

# Recipe for Delicious True-Self



*In Just One Day!*

**Adult Children of Alcoholics  
and Dysfunctional Families  
Presents...**

**Ready-Set-Go  
1-Day Program**



**Crossroads Community Church, 520 S Oakland Ave, Green Bay, WI 54303  
(corner of Clinton and Oakland)**

**Saturday, November 5, 2016 9am– 3:30pm**

Pre-heat your mind to openness	8:45—9:00
1. Stir together steps 1, 2, and 3	9:00—10:30
2. Boil steps 4, 5, and 6	10:30—12:00
3. Let simmer 30 minutes	Lunch* 12:30—1:00
4. Chop steps 7, 8, and 9	1:00—2:00
5. Bake steps 10, 11, and 12	2:00—3:30

\*Lunch will be provided

Download and print your own copy of the Ready, Set Go program by visiting the WSO website at: [http://www.repository.adultchildren.org/images/literature/Comline/RSG/Ready\\_Set\\_GO\\_Best\\_Practices.pdf](http://www.repository.adultchildren.org/images/literature/Comline/RSG/Ready_Set_GO_Best_Practices.pdf)

If you are unable to bring a copy of the program, one will be provided for you.

**RSVP: Trish G. 676-7188, Elinor G. 680-9441, or Tim S. 360-3869**

*Ready-Set-Go is a program previewing the ACA 12 steps. Material is taken from the ACA Big Red Book and ACA Steps Workbook. This literature is not ACA WSO conference-approved literature. It is solely the product of the ACA group that created it. The ACA WSO is not responsible for and has no opinion about the content of this document.*