

RI AREA ACA OPEN 7am ZOOM MEETING FORMAT (updated 12/14/25)

Hello. My name is _____.

Welcome to the RI Area meeting of Adult Children of Alcoholics and Dysfunctional Families.

We meet to share the experience we had as children growing up in an alcoholic or dysfunctional home. That experience infected us then and it affects us today.

By practicing the 12 Steps, by focusing on the Solution, and by accepting a Higher Power of our understanding, we find freedom from the effects of alcoholism and other family dysfunction.

We identify with "The Problem" and learn to live in "The Solution", one day at a time.

Will you please join me in a moment of silence followed by the Serenity Prayer?

*God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference*

Who would like to read The Problem [BRB pg 589] or one of The Laundry Lists [BRB 648]?

Who would like to read The Solution [BRB pg 590]?

Who would like to read the Step & Tradition of the month?

[BRB pgs 586 & 592]

(eg, March = 3rd Step & 3rd Tradition)

You may have related to our readings even if there was no apparent alcoholism or addiction in your home. This is common because dysfunction can occur in a family without the presence of addiction. We welcome you.

If you are attending an ACA meeting for the first time, will you please introduce yourself by your first name? This is not to embarrass you, but so we may welcome you and get to know you.

We are glad you are here. Keep coming back.

May we go around the room and introduce ourselves by our first name.

My name is _____.

This program is not easy, but if you can handle what comes up at six consecutive meetings, you will start to come out of denial. This will give you freedom from the past. Both you and your life will change. In the beginning, many of us could not recognize or accept that some of our current attitudes or behaviors result from some experience related to alcoholism or dysfunction in our childhood. We behave as adult children, which means we bring self-doubt and fear learned in childhood to our adult interactions.

By attending six meetings in a row and attending regularly thereafter, we come to know and begin to act as our True Selves. We encourage each member to share openly about his or her experiences as time allows. This is a safe place to share your adult and childhood experiences without being judged.

To allow everyone a chance to share during the meeting, we ask each person to limit their sharing to about 3-4 minutes.

Who would like to serve as today's Spiritual Time Keeper, giving us a gentle reminder at 3 minutes to wrap up our share? (per group conscious please do not use a buzzer to signal time.)

(get a volunteer)

We use the Zoom Timer app to keep time, if you note when your 3 minutes comes to an end, otherwise the timer will give you a gentle reminder and please acknowledge the time keeper and end your share before you get to 4 minutes. (please and thank you)

What you hear at this meeting should remain at the meeting. We do not talk about another person's story or experiences to other people.

Please respect the anonymity of those who share with us today.

We do not cross talk during the sharing time. Cross talk means interrupting, referring to, or commenting on what another person has said during the meeting. We do not cross talk because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective. We accept without comment what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others.

Also this group has voted in a group conscious to not use the zoom emojis during the meeting as they are considered cross talk.

We also ask that you turn your camera off if you are going to be moving around.

Today's meeting is a Trilogy Literature Meeting.

We will read from Strengthening My Recovery, the referenced section in the Big Red Book & a related section from The Loving Parent Guidebook.

Who would like to read today's reading from Strengthening my Recovery?

Who would like to read the referenced section in the Big Red Book?

Who would like to read the referenced section in the *Loving Parent Guidebook*?

We will begin sharing now and will end at approximately 5 minutes before the hour.

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We can now begin sharing.

(Group sharing ends.)

End of Meeting

It's now time for the 7th Tradition (pass the basket) which states that "Every ACA group ought to be self supporting, declining outside contributions."

Newcomers are encouraged to buy literature/books and need not contribute at their first meeting.

<https://www.riareaaca.org/donations.html>

<https://shop.adultchildren.org/>

Reminder: After we close this part of the meeting we do the Reparenting Check-in on the bottom of page 233 in the Loving Parent Guidebook and then there will be more opportunity to share.

It is time to read The Promises, popcorn style. [BRB pg. 591]

(read a couple and pass it along, 12 we do all together)

Will we close the meeting with the ACA modified Serenity Prayer

*God, grant me the Serenity to accept the people I cannot change, The Courage to change the one I can,
& the Wisdom to know that one is me.*

Keep coming back. It works, if you work it, so work it your worth it! (and you always were!)