

20-Week Online Step Study

ACA – In the Rooms (ITR)

Dates: The 20-week Step Study is held on Wednesday and meets weekly at 7pm Eastern Time for 20 weeks.

Location: Sign-up at <https://www.intherooms.com/home/> is free. Once registered, to find the meeting, click “Video Meetings” at the top of the page. You will find the 7pm ET ACA meeting in the list.

Literature

The ACA literature can be purchased at <https://adultchildren.org>. In this Step Study, we use the Yellow Workbook, which includes chapter 7 of the Big Red Book as well as a series of in-depth questions necessary for working the Steps.

ACA Serenity Prayer:

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

Grant me patience for the changes that take time, an appreciation for all that I have, a tolerance for those with different struggles and strength to get up and try again one day at a time.

Extra Newcomer Support

Some awesome volunteers from our group are available to answer questions and help you get started on your ACA path of recovery. They can be contacted at dmcbwso@gmail.com.

Anonymity

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 have shared here.

Crosstalk

We do not “cross talk” in our meetings. Crosstalk means interrupting, referring to, or commenting on what another person has said during the meeting.

We do not crosstalk because adult children come from family backgrounds where feelings and perceptions were judged as wrong or defective. In ACA, a person may share feelings and perceptions without fear of judgement. We accept without comment what others say because it is true for them. We work toward taking more responsibility in our own lives rather than giving advice to others.

Discussion Forums on ITR

ACA currently has 4 active Discussion Forums within ITR. These are referred to as Groups. You can search for these Groups by clicking on the link called “Groups” at the very top of all ITR pages (between “Fellowships” and “Find People”). You can “Join” the Group if you wish. If you join, you can navigate to the Group more easily from your “My Profile” page > Groups (the “Groups” link is above the Comments and below the text box where you make Status Updates).

ACA – DF Business – This group is specific to discussion items related to the overall functioning of our fellowship here on ITR. All ACA’ers are welcome to join and in doing so you will have voting privileges (<https://www.intherooms.com/group/view?gid=2530>)

ACA – This group is the all-encompassing Fellowship here on ITR. We encourage everyone to share their experience, strength and hope in this forum. (<https://www.intherooms.com/group/view?gid=284>)

Adult Children of Alcoholics & Dysfunctional Families – This is another all-encompassing group used for ACA related discussions. (<https://www.intherooms.com/group/view?gid=1415>)

ACA 20 Week Step Study – This group is specific to those people participating in the 20 Week Step Study. (<https://www.intherooms.com/group/view?gid=2772>)

Technical Difficulties on ITR

ITR sometimes works great and sometimes it doesn’t. Here are some tips we’ve learned along the way:

- It’s important to clear your browser cache every now and then.
- It’s important to shut down any other applications that use a lot of bandwidth while in a meeting, particularly Skype or any video streaming software.
- May people have success “refreshing.” This simply means leaving the meeting and coming back in. You can do this by reloading the meeting URL or clicking back to the main ITR page and coming back to the meeting. If that doesn’t work, you can try shutting down your browser completely and logging back in. If that still doesn’t work, you can try rebooting your whole computer.
- If Chrome is giving you issues, try Firefox. If Firefox is giving you issues, try Chrome.

7th Tradition Donations

ITR uses PayPal to collect donations. For every donation, PayPal takes .30 cents plus a small percentage of the total donation. For this reason, we ask our fellow members to try and donate in one time larger amounts each month, rather than multiple smaller amounts.