



हे ईश्वर मुझे आत्म शांति दो उन लोगों को  
स्वीकार करने की जिन्हें मैं बदल नहीं  
सकता हिम्मत दो उसे बदलने की जिसे मैं  
बदल सकता हूँ और यह समझने की  
सद्बुद्धि दो कि वह मैं ही हूँ  
(HINDI)

GUD, ge mig sinnesro att  
acceptera de människor  
jag inte kan förändra,  
mod att förändra den jag kan  
och förstånd att inse att den är jag.  
(SWEDISH)

MON DIEU, donne-moi la Sérénité  
d'accepter les personnes que je ne peux  
changer, le Courage de changer la personne  
que je peux, et la Sagesse de savoir que c'est moi.  
(FRENCH)

DIOS, concédeme serenidad para aceptar  
a las personas que no puedo cambiar,  
el valor para cambiar a aquella que  
puedo cambiar y la sabiduría  
para reconocer que  
ésa soy yo.  
(SPANISH)

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.  
(ENGLISH)



ਸਹਿਜਤਾ ਪ੍ਰਾਰਥਨਾ: ਪ੍ਰਮਾਤਮਾ,  
ਮੈਨੂੰ ਸਹਿਜਤਾ ਬਖਸ਼ਣੀ ਸਵੀਕਾਰ ਕਰਨ  
ਦੀ ਜਿੰਨਾ ਲੋਕਾਂ ਨੂੰ ਮੈਂ ਬਦਲ ਨਹੀਂ ਸਕਦਾ/ਦੇਸਲਾ  
ਦੇਣਾ ਉਸ ਇੱਕ ਨੂੰ ਬਦਲਣ ਲਈ, ਅਤੇ ਸਿਆਣਪ  
ਦੇਣਾ ਇਹ ਜਾਣਨ ਲਈ ਕਿ ਉਹ ਇੱਕ ਮੈਂ ਹਾਂ।  
(PUNJABI)



DEUS, dá-me a serenidade para aceitar  
as pessoas que não posso modificar,  
Coragem para mudar a pessoa que  
posso mudar E Sabedoria para  
saber que eu sou essa pessoa.  
(PORTUGUESE)

上蒼（更大力量），  
請賜我安寧的心境，  
接受我不能改變的人；  
請賜我勇氣，改變我能改變的人；  
並賜我智慧，了解那個人就是我。  
(TRADITIONAL CHINESE)

אלוהים, תן בי את השלווה  
לקבל את האנשים שאני לא יכולה לשנות,  
האומץ לשנות את האדם האחד שאני כן יכולה,  
והחוכמה לדעת שהאחד/ת הזה/הזאת הוא/היא אני.  
(HEBREW)

GOD, gee my die saligheid om die mense  
wat ek nie kan verander nie te aanvaar,  
Die moed om die een wat ek kan  
verander te verander, En die  
wysheid om te weet  
daardie een is ek.  
(AFRIKAANS)

# *Daily Reading*



## 2-Minute Silent Meditation

Please keep your microphone muted





A serene landscape at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. Several large, mature trees with green foliage are scattered throughout the landscape. In the middle ground, there is a small, calm pond reflecting the light. The foreground is a grassy field with some fallen leaves. The overall atmosphere is peaceful and natural.

# 2-Minute Silent Meditation

Please Keep Your Microphone Muted





# **2-MINUTE SILENT MEDITATION**

**PLEASE KEEP YOUR MICROPHONE MUTED**

Bonniebrook Tidepool





Two-Minute Silent Meditation - Please Keep Your Microphone Muted

# The ACA PROMISES

BRB p. 591

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 behaviors.
12. Gradually, with our Higher Power’s help, we will learn to expect the best and get it.

# AFFIRMATIONS, pt 1 BRB p 329

1. It is okay to know who I am.
2. It is okay to trust myself.
3. It is okay to say I am an adult child.
4. It is okay to know another way to live.
5. It is okay to say no without feeling guilty.
6. It is okay to give myself a break.
7. It is okay to cry when I watch a movie or hear a song.
8. My feelings are okay even if I am still learning how to distinguish them.
9. It is okay to not take care of others when I think.
10. It is okay to feel angry.
11. It is okay to have fun and celebrate.
12. It is okay to make mistakes and learn.



# AFFIRMATIONS, pt 2 BRB p 329

13. It is okay to not know everything.
14. It is okay to say “I don’t know.”
15. It is okay to ask someone to show me how to do things.
16. It is okay to dream and have hope.
17. It is okay to think about things differently than my family.
18. It is okay to explore and say, “I like this or I like that.”
19. It is okay to detach with love.
20. It is okay to seek my own Higher Power.
21. It is okay to reparent myself with thoughtfulness.
22. It is okay to say I love myself.
23. It is okay to work an ACA program.

# Tony A's 12 Steps pt 1

*ACA co-founder Tony A. adapted the 12 Steps of Alcoholics Anonymous to help the Adult Child uncover the effects of having been raised in a dysfunctional family.*

1. We admitted we were powerless over the effects of living with alcoholism and that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could bring us clarity.
3. We made a decision to practice self-love and to trust in a Higher Power of our understanding.
4. We made a searching and blameless inventory of our parents because, in essence, we had become them.
5. We admitted to our Higher Power, to ourselves and to another human being the exact nature of our childhood abandonment.
6. We were entirely ready to begin the healing process with the aid of our Higher Power.

## Tony A's 12 Steps pt 2

7. We humbly asked our Higher Power to help us with our healing process.
8. We became willing to open ourselves to receive the unconditional love of our Higher Power.
9. We became willing to accept our own unconditional love by understanding that our Higher Power loves us unconditionally.
10. We continued to take personal inventory and to love and approve of ourselves.
11. We sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of its will for us and the power to carry it out.
12. We have had a spiritual awakening as a result of taking these steps, and we continue to love ourselves and to practice these principles in all our affairs.

For more information, see the newcomer section (Tony A's 12 Steps) on our website, [acamorning.org](http://acamorning.org)



# The SOLUTION, pt 1 BRB p 590

**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 you have kept inside and to free yourself from the shame and blame that are carryovers 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 accept and love 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, humor, 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.

# The SOLUTION, pt 2 BRB p 590

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 healthful 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 will 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 God, yourself, and your parents.

# HOW AM I FEELING RIGHT NOW?

## ANGRY

agitated  
furious  
outraged  
resentful  
upset

## FEARFUL

apprehensive  
anxious  
distress  
nervous  
panicked  
paralyzed  
worried

## SAD

despondent  
disappointed  
discouraged  
hopeless  
troubled  
unhappy

## ANNOYED

bitter  
exasperated  
frustrated  
grumpy  
impatient

## AVERSION

appalled  
contempt  
disgusted  
dislike  
horrified  
repulsed

## PAIN/GRIEF

agony  
devastated  
hurt  
lonely  
miserable  
regretful  
remorseful

## DISCOMFORT

agitated  
alarmed  
disturbed  
restless  
surprised  
troubled  
uncomfortable

## STRESS/TIRED

exhausted  
fatigued  
overwhelmed  
restless  
sleepy

## DISCONNECTED

apathetic  
bored  
distracted  
indifferent  
numb  
withdrawn

## CONFUSED

baffled  
bewildered  
hesitant  
lost  
mystified  
perplexed

## EMBARRASSED

ashamed  
flustered  
guilty  
self-conscious

## VULNERABLE

fragile  
guarded  
insecure  
leery

## YEARNING

jealous  
longing

## AFFECTION

friendly  
loving  
sympathetic  
tender

## INTERESTED

curious  
enchanted  
engaged  
intrigued

## GLAD

amused  
encouraged  
enthusiastic  
excited  
grateful  
hopeful  
inspired  
joyful  
optimistic  
wonder

## GRATEFUL

appreciative  
thankful  
touched  
encouraged  
optimistic

## PEACEFUL

comfortable  
centered  
composed  
fulfilled  
relaxed  
relieved  
satisfied

## RESTED

alert  
alive  
energized  
rejuvenated  
relaxed  
strong



# 'My Journey' BRB p. xxiv–xxv

As I make my journey through the ACA Steps:

- I listen to my Inner Child – not with fear but with openness.
- I love this child for all they have had to defend against.
- I know that feelings are to be listened to; they are cues and signals that indicate where I am and what I need.
- Mistakes are a sign of growing; I remember to be gentle with myself.
- Success is not relative to others. It is a feeling of love and accomplishment for myself.
- Recovery is accepting myself for who I am, no longer waiting for others to define me or approve of me.
- It is safe to take time to play today. Play fuels my creativity, tickles my Inner Child, and nurtures my soul.
- May I respond with the vulnerability of my Inner Child, but with the strength of my Loving Parent.
- I surround myself with people who respect and treat me well.
- In faith I find the strength to survive times of great fear and sadness.

*Adapted from Claudia B.*

# The ACA BILL of RIGHTS, pt 1

1. I have the right to say no.
2. I have the right to say, “I don’t know.”
3. I have the right to detach from anyone in whose company I feel humiliated or manipulated.
4. I have the right to be treated with dignity and respect.
5. I have the right to make mistakes and learn from them.
6. I have the right to be wrong.
7. I have the right to make my own choices and decisions in my life; I do not have to feel guilty because someone does not like what I do, say, think, or feel.
8. I have the right to grieve any actual or perceived losses.
9. I have the right to all of my feelings.
10. I have the right to feel angry, including towards someone I love.
11. I have the right to change my mind at any time.

12. I have the right to a spiritually, physically, and emotionally healthier existence though it may deviate entirely or in part from my parents' way of life.
13. I have the right to forgive myself and to choose how and when I forgive others.
14. I have the right to take healthy risks and to experiment with new possibilities.
15. I have the right to be honest in my relationships and to seek the same from others.
16. I have the right to ask for what I want.
17. I have the right to determine and honor my own priorities and goals, and to leave others to their Higher Powers.
18. I have the right to dream and to have hope.
19. I have the right to be my True Self.
20. I have the right to know and nurture my Inner Child.
21. I have the right to laugh, to play, to have fun, and the freedom to celebrate this life, right here, right now.
22. I have the right to live life happy, joyous, and free.



*Please visit our website*

**acamorning.org**

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for the members' contact list – password shared in meeting

to make 7<sup>th</sup> tradition contributions

**[acamorning.org/contribute/](https://acamorning.org/contribute/)**

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We invite you to **join our Service Team**

## *Unity Prayer*

*Together we can do what we could never do alone.*

*No longer is there a sense of hopelessness.*

*No longer must we each depend  
upon our own unsteady will power.*

*We are all together now,  
reaching out for power and strength greater than ours;  
and as we join together,  
we find love and understanding beyond our wildest dreams.*

*Keep coming back.*