

Greater Spiritual Inclusion

How Can We Address Spiritual Inclusion in ACA?

Just as childhood trauma can affect people of every race, ethnicity, gender, sexual orientation, and socio-economic status, childhood trauma also affects those of every spiritual perspective. Spiritual believers, religious believers, atheists, agnostics, non-faith believers, seekers, and questioners can all yearn for healing through the ACA Solution. The path towards greater spiritual inclusion for all of us requires that we break the *don't talk, don't trust, and don't feel* rules of family dysfunction as they relate to spirituality in ACA. We can each do this by courageously feeling, trusting, and speaking our truths, and by opening up to the truths of others. We can honor the courageous recovery paths of those who might seek sweeping spiritual changes in our program and those who may fear losing their current sense of spiritual safety and normalcy in ACA. Through our commitment to greater spiritual inclusivity, we can open new paths of healing for some and deepen spiritual journeys for others.

Solutions

Terms and phrases

Using a variety of pointer terms throughout ACA literature to promote greater spiritual inclusion. This approach might include terms/phrases like:

- Allah
- ancestors
- collective conscience
- dao/tao
- greater consciousness
- greater loving power(s)
- greater principles
- greater purpose
- Healing power(s)
- higher power(s)
- higher purpose
- inner truth
- inner knowing
- knowing presence
- life/force
- Love
- lovingkindness
- mysteries of life
- power(s) greater than ourselves
- powers
- principles
- purpose
- resources beyond our awareness
- something bigger than us
- stars
- tao/dao
- true self
- qi
- universe
- wisdom of the program
- ...and god or higher power

Stepping outside all-or-nothing thinking and opening to diverse spiritual perspectives lift the burden of trying to find a single perfect word or phrase to point to everyone's spiritual truths.

Spiritual inclusion statement to be used in meeting format

We embrace spiritual inclusion by inviting everyone to use their words of choice in any texts and prayers where the word God or Higher power is currently used.