

Sample Literature Meeting Script for *The Loving Parent Guidebook*

Hello. My name is _____. Welcome to [Meeting and Group Name] meeting of Adult Children of Alcoholics and Dysfunctional Families. Please turn off and put away all electronic devices.

At ACA, we meet to share the experience we had as children growing up in dysfunctional homes, and how that experience affects us today.

- Will all who care to, please join me in the ACA Serenity Prayer, found at the end of the Table of Contents?
- Will a friend please read The Solution on page i?
- Will a friend please read the 12 Steps on page ii?

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

Let's go around the room and introduce ourselves by our first name. If you are new to ACA and this is one of your first six ACA meetings, please let us know so that we may welcome you. I'll start. Again, my name is _____.

We are glad you are here, keep coming back. This program is not easy, but if you can handle what comes up six meetings in a row, you will start to come out of denial. This will give you freedom from the past. Both you and your life will change.

In this meeting we read from *The Loving Parent Guidebook*.

To create a safe place, please respect the following meeting boundaries:

- Indicate you've finished speaking with a closing statement such as "Thank you for letting me share," etc.
- Please do not interrupt the speaker during their share time.
- Please use the words "I, me, and my" in order to share your personal experience. Please avoid the use of "you, we, and us" since it takes the focus off your unique perspective.
- We do not "cross-talk," which means we do not refer to or comment directly on anyone else's sharing. We share our experiences only. We simply listen and do not offer advice or physical comfort. We have a handout available with more detailed "cross talk" guidelines.
- We remember that anything heard at a meeting, stays at the meeting. Please respect the privacy of those who share here today.
- Everyone at this meeting is responsible for adhering to these safety suggestions. It is my responsibility as Chairperson to remind participants of the guidelines if necessary.

Some people attending ACA meetings have not grown beyond their victim or victimizer scripts and may attempt to meet their own needs through manipulation of newcomers, who are particularly vulnerable to abuse. This violates the safety of the meeting and can drive away some newcomers. Please respect the physical and emotional boundaries of everyone in the meeting.

We encourage each member to share openly about their experience 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 three (3) minutes and no second shares until everyone has had a chance to share. I've asked _____ to be the "spiritual timekeeper" who will give a one-minute verbal cue and let you know when you're time is up.

Beginning the Reading

We will now begin reading in *The Loving Parent Guidebook* on page_____, where we left off. We'll take turns reading a few paragraphs and pause to allow for shares. Sharing ends at 5 minutes before the close of the meeting at X:XX AM/PM. (Refer to the log book and ask for a volunteer to read)

Closing the Meeting [At X:XX AM/PM]

- (If time allows) Before we begin to close, does anyone else have a burning desire to share?
- It is now time to pass the basket for our Seventh Tradition, which states that, "Every ACA group ought to be self-supporting, declining outside contributions." A suggested donation of \$2.00 will ensure we will meet our financial commitments.
- While the basket is going around, I want to emphasize that this meeting focuses on *The Loving Parent Guidebook*. We encourage people to also attend other ACA meetings to learn about topics not covered here, to access additional service opportunities, and to expand their ACA support network. A handout which lists all local meetings is available on the literature table.
- Are there any other ACA-related announcements?
- Thank you for joining us and keep coming back. Would a friend please read The Promises on page iii?
- We will now close with the ACA Serenity Prayer

Keep coming back, it works if you work it, so work it you're worth it.