

Taken From The ACA Is... WSO Pamphlet

Introduction

Adult Children of Alcoholics (ACA) is a Twelve Step, Twelve Tradition program of people who grew up in alcoholic or otherwise dysfunctional homes. The ACA program was founded on the belief that family dysfunction is a disease that infected us as children and affects us as adults. Our membership also includes adults from homes where alcohol or drugs were not present; however, abuse, neglect or unhealthy behavior may have been present.

We meet to share our experience and recovery in an atmosphere of mutual respect. We discover how alcoholism and other family dysfunction affected us in the past and how it influences us in the present. We begin to see the unhealthy elements of our childhood. By practicing the Twelve Steps, focusing on the ACA Solution, and accepting a loving Higher Power of our own understanding, we find freedom.

Why We First Came to ACA

Our decisions and answers to life did not seem to work. Our lives had become unmanageable. We exhausted all the ways we thought we could become happy. We often lost our creativity, our flexibility, and our sense of humor. Continuing the same existence was no longer an option. Nevertheless, we found it almost impossible to abandon the thought of being able to fix ourselves. Exhausted, we held out hope that a new relationship, a new job, or a move would be the cure, but it never was. We made the decision to seek help.

Why We "Keep Coming Back"

At the end of an ACA meeting, the group members encourage one another to "keep coming back" to meetings. Why? We found people in the meetings who listened to us talk. They did not judge us. They did not try to fix us. They did not interrupt us when we spoke. They merely told us that if we came to meetings on a regular basis we would gradually begin to feel better. We did.

We are a work in Progress

*God, Grant me the serenity to
accept the people I can not
change, the courage to change
the one I can, and the wisdom
to know that one is me.*



*For updates on meetings in
Connecticut, Massachusetts
and online please visit the
website: RlareaACA.org*



RI ACA



WSO



riareaaca@gmail.com

Vers. 6 4-15-2023

ACA

(Adult Children of
Alcoholic and
Dysfunctional Families)
Rhode Island
Area Intergroup



Rhode Island Area ACA 2023 Meeting List



riareaaca@gmail.com

"The Solution is to
Become Your Own
Loving Parent."

IN-PERSON MEETINGS:

MONDAY, WEDNESDAY & FRIDAY
7:00AM Providence, RI (NEW LOCATION)
Central Congregational Church
296 Angell St. 02906
'ACA Live AM Meeting'
Literature and Book Study

MONDAYS 7PM - 815PM
450 Boston Neck Road,
North Kingstown, RI

MONDAYS 7:30PM - 8:30pm
YANA Club, Back To Basics - ACA
770 Aquidneck Ave, Middletown, RI

WEDNESDAYS 6:30PM
Providence, RI
Salvation Army Freedom Hall
201 Pittman Street, 02906
Literature and Book Study (Women Only)

WEDNESDAYS 7PM
St. James Episcopal Church
474 Fruit Hill Ave
North Providence, RI

SATURDAYS 8:00 AM
Providence, RI
Salvation Army Freedom Hall
201 Pittman Street, 02906
'ACA Saturday Step Group'
(English) Beginners, Open to All,

SATURDAYS 10:30 AM to 11:45AM North
Kingston (Wickford), RI Methodist Church
450 Boston Neck Rd. -Rte. 1-A, 02852
'Learning to Thrive'
Discussion, Literature, Wheelchair Access

FRIDAYS 7:00 PM
Providence, RI
Central Congregational Church
296 Angell St. 02906
'Friday Night ACA' 1st Floor, Enter Side Door
*Fireplace Room, Discussion, Book Study,
Open to All*

Meeting List 2023

Adult Children of Alcoholics and Dysfunctional Families



ZOOM ONLINE MEETINGS

All Zoom Meeting links may be found on website, <https://www.riareaaca.org/email.riareaaca@gmail.com> or ask an ACA for the password.

Open RI Area ACA Meeting 7am 7 Days a week. This is a trilogy literature meeting starting with the Strengthening My Recovery Daily Reflections, Referenced Big Red Book Reading and then Something in the Loving Parent Guidebook.

Zoom ID 494757467

Zoom Kids are Alright - Big Red Book Study Mondays only: 6:00pm – 7:30pm
Meeting ID: 853 7105 8511
LGBTQ+ friendly. Tradition meeting on the First Monday of the Month. Contact info: zoomkidsarealrightaca@gmail.com

Open RI Area ACA Zoom Meeting Space
7 PM-8:15 Topics change Daily

Mon ~Daily Reader Tues ~ Open
Wed ~Open
Thurs ~ Loving Parent Guidebook
Fri , Sat , Sun ~ Open
Meeting ID: 968 8073 5369

Start A New Meeting

Read, download and/or print the free Guidelines for New Meetings brochure.

If you haven't already, sign up for The Traveler monthly newsletter to keep up with announcements, news and events from around the ACA fellowship.

Get the word out to your community by placing ACA Trifolds (Finding Emotional Sobriety, 25 Questions – Am I an Adult Child, etc) in libraries, with counselors, community bulletin boards, and/or with other 12 Step fellowships (subject to their permission). These and other trifolds can be purchased directly from WSO.

Register the meeting with WSO.

The Sample Format can be used, in the beginning, until the group decides to hold a group conscience meeting to make changes.

The Handbook for Adult Children, starting on page 557 in our fellowship text, also offers assistance and includes a meeting format.

Established Meetings

Make sure your meeting information is current in the WSO Meeting List. Instructions for updating meeting information can be found on our website.

The Conducting a Business Meeting trifocals can help with business meeting ideas.

The Crosstalk and Good Enough Group booklets can provide helpful insights on keeping the meeting safe and healthy.

Take a look at the Member Shared Resources to find more ideas for keeping the meeting safe and healthy.

Apply for help starting a new in person meeting in the Rhode Island Area.

Rhode Island Area ACA Intergroup has agreed to help start new in person meetings in The Rhode Island Area. (This includes the areas of Massachusetts that are close to Rhode Island.) The Intergroup has agreed to supply some books and literature to start the meeting, depending on what type of meeting you are starting, along with 3 months of rent for the meeting, to be paid to the landlord of the space, up to \$40 per month. Go to this link to apply for help starting a meeting. <https://www.riareaaca.org/new-meeting-application.html> or scan the QR Code with your smart phone.

