

8. Adult Children of Alcoholics should remain forever non-professional, but our service centers may employ special workers.

Meditation: Higher Power, remind us that the direction of our program comes from the ACA members and the groups. Remind us that we must make our own decisions. Guide us when we discuss the need to hire special workers that will help us fulfill ACA's primary purpose. Grant us the wisdom to make the best decisions for our groups, service structure, and our fellowship as a whole.

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

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

10. Adult Children of Alcoholics has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy.

Meditation: Higher Power, help us to honor ACA's primary purpose, and focus our sharing in meetings on topics of recovery. Help us remember that ACA is a spiritual program and not a political, religious, or other type of program.

11. Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV, films, and other public media.

Meditation: Higher Power, we ask you to guide us in maintaining our anonymity at the level of all media because no one speaks for ACA or gives the appearance of speaking for ACA. We attract others to ACA by our good works and the good word of others. Help us discern when we might break our

anonymity for a suffering adult child looking for a way out of confusion. This person might be a co-worker or a family member. Help us know when to share some of our story, or when to remain quiet and maintain our anonymity. May we avoid speaking out of turn, or using our ego to share with people who may not be interested in ACA. At the same time, give us courage to share this program when the moment is right.

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Meditation: Higher Power, help us see the connecting thread that anonymity brings to the ACA program. Give us the willingness that we need to practice ACA principles instead of a False Self personality.

Local information:

ACA Information

The Traditions and Suggested Commitment to Service

Adult Children of Alcoholics® / Dysfunctional Families



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COMMITMENT TO SERVICE

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.

The Traditions

1. Our common welfare should come first; personal recovery depends on ACA unity.

Meditation: Higher Power, we are your Trusted Servants seeking to support our ACA group and its primary purpose. Please remind us that the life of our program and our own recovery depends upon our willingness to put the group's welfare above our own will. Help us recognize unity.

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.

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

3. 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.

Meditation: Higher Power, help us recognize our desire to recover from the effects of growing up in a dysfunctional home. Give us willingness to attend meetings to recover from these effects. We participate in ACA because we want to change and help others. Thank you for leading us to these rooms where we belong. Thank you for giving us the courage to walk into an ACA meeting and stay and find our place. We are finally home. We finally know where we fit.

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

Meditation: Higher Power, help our home group remain focused on the Twelve Step process of recovery while still having its own personality and flavor. When the actions and decisions of our group might affect ACA as a whole, may we find the spirit of cooperation and a willingness to seek help from the ACA service structure. Our group is autonomous, but it is not alone.

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

Meditation: Higher Power, help us remember that ACA has one primary purpose which centers the fellowship and which simplifies most discussions. Help us remember to ask ourselves a simple question when we are 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?'

6. An ACA group ought never endorse, finance, or lend the ACA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Meditation: Higher Power, grant us the wisdom to know when a group project will carry the message of recovery to those who still suffer, or will direct group energy away from carrying the message. Guide us away from discussions about property, prestige, or endorsing causes that are not ACA. Give us the courage to speak clearly and thoughtfully for what we believe honors Tradition Six.

7. Every ACA group ought to be fully self-supporting, declining outside contributions.

Meditation: Higher Power, we are here to do your will. Help us give for the right reason and the right amount. Help us remember that we have a different life today because of ACA. May we be willing to give back what was freely given to us. May we claim spiritual ownership in this fellowship.