

# ACA LUNCHTIME CLUB AFFIRMATIONS MEETING

Updated as per GC 3.3.2021

## DAILY HOSTS

Monday	G /O
Tuesday	D/J
Wednesday	E/B
Thursday	A/Open
Friday	A/J
Intergroup Rep (IR)	M
Whats App / website	G
Fellows willing to Learn	



## CHAIRPERSON'S SCRIPT

### 11:50am

- Chairperson Log On & greet people as they arrive.
- Claim Host Key:
- Make meeting buddy co-host

**Pre Meeting Suggestions:**

Organise people to do the following service:

**Read Set Aside Prayer**

**Time Keeper** (they say '3 minutes' @ 3minutes, then 'Time' @ 4minutes) **Read Daily Reading** (they may have access to the Daily Affirmations Book) **Lead ACA Serenity Prayer**

**Post prayers, readings and 7-Tradition information on the screen (Co-host)**

**12:00pm WELCOME:** Welcome to the **Lunchtime Affirmations Meeting** of Adult Children of Dysfunctional families. My name is \_\_\_\_\_, I am an adult child and the chairperson today. My **co-host** is \_\_\_\_\_, if you require assistance during the meeting, feel free to message them using the chatbox. Please switch your **phone** to silent and remain **muted** unless you are speaking.

We meet to share the experiences we had as children growing up in a dysfunctional home – the way it infected us then and the way it affects us now. By practising the **12 Steps**, attending **meetings regularly, focusing on the Solution** and accepting a **Higher Power** of our own understanding, we find freedom from the effects of alcoholism and family dysfunction. We wish at last to find our **True Selves**. As ACA members we identify with the **Laundry List Traits** and learn to become our own **Loving Parent**, one day at a time.

This is a Daily Affirmations meeting, we encourage you to attend other meetings such as Big Red Book, Step Studies, Loving Parent, Newcomer, Laundry List, and Speaker meetings to learn about topics not covered here, to access additional service opportunities and to expand your ACA support network.

Are there any people new to this meeting or new to ACA? If so, would you like to introduce yourself and let us know where you are from so that we can welcome you?

**(Co-host post Set Aside Prayer)**

**SET ASIDE PRAYER:** Would you please join me in a moment of silence..... followed by the **ACA Set Aside Prayer**.

God, please set aside everything that I think I know about myself,  
my healing, my spiritual path and You,  
for an open mind and a new experience  
of myself, my healing, my spiritual path and especially You. Please help  
me to see the truth.

**CROSS TALK:** In ACA we do not cross-talk. 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 backgrounds where feelings and perceptions were judged as wrong or defective. We accept without comment on what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others.

**'I' STATEMENTS:** Please use the words "I, me, and my" in order to share your personal experience, and avoid the use of "you, we, and us" since it takes the focus off your unique perspective.

**ANONYMITY:** To ensure that this is a safe space for everyone, we request that you please: • Think of others and protect our anonymity • Participate from a quiet, private location where you will not be interrupted • Treat this as you would a face-to-face meeting

- Use headphones if required
- Turn your camera off if you are moving around

**TIMER:** \_\_\_\_\_ is going to be the timekeeper today. Please limit your sharing to 4 minutes so that we can hear from as many people as possible. When you hear \_\_\_\_\_ say 'three minutes' at three minutes please wrap up your share.

**CHAT BOX:** The Chatbox is closed to participants during the meeting, however, if you require assistance, please message today's co-host \_\_\_\_\_. The Chat Box will open at the end of the meeting for personal messaging and the exchange of phone numbers.

**OUTSIDE AFFILIATIONS:** In keeping with the Traditions we do not endorse or mention our professions at the meeting.

(Co-host post today's reading from **Strengthening my Recovery - Daily Affirmations Book**) (Co- host post link in chat box)

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

**READING:** Daily Affirmation (read aloud).

Who would like to do today's reading?  
The link for the reading is in the chat box

**SHARING:** If you would like to do a **feelings check**, please do so during your share.

Today's Reading is titled ' \_\_\_\_\_ ' The floor is now open for raised voice sharing/ popcorn.

(Greet speakers as they introduce themselves & thank them when they have finished).

**Suggestions During Meeting** (if there is a lull in sharing) :  
2<sup>nd</sup> Reading of Daily Reading  
Read/post the ACA Promises

-  
-  
-  
-

Re-state title of Today's reading  
Invite newcomers and visitors from overseas to introduce themselves  
Read/post 'The Solution'  
Select and share an ACA Affirmation

-  
-

**12:55pm END OF SHARING:** That's all the time we have for sharing. Thanks to all those who shared and those who shared by listening. We will have at least 15 minutes of fellowship time after the meeting, so if you have any questions about ACA or would like to connect with others, please stay behind. If you didn't get the chance to share please do so with someone after the meeting.

**(Co-host post 7<sup>th</sup> Tradition & copy into chat box)**

**7<sup>th</sup> TRADITION:** We are fully self-supporting declining outside contributions. Although we are holding online meetings currently, ACOA still has area level costs to consider. Please contribute what you can.

**7th Tradition and Intergroup Donations**

**ACOA Intergroup Account Details**

**BSB 032 044 ACC 748 092**

**ANNOUNCEMENTS:** Are there any ACA **announcements**?

- This group has a **Whats App** group which you are welcome to join. My co-host \_\_\_\_\_ will post the link in the chat box.  
<https://chat.whatsapp.com/KwstLoFchPSHUnZcldET5a>
- Our next Business Meeting is after this meeting on \_\_\_\_\_. and your input is important, we welcome you to join us and get involved in your ACA recovery.

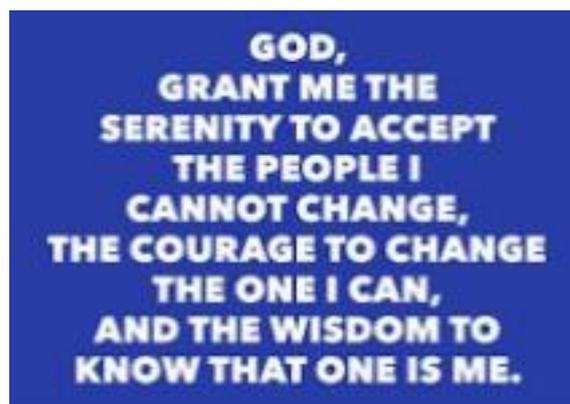
If you have time up in ACA and would like to give service as a co-host please talk to one of the daily hosts as this meeting supports members giving service as it helps with our recovery.

**ANONYMITY:** To ensure that this is a safe space for everyone, please respect the anonymity of those who shared today. What you heard here at this meeting should remain in this meeting. We do not talk about another person's story or experiences to other people.

**(Co-host post Serenity Prayer)**

**ACA SERENITY PRAYER:**

Let's close the meeting with a moment's silence followed by the **ACA Serenity Prayer**. Unmute yourself if you would like to.



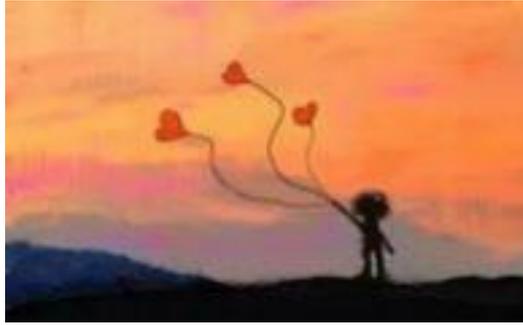
**1pm END OF MEETING – time for fellowship**

**HOSTS to ask 2-3 minutes after closing meeting**

**“Are there any questions or would someone like to share that was unable too?”**

---

----- **EXTRA RESOURCES:**



**The Promises**

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to "people-please" will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failure and success will leave us, as we intuitively make healthier choices.
11. With help from our ACA support group, we will slowly release our dysfunctional behaviours.
12. Gradually, with our Higher Power's help, we will learn to expect the best and get it.

**The Solution**

**The solution is to become your own loving parent**

As ACA becomes a safe place for you, you will find freedom to express all the hurts and fears that you have kept inside and to free yourself from the shame and blame that are carry-overs from the past. You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to love and accept yourself.

The healing begins when we risk moving out of isolation. Feelings and buried memories will return. By gradually releasing the burden of unexpressed grief, we slowly move out of the past. We learn to re-parent ourselves with gentleness, humour, love and respect.

This process allows us to see our biological parents as the instruments of our existence. Our actual parent is a Higher Power whom some of us

choose to call God. Although we had alcoholic or dysfunctional parents, our Higher Power gave us the Twelve Steps of Recovery.

This is the action and work that heals us: we use the Steps; we use the meetings; we use the telephone. We share our experience, strength, and hope with each other. We learn to restructure our sick thinking one day at a time.

When we release our parents from responsibility for our actions today, we become free to make healthy decisions as actors, not reactors. We progress from hurting, to healing, to helping. We awaken to a sense of wholeness we never knew was possible.

By attending these meetings on a regular basis, you will come to see parental alcoholism or family dysfunction for what it is: a disease that infected you as a child and continues to affect you as an adult. You will learn to keep the focus on yourself in the here and now. You will take responsibility for your own life and supply your own parenting.

You will not do this alone. Look around you and you will see others who know how you feel. We love and encourage you no matter what. We ask you to accept us just as we accept you.

This is a spiritual program based on action coming from love. We are sure that as the love grows inside you, you will see beautiful changes in all your relationships, especially with your Higher Power, yourself, and your parents.

### Affirmations

1. I love my Inner Child unconditionally.
2. I will protect my Inner Child to the best of my ability.
3. I will take time to listen to my Inner Child and to follow through on promises.
4. I will integrate my Inner Child into my life through play, creativity, and spirituality.
5. I will take time to become my own Loving Parent.
6. It is okay to know who I am.
7. It is okay to trust myself.
8. It is okay to say I am an adult child.
9. It is okay to know another way to live.
10. It is okay to say no without feeling guilty.
11. It is okay to give myself a break.
12. It is okay to cry when I watch a movie or hear a song.
13. My feelings are okay even if I am still learning how to distinguish them.
14. It is okay to not take care of others when I think.
15. It is okay to feel angry.
16. It is okay to have fun and celebrate.
17. It is okay to make mistakes and learn.
18. It is okay to not know everything.

19. It is okay to say "I don't know."
20. It is okay to ask someone to show me how to do things.
21. It is okay to dream and have hope.
22. It is okay to think about things differently than my family.
23. It is okay to explore and say, "I like this or I like that."
24. It is okay to detach with love.
25. It is okay to seek my own Higher Power.
26. It is okay to reparent myself with thoughtfulness.
27. It is okay to say I love myself.
28. It is okay to work an ACA program.