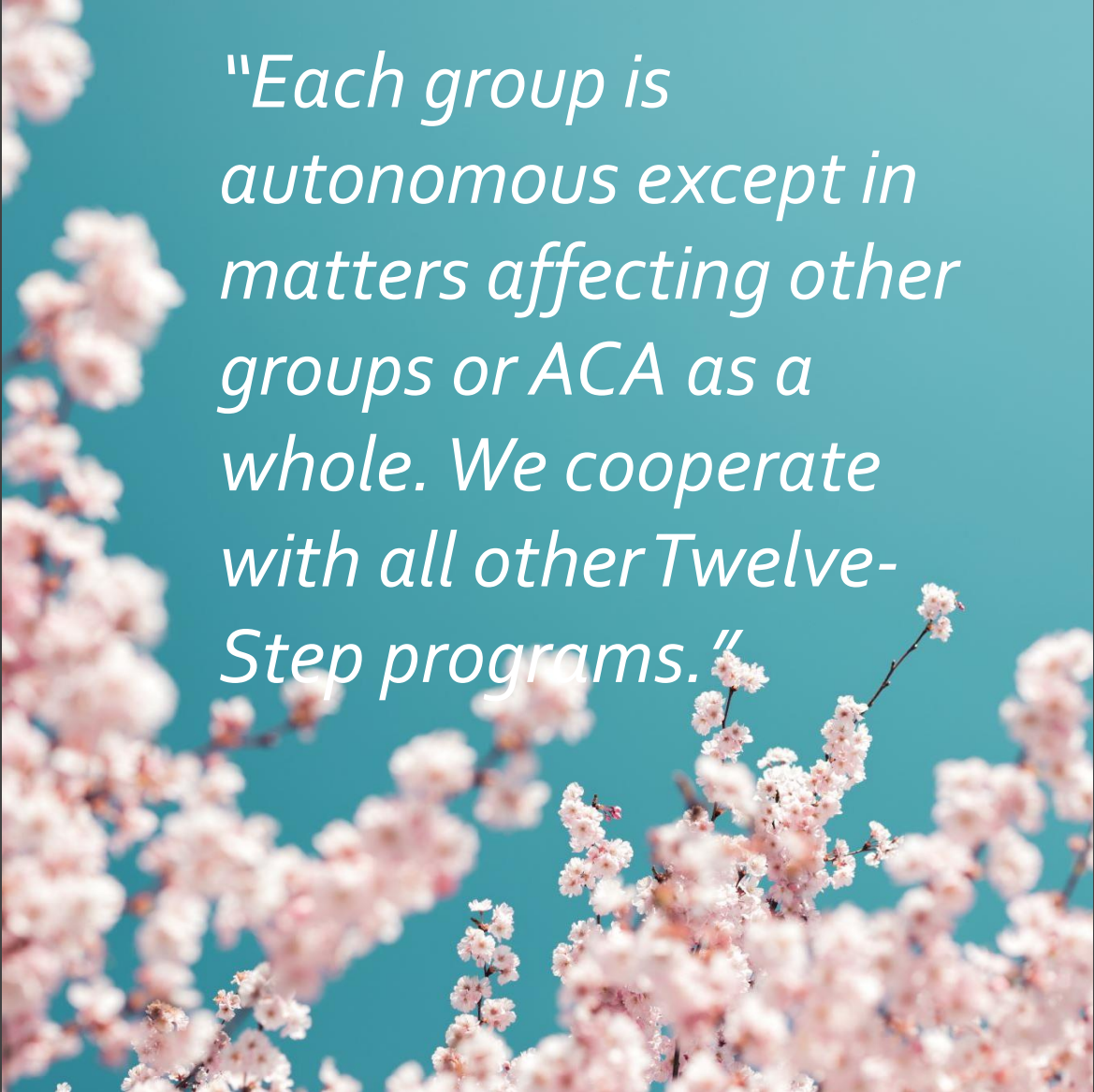


A GUIDE TO THE TWELVE TRADITIONS

TRADITION 4

A photograph of pink cherry blossoms in full bloom, set against a solid teal background. The blossoms are in the foreground, slightly out of focus, creating a soft, dreamy atmosphere. The teal background is a vibrant, slightly muted blue-green color.

*"Each group is
autonomous except in
matters affecting other
groups or ACA as a
whole. We cooperate
with all other Twelve-
Step programs."*

Welcome Fellow Travelers!

Thank you for joining us today for our workshop on Tradition 4 of
“A Guide to the Traditions!” workshop series.

This workshop is being recorded and the audio will be available at a
later date.

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.

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

Agenda

- A. Introduction of the Tradition
- B. Scenario
- C. Questions to consider about the Tradition
- D. Breakout room set up & questions,
- E. Breakout into discussion rooms for 20 minutes
- F. Return to the main room where each group will have time to share their conclusions, experience, & takeaways.
- G. Additional Shares
- H. Close with the ACA Serenity Prayer

Tradition Four

Each group is autonomous except in matters affecting other groups or ACA as a whole. We cooperate with all other Twelve-Step programs.

TRADITION FOUR SCENARIO

Scenario

An Open meeting of the Laundry List Workbook chose by group conscience to remove the readings of the Problem or Laundry List, Solution, Steps, and Traditions. The ACA Serenity Prayer and The Promises are still used in the meeting format.

Consider this personal share of an ACA member: Transitioning from life into a meeting space where I can be emotionally present for my recovery to me means being reminded, I am an adult child. The readings of the Problem, Solution, Steps, Promises and Serenity Prayer and, at a minimum, the Tradition of the month, provide the opportunity to practice these essential messages and stay aware of the tools I need to work my recovery.

Skit

Chair: A reminder that we are an Open meeting focusing on the Laundry List Workbook. We have chosen by group conscience not to read the Problem or the Laundry List, the Solution, the Steps, and the Traditions. We decided we will continue to say the ACA Serenity Prayer and read The Promises at the end of our meeting.

Pat: I'm now wondering about this decision. When I transition from life into our weekly meeting space, I want to be emotionally present for my recovery, which means being reminded that I am an adult child. The traditional readings of the Problem, Solution, Steps, and, at a minimum, the Tradition of the month, provide the opportunity to practice these essential messages. This helps me and stay aware of the tools I need to work my recovery.

Skit v2

Chair: A reminder that we are an Open meeting focusing on the Laundry List Workbook. We have chosen by group conscience to now revisit our meeting format. Currently, we do not read the Problem or the Laundry List, the Solution, the Steps, and the Traditions, but do say the ACA Serenity Prayer and read The Promises at the end of our meeting. Is there any discussion?

Chris: I like what we're doing – not wasting valuable meeting time to read something we all know already. If we read these things, it shortens our sharing time.

Pat: For me, when I get to my meeting and move away from my regular life, I want to be emotionally present for my recovery. This means being reminded that I am an adult child. The traditional readings of the Problem, Solution, Steps, and, at a minimum, the Tradition of the month, are a good transition. They help me stay aware of the tools I need to work my recovery.

Breakout Room Set Up

20-minute breakout room discussion session:

- ✓ You will need a **notetaker** and a **reporter** for our Main Room sharing after the breakout room session. This can be the same person or two different people.
- ✓ Elect a **spiritual timekeeper** to ensure everyone has an equal opportunity to speak if they wish.
- ✓ Proceed with an open discussion and refer to the **“Tradition 4 Questions to Consider”**. We have posted it in the chat. Please divide your total sharing time accordingly so that each participant may share at least once if they wish.
- ✓ If you have any questions, please use the **“ask for help”** icon located on the bottom of your screen
- ✓ You will receive a 3 minute end of Breakout session notification.
- ✓ **Goal: for participants to gain 3 takeaways around Tradition 4**

Questions to Consider About Tradition Four

1. What makes an ACA Meeting? How do I know I'm in an ACA meeting? Are there essential readings?
2. Does being without prescribed readings leave us open to having a diluted message? Does this help or hinder our primary purpose?
3. Does reading alternative Twelve Steps other than the ACA 12 Steps affect the meeting or fellowship as a whole?
4. Our 4th Tradition is slightly different. We have added "We cooperate with all other Twelve-Step programs." What does this mean? Are there limits to cooperation?
5. Given that each meeting is autonomous, what type of group decision would affect ACA as a whole?
6. What is the difference between an Open and a Closed meeting?

QUESTIONS ?

**BREAKOUT ROOMS
ARE
IN SESSION**

TAKEAWAYS:

**CONCLUSIONS & EXPERIENCE
OF
BREAKOUT ROOM**

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.

Closing

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.