



# Ready Set GO!!

## 4 Closed Registered Telephone Meetings With Screen Sharing July 8, 2019 thru April 6, 2020

Check out Time zones for accuracy. All Central Times are correct.

Dial-in number (US): (712) 451-0695 Access code: 177289#

International dial-in numbers: <https://fccdl.in/i/acatoni5617>

Online meeting ID: acatoni5617

Join the online meeting: <https://join.freeconferencecall.com/acatoni5617>

### Monday Nights – Telephone Meeting (6 weeks)

7:00 pm-9:00 pm Central Time

5:00 pm-7:00 pm Pacific Time

8:00 pm-10:00 pm Eastern Time

6:00 pm-8:00 pm Mountain Time

**July 8, 15, 22, 29, Aug 5, and 12, 2019**

### Wednesday Afternoons – Telephone Meeting (6 weeks)

1:00 pm-3:00 pm Central Time

11:00 am-1:00 pm Pacific Time

2:00 pm-4:00 pm Eastern Time

12:00 pm-2:00 pm Mountain Time

**Oct 2, 9, 16, 23, 30 and Nov 6, 2019**

### Wednesday Afternoons – Telephone Meeting (6 weeks)

1:00 pm-3:00 pm Central Time

11:00 am-1:00 pm Pacific Time

2:00 pm-4:00 pm Eastern Time

12:00 pm-2:00 pm Mountain Time

**Jan 8, 15, 22, 29, Feb 5, and 12, 2020**

### Monday Nights – Telephone Meeting (6 weeks)

7:00 pm-9:00 pm Central Time

5:00 pm-7:00 pm Pacific Time

8:00 pm-10:00 pm Eastern Time

6:00 pm-8:00 pm Mountain Time

**Mar 2, 9, 16, 23, 30 and April 6, 2020**

**Please read the following before attending your first RSG Meeting**

# Ready Set GO!! (RSG) Meetings

## Upcoming Schedule of Ready Set GO!!

### Meetings July 8, 2019 through April 6, 2020

- 4 Closed Registered Telephone Meetings 6 Weeks Each

Closed means: ACA members only and/or that a participant has attended at least 2 regular ACA meetings before attending RSG

Temporarily: for material and Q & A email: Toni: [acatoni5617@comcast.net](mailto:acatoni5617@comcast.net)

View Rough Draft Full Version (temporarily available) of RSG. Go to:

[westgreatlakesaca.org](http://westgreatlakesaca.org) and scroll down to GLOBAL ACA NEWS. Scroll down to *click here for RSG material*.

In the meantime for a summary of Ready Set GO!! you will be able to view and listen to the RSG DVD presentation which runs 47 minutes. Copy and

paste this link: [https://www.dropbox.com/s/j9z3qhwwk1lsbo8/](https://www.dropbox.com/s/j9z3qhwwk1lsbo8/Final%20RSG%20DVD%2012%3A12%3A2018.m4v?dl=0)

[Final%20RSG%20DVD%2012%3A12%3A2018.m4v?dl=0](https://www.dropbox.com/s/j9z3qhwwk1lsbo8/Final%20RSG%20DVD%2012%3A12%3A2018.m4v?dl=0)

Sponsored by: West Great Lakes ACA Intergroup IL#70

PLEASE NOTE: "Ready Set GO!!" is being field-tested for development as ACA WSO Conference-Approved Literature. Copy For ACA Use only.

ROUGH DRAFT. Please send comments to: [litstaff@adultchildren.org](mailto:litstaff@adultchildren.org).

Welcome to Ready Set GO!!

Introductory Meetings of ACA Ready Set GO!! are closed ACA introductory meetings. We meet to introduce the ACA program and the ACA 12 Step and the inner child, in a structured 5 or 6 week time frame. We recognize all our 12 Traditions for safety within the group.

- Ready Set GO!! is an introduction for ACA newcomers to become acquainted with the ACA Twelve Steps and get clarity and an understanding of the ACA Program.
- Ready Set GO!! Introduces the experienced member to a renewal of their commitment to working their program through the ACA 12 Steps.
- Ready Set GO!! prepares members for when they will feel ready to go through the ACA 12 Step Workbook.

Feel free to leave your fears and anxieties behind you as you experience these introductory meetings. The material is taken from the ACA Big Red Book, the ACA 12 Step Workbook, and *Strengthening My Recovery*, the ACA meditation book. It requires those in attendance to listen to the material with an open mind and open heart and in good faith with a desire to learn about ACA recovery and emotional sobriety.

Our objective is simple: to introduce members to the ACA program and introduce the ACA 12 Steps by bringing clarity and awareness to the realization that the ACA 12 Steps offer opportunities for solutions and relate to the Inner Child.

Each step will contain a worksheet that may bring more clarity and understanding of each Step. We will set aside a few minutes to fill in the worksheets and to answer any questions. The Appendix will provide a full version of the worksheets for extra copies. There is no right or wrong way to do the worksheets. They can be done over time as we grow.

Choosing a sharing partner from this group who has some ACA experience is suggested for support for the 5 or 6 weeks. Sharing the worksheets with a sharing partner or sponsor or fellow traveler is recommended. This experience with a sharing partner can give the adult child insight to choosing a sponsor. Sharing partners have some ACA experience Sponsors may be inclined to introduce Ready Set GO!! to their sponsees to begin their work together in ACA perhaps setting a flexible time frame to accommodate their needs.

In each of the 5 or 6 weeks we encourage you to prepare for these meetings by reading the Laundry List Traits, ACA 12 Steps, ACA 12 Traditions, ACA Solution, and the ACA 12 Promises at the beginning of the book before attending each Ready Set GO!! Meeting.

As we begin, we remind ourselves to have an open mind and an open heart. Be gentle with yourself as you go through this experience of Ready Set GO!!. This brief encounter may prepare you for when you are **Ready**, and you feel **Set to GO!!** forward.

Remember Ready Set GO!! is an introduction of ACA.

Be in peace and let fear and anxiety leave you for this journey.

## **Ready Set GO!!**

### **For Your Information**

***Please read the next few pages before attending your first RSG meeting***

- Ready Set GO!! is an introduction to the ACA program, the ACA 12 Steps and the Loving Parent/ Inner Child.
- Participants are asked to have attended 2 or 3 regular ACA meetings.
- Material is available at [acatoni5617@comcast.net](mailto:acatoni5617@comcast.net) for the 5 or 6 weeks using a user friendly, structured, detailed format, clearly marking the reading for the leader and participant.
- References will be made of the other 2 Parts that makeup Ready Set GO!! covering many different features to gain an understanding of RSG using our ACA recovery. Go to [westgreatlakesaca.org](http://westgreatlakesaca.org) to view Part 1 and Part 3
- Service Sheets are provided for telephone meetings when you receive your request for the material via email.
- Screen Sharing will be used to help participants follow along with our readings. The choice is yours to print out or not.
- Following are important documents to help prepare the participant to get some idea of how to handle this RSG journey.
- Email: Toni at [acatoni5617@comcast.net](mailto:acatoni5617@comcast.net) with any questions of RSG.

## **Experiencing Ready Set GO!! Telephone Closed Meeting**

### **Safety for all members is imperative for this group**

- Helpful to have attended a few regular ACA meetings before taking on RSG.
- Call in on time.
- Try to participate in sharing time to the best of your ability.
- Share on the reading or whatever is on your heart, sharing your experience, strength and hope. (3 min. shares)
- Respect the anonymity of others.
- Be kind and courteous and respectful of all members.
- Attending all six weeks consecutive meetings is most beneficial.
- Volunteers to be the leader, do the readings or be a timekeeper.
- We do not cross talk. Crosstalk means interrupting, referring to, commenting on, or using the content of what another person has said during the meeting.
- Choosing a sharing partner from this group who has some ACA experience is suggested for support for the six weeks. Sharing the worksheets with a sharing partner, sponsor, fellow traveler, or your group is recommended, when you feel comfortable. This experience with a sharing partner can give the adult child insight to choosing a sponsor.
- Disruptive behavior will not be tolerated and any occurrence will result with member being removed from the call.

# Ready Set GO!!

## Suggested Preparations For Participants

- Read The Laundry List, The Problem, The 12 Steps, The 12 Traditions, The Solution and The Promises on your own the day of your Ready Set GO!! meeting.
- Volunteer to be a sharing partner when you feel comfortable for six weeks.
- Ask a sharing partner to support you through the five or six weeks.
- Volunteer to be the leader for one week of Ready Set GO!!
- Continue to attend your regular meetings.
- Put your mind at ease and understand that RSG is available to be taken as many times as needed.
- RSG is a stepping stone to go on to the ACA 12 Step Workbook when you are **ready** and **set to go** on to that.
- Have faith in the process and know that the Steps offer a solution.
- Feel free to ask questions. This is your recovery and questions help us understand and gives us clarity.
- Print out full worksheets that are in Appendix B as needed.
- A few regular ACA meetings would be helpful before attending Ready Set GO!! Introductory Meetings.

**It is time to focus on my ACA Recovery!**

## Suggested Guidelines For Leaders

- Pray for guidance to lead a RSG meeting. Some experience leading a meeting will help.
- Volunteer to be the leader for one week of Ready Set GO!!
- Follow Part Two which contains the primary script of Ready Set GO!! inserted into a user friendly, structured, detailed format. This is designed to cover the 5 weeks of a face to face meeting and/or 6 weeks of a telephone meeting.
- **Part Two may be followed for telephone meetings with the details that are in Appendix D.**
- **Part Two may be followed for the RSG One Day Workshop.**
- Part Two may also be useful for a 2 or 3 day retreat with minor adjustments.
- Sponsors may find RSG helpful to be used with sponsees at a slower pace.
- Pick a location for your meeting.
- Pick a date and time for the meeting.
- Register the meeting with WSO. (for telephone meetings)
- Create a sign-up sheet for face to face meetings.
- Make announcements at meetings.
- Print out full worksheets that are in Appendix B as needed.
- Create a flyer for the meeting.
- Contact your local Intergroup and WSO to post the flyer on their website for other members to participate.
- Perhaps offer RSG meetings once or twice a year in place of your regular meeting.

### SEEKING HELPFUL GOALS

**READY** = I will become **READY** to take on the ACA 12 Steps.

**SET** = I will become **SET** into a new way of living my life.

**GO!!** = I will become willing to **GO!!** to any length for my recovery.

# Ready Set GO!! Agenda

## Materials needed Weekly

### RSG Closed Telephone Meetings Scripts

Week #1 - Introduction, Steps One, Two and Three

Week #2 - Steps Four and Five

Week #3 - Steps Six, Seven, Eight and Nine

Week #4 - Steps Ten, Eleven and Twelve

Week #5 - Part 1 RSG Inner Child Workshop

“Awakening My Little One”

Week #6 - Part 2 RSG Inner Child Workshop

“Awakening My Little One”

### RSG Closed Face to Face/Combination Telephone Meetings Scripts

Week #1 - Introduction, Steps One, Two and Three

Week #2 - Steps Four and Five

Week #3 - Steps Six, Seven, Eight and Nine

Week #4 - Steps Ten, Eleven and Twelve

Week #5 - RSG Inner Child Workshop

“AwakeningMy Little One”

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## Materials needed For Closed Telephone Meetings

### RSG’s Inner Child Workshop “Awakening My Little One”

- Willingness, Courage, an Opened Mind and an Opened Heart
- A picture of yourself as a child

#### For writing, scribbling and/or doodling

- Blank paper
- crayons
- pencils
- pens

#### For making a collage if writing is not something your little one wants to do

- Clippings from old magazines
- glue
- Tape 4 sheets together for a large collage

**Blowing bubbles are appropriate for your little one if that would be fun**

# **Adventist La Grange Memorial Hospital**

**5101 Willow Springs Rd**

**La Grange, IL 60525**

**Dixon Auditorium Center**

**First Floor, Room A**

**Ready Set GO!! Closed Registered face to face/combo telephone meetings once a year for 5 weeks, Materials provided for Week 5.**

## **1st Saturday of May through 1st Saturday of June**

2:00 pm-4:00 pm Central Time - 5th Week 2:00pm-5:00pm

12:00 pm-2:00 pm Pacific Time - 5th Week 12:00pm-3:00pm

3:00 pm-5:00 pm Eastern Time - 5th Week 3:00pm-6:00pm

1:00p m-3:00 pm Mountain Time - 5th Week 1:00pm-4:00pm

## **From Chicago (South Side)**

I-55 (Stevenson Expressway) south to La Grange Rd north; take La Grange Rd north to 55th Street; turn left (west) and go to the third street light (Willow Springs Rd); turn right (north) onto Willow Springs Rd; the hospital is 1/2 mile north of 55th street on the right (east) side of the street.

## **From Chicago (Loop Area)**

I-290 (Eisenhower Expressway) west to I-294 (tollway) south; go south on I-294 to Ogden Avenue east exit; take Ogden Ave east to Gilbert/Willow Springs Rd; turn right (south) onto Gilbert/Willow Springs Rd; the hospital is 1 1/2 miles south of Ogden Ave on the left (east) side of the street.

## **From Far Western Suburbs**

I-88 (Ronald Reagan Tollway) east to I-294 (tollway) south; go south on I-294 to Ogden Avenue east exit; take Ogden Ave east to Gilbert/Willow Springs Rd; turn right (south) onto Gilbert/Willow Springs Rd; the hospital is 1 1/2 miles south of Ogden Ave on the left (east) side of the street.

OR Plainfield Rd east to Willow Springs Rd; turn left (north) onto Willow Springs Rd; the hospital is 3/4 milenorth of Plainfield rd on the right (east) side of the street.

## **From the South & Southeastern Suburbs**

I-294 (tollway) north to Wolf Rd; turn right (north) onto Wolf Rd to Plainfield Rd; turn right (east) onto Plainfield Rd; Continue to Willow Springs Rd; turn left (north) onto Willow Springs Rd; the hospital is 3/4 mile north of Plainfield rd on the right (east) side of the street.

## **From the Northwestern Suburbs**

I-290 east to I-294 (tollway) south to Ogden Avenue east exit; take Ogden Ave east to Gilbert/Willow Springs Rd; turn right (south) onto Gilbert/Willow Springs Rd; the hospital is 1 1/2 miles south of Ogden Ave on the left (east) side of the street.

## **From the Southwestern Suburbs**

I-55 (Stevenson Expressway) northeast to Joliet Rd; take Joliet Rd northeast to Willow Springs Rd; turn left (north) onto Willow Springs Rd; the hospital is 3/4 mile north of Plainfield rd on the right (east) side of the street.