

PARTICIPANT PREPARATION RSG

Welcome to the ACA Original Ready Set GO!! Introductory Online/ Phone Session in 6 consecutive meetings.

Registered with WSO (officially listed meetings at adultchildren.org) Closed, ACAs Only, newcomers and experienced members, all ACAs.

There is no registration for members. We serve up to 100 participants. It is on a first come first serve basis.

Please, to respect and honor each members' anonymity in the future it is suggested not to disclose your last name, or your credentials in your emails, or lists for RSG. Thank you.

Please if you invite others to RSG send them this document and flyers. This helps having all our members with the same original RSG material for our RSG meetings to run smoother and flow better. No need to read weeks 1 - 6 RSG material (scripts) as we read it together in our meeting. ALL RSG MATERIAL IS A ROUGH DRAFT.

INCLUDED ARE 1 m4a: "Awakening My Little One" RSG's music, Note RSG, RSG Trifold, RSG Addressing Predatory Behavior, 2 RSG flyers/invite via Zoom, RSG Small Group Sharing Guidelines, RSG Safety Maintenance, RSG Event Shares, PARTICIPANT_PREPARATION_RSG.pdf, *RSG Sharing Partners/Outreach Signup List Guidelines* and Weeks 1- 6 of the original RSG material (scripts/formats) for members for our 6 consecutive meetings/workshop.

Newly added: All RSG Worksheets in this file:

RSG_WORKSHEETS_ONLY_Pp_1-23.pdf.

- Please first open PARTICIPANT_PREPARATION_RSG.pdf, then the 2 flyers, one for Tuesday sessions and one for Thursday sessions of the original 6 weeks, each meeting is 2 hours (be prepared for an additional 15 mins if needed, especially with Week 1:

RSG_SESSIONS_TUES_AM_AUG_2022_MAY_2023.pdf

RSG_SESSIONs_THURS_PM_AUG_2022_MAY_2023.pdf

- **View the original RSG ROUGH DRAFT, 3 Parts, Full Version by clicking on this link and then click on open the link: or copy and paste:**

https://www.dropbox.com/s/hx4ic5irj4i6zfg/ROUGH%20DRAFT_RSG_8_23_2020_GOOGLE.pages.pdf?dl=0

- All RSG material is not be converted to word or docx files.
- **7th Tradition: go to acawso.org or adultchildren.org or use this link, for 7th Tradition Contribution: <https://adultchildren.org/7th-tradition/online-contribution/>. Our Sponsoring Intergroup IG #70 donate at westgreatlakesaca.org.**

Enter our meeting number if available, or to direct your contribution, enter Ready Set GO!! or any committee, project or event you care to support. Also remember our sponsoring Intergroup, IG #70 westgreatlakesace.org. Thank you.

- **Q & A available after the closing of the meeting. Use Raise Hand in reactions. Questions related to ACA and/or RSG.**

When you join online or by phone the entire meeting will be muted (*6 to mute and unmute) and RSG's music "Awakening My Little One" will be playing with RSG's cover on the screen. Do not unmute unless you are asked to speak.

Please use the raise-hand option and the leader will call on you to introduce yourself. Please share your first name, and where you are from and if you are a newcomer with 6 weeks or less in ACA.

Please check the start time for your time zone. A link is provided to offer you the time of our RSG meeting in your own time zone.

We will be sharing our screen with the RSG script of the week for those who join us online. Members on the phone who chose to print out their weekly scripts will follow along. Otherwise just listen.

Chat is for technical difficulties. When directed by the leader, enter your info for sharing partner/outreach list signup and how to get your RSG material. **Chat for ACA material only.**

We focus on the ACA message and do not mention outside people, places or things, authors or outside non ACA literature, or books during our RSG meeting. Thank you.

Please do not announce other meetings in the chat, refer to the **RSG Event Shares 2.pdf** flyer in your RSG material for all ACA Events and ACA meetings registered with WSO, the leader will read the pdf.

If you are eating, smoking, or moving around, please turn off your video.

Please read the ACA Ready Set GO!! Sharing Partner/Outreach List Signup Guidelines.

PLEASE READ TO UNDERSTAND OPTIONS AVAILABLE TO SIGNUP FOR THE LIST TO CHOOSE A SHARING PARTNER FOR 6 WEEKS, AND/OR CONNECT WITH ANOTHER ADULT CHILD FROM OUR GROUP. FOR AS LONG AS AGREED TO CONNECT.

AFTER THE CLOSING OF THE FIRST RSG MEETING.

YOU MAY CHOOSE TO SIGNUP TO BE ONE OF THE FOLLOWING:

SIGNUP TO BE A SHARING PARTNER:

ENTER IN THE CHAT:

*Name, **SP**, if you choose to be a sharing partner, phone number, time zone, time in ACA and email in chat to be placed on the list as a sharing partner.*

OR

SIGNUP TO BE ON THE OUTREACH LIST ONLY:

ENTER IN THE CHAT:

Name, phone number, time zone, time in ACA and email.

OR

TO RECEIVE THE LIST ONLY: ENTER IN THE CHAT:

Name, email, list only

THE LIST IS KEPT CONFIDENTIAL.

We will use breakout rooms. We have two 15 minute sharing times for each small group with 3 minute timed shares with four or five members in each room. Please read **RSG Small Group Sharing Guidelines** before attending RSG. This is a safe, respectful, and inclusive meeting place for all members. It is critical to achieving our primary purpose: helping adult children to achieve emotional.

We ask that each person refrains from any language and behaviors that threatens the well-being of any of our members. Together, we will have a welcoming, safe, respectful, and inclusive meeting place for all our members.

Please be patient as sometimes we may have technical difficulties. Remember when we have leaders willing to do this service for our RSG meetings please be respectful as this may be their first time. Thank you for understanding.

Please email a picture of yourself as a child if you feel comfortable, for a special slideshow of "Awakening My Little One" the last week of RSG. Email Toni at acatoni5617@comcast.net your photo 2 days after the completion of Week 5.

FOLLOWING ARE RSG 6 WEEK ZOOM SESSIONS
WITH CONNECTION INFO

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READY SET GO!!

Tuesdays, 9:00am CT, 10am ET, 7:00am PT, 8:00am MT

Click on the link and then click on: open the link, or copy and paste to add your own time zone:
[https://time.is/0800AM_30_Aug_2022_in_CT/CET/ET/England/Romania/Australia/Austria/South_Africa/India?
RSG_9:00am_CT_10am_ET_7:00am_PT_8:00am_MT](https://time.is/0800AM_30_Aug_2022_in_CT/CET/ET/England/Romania/Australia/Austria/South_Africa/India?RSG_9:00am_CT_10am_ET_7:00am_PT_8:00am_MT)

Oct 4, 11, 18, 25, Nov 1, 8, 2022
Nov 15, 22, 29, Dec 6, 13, 20, 2022
Jan 3, 10, 17, 24, 31, 2023, Feb 7, 2023
Feb 14, 21, 28, March 7, 14, 21, 2023
April 4, 11, 18, 25, May 2, 9, 2023

Use this Zoom information for these RSG sessions:

Click on the link and then click on: open the link, or copy and paste

Join Zoom Meeting:

<https://us02web.zoom.us/j/85630389240?pwd=bmJqZ1FKV0pKYVZNQWl3WlkvZzgxUT09>

Meeting ID: 856 3038 9240

Passcode: RSG6

One tap mobile

+13126266799,,85630389240#,,,,*102461# US (Chicago)
+13017158592,,85630389240#,,,,*102461# US (Washington DC)

Dial by your location

- +1 312 626 6799 US (Chicago)
- +1 301 715 8592 US (Washington DC)
- +1 929 436 2866 US (New York)
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 900 6833 US (San Jose)

Meeting ID: 856 3038 9240

Passcode: 102461

Find your local number: <https://us02web.zoom.us/j/85630389240>

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READY SET GO!!

Thursdays, 7:00pm CT, 8:00pm ET, 5:00pm PT, 6:00pm MT

Click on the link and then click on: open the link, or copy and paste to add your own time zone

https://time.is/0900PM_1_Sept_2022_in_CT/ET/PT/MT/Germany/Spain/Canada/United_Kingdom?7:00pm_CT_8:00pm_ET_5:00pm_PT_6:00pm_MT

Oct 6, 13, 20, 27, Nov 3, 10, 2022

Nov 17, Wed 23, Dec 1, 8, 15, 22, 2022

Jan 5, 12, 19, 26, Feb 2, 9, 2023

Feb 16, 23, March 2, 9, 16, 23, 2023

April 6, 13, 20, 27, May, 4, 11, 2023

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One tap mobile

+13126266799,,85630389240#,,,,*102461# US (Chicago)

+13017158592,,85630389240#,,,,*102461# US (Washington DC)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Washington DC)

+1 929 436 2866 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 856 3038 9240

Passcode: 102461

Find your local number: <https://us02web.zoom.us/u/kl7US1BV>

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If there is anyone interested in doing their own private RSG meetings for their groups, or for holding RSG weekly on a larger scale for the fellowship, using online or phone meetings, or for faced to face RSG meetings when the pandemic allows, please contact Toni acatoni5617@comcast.net for further assistance. Several important files, which are not included here, will support the leader to coordinate

setting up a RSG meeting. If you have any questions please email again, happy to help in appreciation for your service.

Thank you,

Toni P

In Service for weekly Ready Set GO!!

Toni P

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