

The Purpose of the After-meeting

As Proposed by the SMR Meeting Members, Sept. 2026

Here are the primary purposes of the after-meeting, as suggested by the members. They are grouped by theme and listed from most frequent to least frequent:

- **Welcoming Newcomers & Answering Questions:** Providing a safe, welcoming space specifically for newcomers to ask questions, learn about ACA basics, and get oriented during the first 15 minutes.
- **General Fellowship & Connection:** Gathering for informal fellowship, sharing experience, strength, and hope, feeling a part of the group, and getting to know each other.
- **Extended Sharing & Discussion:** Allowing members to discuss the day's topic further, share thoughts if they didn't get a chance during the main meeting, and have "parking lot" discussions.
- **Support, Feedback & Outreach:** Offering a safe place to talk through concerns, receive specific ACA support, find outreach call partners, and optionally request feedback.
- **Deepening Recovery & Learning:** Exploring recovery topics more deeply, learning from how others work their program, and practicing interpersonal relations and ACA principles in real time.
- **Personal Growth & Acceptance:** Practicing tolerance, finding one's voice, building courage, and learning how to communicate effectively.

NEXT STEPS:

While all of these values are admirable and could describe the After-meeting on the ACA morning website, including all of these ideas in a daily opening statement would be excessive. Next we will vote to find the 3 or 4 concepts that are most agreed upon to describe the purpose of the After-meeting.

Below are the individual responses to the survey questions:

If you were to describe the after-meeting to a newcomer, what would you say is the primary purpose of the after-meeting?

- To welcome the newcomer and answer any questions
- Provide a time for newcomers to share and ask questions.
- To welcome newcomers and answer newcomer questions, and then more general fellowship.

- To welcome newcomers first and answer their questions; afterwards to answer the questions/hear the thoughts of those who have been with the group longer
- ask questions on aca, basics about this meeting, literature,....
- That's it, after-meeting people can know they are not alone and can continue to share. I wouldn't be more explicit than that - I would leave it to the person to discover for themselves what it can be for them.
- Allow for people to ask questions and or share further
- To get to know each other and answer any questions for newcomers
- first to provide new comers a space to ask questions
- In depth, informal, informative
- A safe space for newcomers to ask questions for the first 15 minutes. That is the primary purpose. The parking lot part of the after meeting is where people can shear on today's meeting if they haven't or any adult child discussions.
- gathering for fellowship - to share experience strength hope
- To allow newcomers to learn more about ACA and our specific meeting.
- Campfire Section: PURPOSE: Fellowship, Practice Interpersonal Relations and ACA Principals in Real Time, Invitations for Input, Small Group Fellow Traveler Model, More Informal
WHO LEADS: Whoever is willing to volunteer in real-time
- Ask questions, get a chance to share longer than 2 minutes, find others to fellow travel with in a less structured environment
- Fellowship first
- Time for further discussion of the day's topic, to express one's process of recovery, and possibly request feedback.
- A chance to connect with other travelers, ask questions about ACA in general or this meeting.
- The primary purpose is responding to newcomer questions about ACA.

What other purpose could there be for the after-meeting?

- To improve our communication skills

- Fellowship
- General fellowship where you can get feedback if you want it.
- bring up issues, ask questions that keep coming up before/at/after the mtg
- Allow for people to share further
- Fellowship works. It was very helpful to me recently when I had a concern.
- general, deeper fellowship and chance to dig deeper into recovery topics
- The purpose is self explanatory as to its purpose. A safe place to listen and talk.
- feel a part of
- To allow members ask questions and receive support.
- Inclusive and accommodating space for people who are neurodivergent and need more time
- Not sure
- Answer questions
- Learn from other's sharing how unproductive trauma dumping is and how it reinforces one's illness.
- A chance for a deeper connection with fellow travelers. I always learn new things just by listening.
- Secondary purpose is extended shares, and sometimes feedback if requested, about ACA topics.

Does the after-meeting have another purpose?

- Practice tolerance and acceptance
- Learning from others and how they do their program, and discovering there are many ways to do this.
- What else would there be besides helping newcomers and fellowship?
- share experience, strength and hope regarding recovery, challenges, ...
- Again, in my humble opinion no. It is already over-burdened with descriptions. It is something that's best to experience.

- General fellowship to allow for people to possibly choose a fellow traveler for an outreach call.
- It was helpful when I had a concern.
- This is a redundant question as to make it have another purpose.
- be heard, find your voice - courage
- Once newcomer questions are addressed, and members are able to receive specific ACA support, there could be time for general discussion.
- Not sure
- Time to share if didn't get a chance in the mtg
- Sharing helpful readings, workshops and meetings.
- Not that I can think of.
- CB A third purpose might be unstructured social interaction, but that doesn't really happen. Its not really a "how you doing" social time but occasionally other topics of interest that are a little bit outside of the ACA spectrum do become part of the conversation. In reality, though, even those seem to always have some tie in to ACA behavior and understanding of ourselves.