

Let go or be dragged introduction to meditation meeting **(leader script) Please start reading**

Welcome to the Let do or be dragged introduction to meditation meeting of Parental Alienation Anonymous (PA-A) Meeting. Please make sure you are muted if you are not sharing to cut down on background noise.

My name is \_\_\_\_\_ and I am the leader for this meeting. **(please qualify) My name is..... And I am an alienated..... I have.....kids and please identify what contact you have.**

**We start the meeting with the serenity prayer, you can replace god with higher power or anything else that resonates with you. Some folks use nature, laughter, truth, the fellowship and numerous other things as their higher power.**

1. 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.

2. • I am going to read a page or so of announcements, then I will turn it over to the secretary to lead a short 5 minute guided meditation. After the meditation is complete, we will have open sharing open sharing.
  1. PA-A Preamble (**document attached**)

3. **PA-A Preamble**

ALIENATION is a family disease. Living with the effects of someone else's ALIENATING BEHAVIOR is too devastating for most people to bear without help.

In PA-A we learn that nothing we say or do can cause or stop someone else's ALIENATING behavior. We are not responsible for another person's disease or recovery from it.

By learning to focus on ourselves, our attitudes and well-being improve. Before Parental Alienation Anonymous (PA-A), we kept ourselves busy seeking solutions for the alienator (child, parent, spouse, etc.). When what we were trying to accomplish wasn't succeeding, we told ourselves to work harder or to try something else. We may even have told ourselves; it was our fault if we couldn't convince the alienator (child, parent, spouse, etc.) to get help. If we could only find the right words at the right time, relayed in just the right tone of voice, then maybe we could get the alienator to see things our way.

Desperate to fulfill our dreams for a happy family life, we thought that devoting all our energy to the problem was the answer. Little did we know we were actually contributing to the problem by trying to force solutions.

PA-A is a fellowship that offers a program of recovery for the families and friends who are affected by alienation regardless of whether or not the alienator recognizes the existence of a problem or seeks help. Members give and receive comfort and understanding through a mutual exchange of experience, strength, and hope. Sharing of similar challenges binds individuals and groups together in a bond that is protected by a tradition of anonymity. PA-A is not a religious organization or a counseling agency. It is not a treatment center nor is it allied with any other organization offering such services. PA-A, neither expresses opinions on outside issues nor endorses outside enterprises. No dues or fees are required. Membership is voluntary, requiring only that one's own life has been adversely affected by someone else's alienating behaviors.

4. It is now time for the secretary report and 5 minute guided meditation. **(the secretary introduces themselves and makes meeting announcements)** The Secretary will turn the meeting back over to the leader when the announcements **meditation** are complete.
  
5. Leader will share for 3-5 minutes about their experience with prayer, meditation and introspection (**what it was like 2 min**) strength (**what are you doing to recover your life and sanity 2 min**) and hope (**what the future might bring 1 min**).
  
6. We will now have time for sharing. Please raise your hand if you would like to share, if more than 20 people are present please raise your virtual hand or type your name in to the chat. We ask that you relate your sharing from your own experience, strength, and hope, keeping the focus on **yourself and your experience with prayer, meditation and introspection**. Please make sure to include your recovery and what you are doing to take care of yourself today in your share.

Please refrain from crosstalk. Cross talk is defined as sharing on another person's share or directly responding to another person. If you are moved by another's share, please contact them directly in the chat, please remember not everyone will want to chat or connect 1 on 1. If you have any questions about the meeting or PA-A, the zoom link is open 10 minutes before the meeting and 10 minutes after the meeting. Please come early or stay late for some fellowship.

- At this meeting, we use a timer. You will have 3 minutes to share, plus an additional 1 minute to wrap up. (If there are more than 14 people at the meeting, the time will be reduced to 2 minutes to share plus 1 minute to wrap up.) **The leader can choose to be the timer, ask for a volunteer or ask the secretary to time. We will let you know when you have 1-minute remaining, we will either raise a finger or make an announcement. We do this in order to make sure as many people as possible get to share. Please have folks qualify if comfortable with at least their first name**
7. If everyone has shared before the meeting is complete please allow an additional 2 minutes per person if they have an additional share.
  8. **At 740 or earlier if everyone is done sharing.**  
Leader says, "That is all the time we have for sharing".

### **PA-A Closing**

- Members are encouraged to connect with each other for support in between meetings. If you want a copy of our phone list or to be included please ask the secretary in the chat, respond to the meeting email or sign on to PA-A.org and fill in the suggestion form with your information. As a reminder the zoom link will stay open an extra ten minutes at the end of the meeting for questions and fellowship.
- In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven't been with us long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time.

9. We will now have a moment of silence for anyone out there struggling with the effects of parental alienation in their lives. (**after 5-10 seconds knock on the table to close this moment of silence**)

10. **To End The meeting.....(please read this slowly so people can read along if they want)**

**11. We close this meeting with an adapted reading of the St. Francis Prayer**

“Higher power, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there is shadows, I may bring light—that where there is sadness, I may bring joy. Higher power, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying, that one awakens to eternal life. Amen”

