ACA On-Line Meeting Simplified Format

Hi, I'm _____, Adult Child.

Welcome to the _____ meeting of Adult Children of Alcoholics.

We have a simplified meeting format for our on-line meeting, out of consideration for the extra complications of meeting on-line and to reserve as much time as possible for anyone who wants to share. As we open, we will read the Problem and the Solution. As we close, we will read the Promises and join together in the Serenity Prayer.

A quick note about meeting etiquette for on-line meetings: please mute your mic except when you are reading or sharing, or when we join together in prayer. Also, our tradition of anonymity needs special consideration at this time. When joining a meeting we suggest that you do not provide your last name. We are not going to police that; if you do see someone's last name we request that you overlook it without comment and take no notice of it, to keep this a safe meeting space. This anonymity notice will be repeated at the close of the meeting for anyone who joins us between now and then.

Is there a volunteer to read the Problem? In our Daily Reader that's on p. 386. It's also in the BRB on p. 589.

Is there a volunteer to read the Solution? In our Daily Reader that's on p. 388. It's also in the BRB on p. 590.

Introduce a topic or a reading.

The floor is now open for sharing. Because it's not easy to "read the room" between shares, after each person closes I'll prompt for who would like to share next. *Also: because we are using the free edition of Zoom meetings, we expect the meeting to disconnect us after we have been meeting 30 to 40 minutes. I will immediately re-start a new meeting at the same link; please sign back in when you are disconnected.*

(Share until designated time to wrap-up. When disconnected, keep track of who is sharing and re-establish that it's still their turn once the meeting has resumed.)

After sharing has closed: That's all the time we have for sharing. A few quick announcements.

First, a reminder about on-line anonymity. When joining a meeting we suggest that you do not provide your last name. If you do see someone's last name we request that you overlook it without comment and take no notice of it. Anonymity is one of our traditions and helps create that safe environment where we can share.

We will be back here at the same link next week.

Are there any other announcements?

Is there a volunteer to read the Promises? In our Daily Reader, some editions have that on the back cover; check there first. If it's not there, it should be on p. 391 of the Daily Reader. Again, it's also in the BRB on p. 591.

We will close with the traditional Serenity Prayer. Please unmute your mics if you would like to join. Together:

God, grant me the serenity

To accept the things I cannot change

The courage to change the things I can

And the wisdom to know the difference.

Optional social time or invitation to stay in touch with each other between meetings, and to remember our gentleness, humor, love, and respect in these trying times.