

ACA Preamble v1:

ACA is a (spiritual*) fellowship supporting people who grew up with alcoholism or other dysfunction. That experience infected us then and it affects us today. We practice a program and meet to recover from survival traits we developed while growing up. We strive to provide a safe and inclusive environment that provides space for us to grieve our childhoods and to conduct an honest inventory of ourselves and our families. The experience, strength and hope we share provides us with an opportunity to find our true selves and heal by reparenting ourselves with gentleness, humor, love and respect, one day at a time.

**Optional depending on group conscience*

ACA Preamble v2:

ACA is a Twelve Step, Twelve Tradition program for people who grew up with alcoholism and other family dysfunction. We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us. This affects us today and influences how we deal with all aspects of our lives.

There are no dues or fees for ACA membership; we are self-supporting through our own contributions. ACA is not allied with any sect, denomination, politics, organizations, or institutions; we do not wish to engage in any controversy; we neither endorse nor oppose any causes. We identify with "The Problem" and learn to live in "The Solution", one day at a time.

ACA Preamble v3:

ACA is a Twelve Step, Twelve Tradition support group focused on understanding specific behaviors and attitude patterns we developed while growing up in an alcoholic or other dysfunctional environment. These patterns continue to affect us today. Meetings are intended to be safe places where we can share our experience, strength, and hope without judgement or criticism. We have the right not to share until we are ready. By attending meetings regularly, we come to better understand our past and our patterns of survival. We effectively structure our lives today, gaining clarity on what is positive and healthy by living in a solution.

This program is not affiliated with any specific religion, but we welcome everyone to discover their own spiritual guidance. We are individuals struggling for honesty to become the best we can be. We respect each other's anonymity: who we encounter at meetings and what they have said is treated confidentially. We meet to share our solutions to our problems, and we offer fellowship and understanding. We love one another in a very special way, and we challenge you to stay with us.