

**Welcome to Adult Children of
Alcoholics
& Dysfunctional Families**

This is a Twelve Step, Twelve Tradition support group focused on understanding the specific behaviour and attitude patterns we developed while growing up in an alcoholic or other dysfunctional environment. These patterns continue to affect us today. By attending regular meetings we come to a better understanding of our past so we can more effectively restructure our lives today. We begin to see more clearly what is positive and healthy in ourselves. ACA is not a replacement for addicts working an abstinence programme in other Twelve Step fellowships. However, Adult Children of Alcoholics is often the only programme for many adult children recovering from the effects of alcoholism and drug addiction. 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 unless we are ready. This program is grounded in spiritual guidance and not affiliated with any specific religion. We are individuals struggling through rigorous honesty to become the best we can be. We respect one another's anonymity. Who we encounter at meetings and what they have said there is treated confidentially. We welcome you to join us. Since each meeting is autonomous, and each meeting is a different experience, we recommend that you try as many different ones as possible before deciding if the ACA programme can be helpful to you in your journey from discovery to recovery. Keep coming back.

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.*

**Long version of
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 the strength to get up and try again
One day at a time.*

**Standard Version of the
Serenity Prayer**

*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.*

**ADULT CHILDREN
OF ALCOHOLICS &
DYSFUNCTIONAL
FAMILIES
(ACA/DF)**



**New Zealand
Meetings List**

**www.adultchildren.nz
www.adultchildren.org
(03) 940-9412**

Meetings

Monday (weekly)

Discussion meeting

DUNEDIN

6.00pm – 7.30pm

Room 4, 449 George St,
(at the back of the Knox Church)

Monday Online Meeting of ACA/DF

SKYPE

8.00pm – 9.00pm

Send a Skype contact/friend request in the week prior to your first meeting so that prior to the meeting time the host account can 'friend you'. Once they are your 'friend', 5-15mins prior to the meeting, message 'join please'.

Wednesday (weekly)

Wednesday Night Topic Meeting

CHRISTCHURCH

7.00pm – 8.15pm

(based on *Strengthening My Recovery*)

Familial Trust

6 Wilsons Road, Opawa

(in the meeting room in the garden)

Saturday (weekly)

Saturday Serenity Group

CHRISTCHURCH

10.00am – 11.30am

(based on *ACA Yellow Workbook*)

Familial Trust

6 Wilsons Road Opawa

(in the meeting room in the garden and often go for coffee at Fava café over the road afterwards for those who wish to)

Sunday (weekly)

Sunday Night Spiritual Meeting

CHRISTCHURCH

7.30pm – 8.45pm

Familial Trust

6 Wilsons Road, Opawa

(in the meeting room in the garden)

World Online Meetings

Go to the meetings page of the ACA/DF World Service Office (WSO) website (www.adultchildren.org) and then select 'Internet' as the country for which you wish to see listings.

World Telephone Meetings

A number of overseas phone meetings are accessible from New Zealand. NB. Your phone provider will charge you for these overseas calls. Go to the meetings page of the ACA/DF World Service Office (WSO) website (www.adultchildren.org) and then select 'Telephone' as the country for which you wish to see listings.

World Online Forums

acoa.activeboard.com

stepchat.com/chat/room7.htm

www.12stepforums.net/acoa.html

www.cyberrecovery.net/forums

YouTube videos

Go to www.youtube.com and search under 'adult children of alcoholics'