



# **Ready Set GO!!**

## **Introductory**

### **Closed Registered**

### **Online/Phone Meetings**

**Two 6 week sessions**  
**with screen sharing**



Introducing the ACA program, the ACA 12 Steps  
and the RSG Inner Child Workshop  
“Awakening My Little One”

**Thursdays, May 7, 14, 21, 28, June 4 and 11, 2020**

8:00 am - 10:00 am Central Time

6:00 am - 8:00 am Pacific Time

9:00 am - 11:00 am Eastern Time

7:00 am - 9:00 am Mountain Time

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**Saturdays, June 6, 13, 20, 27, July 11, and 18, 2020**

2:00 pm - 4:00 pm Central Time

12 noon - 2:00 pm Pacific Time

3:00 pm - 5:00 pm Eastern Time

1:00 pm - 3:00 pm Mountain Time

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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>

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

Closed Meetings 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

To view a rough draft, full version of RSG (temporarily available) Go to: [westgreatlakesaca.org](http://westgreatlakesaca.org) — > GLOBAL ACA NEWS (found on the right side of the page) *look for* — > Click here for full, rough draft of RSG or Click here for RSG material. (Either one will bring you to all RSG's 3 Parts).

*Developed especially for the newcomer while also being helpful for the experienced member to refresh their ACA Recovery.*

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/76ovbdl7yiyxf2p/Final%20RSG%20DVD%2012%3A12%3A2018%20%281%29.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.

- ***Publication of Ready Set GO!!’ will soon be available.***
- ***The new schedule will posted at [adultchildren.org](http://adultchildren.org) under telephone meetings in mid July or August, 2020.***
- ***Follow The Traveler for RSG information monthly.***
- ***Of course also check out [westgreatlakesaca.org](http://westgreatlakesaca.org) and look for Ready Set GO!! meetings and workshop Info online/phone listing.***

***The next page will give you info for RSG’s Business Mtg to be started after publication. Please send comments to: [litstaff@adultchildren.org](mailto:litstaff@adultchildren.org)***



# Ready Set GO!!

Quarterly Business Meeting

Face to Face, 1 Day, Phone/Online and Retreat

For Leaders and Participants

and those with an interest in RSG

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with screen sharing

## Beginning After Publication of RSG

1st Wednesday of March

1st Wednesday of June

1st Wednesday of Sept

1st Wednesday of Dec

7:00pm-8:00pm CT, 5:00pm-7:00pm PT,  
8:00pm-10:00pm ET, 6:00pm-8:00pm MT

Welcome to Ready Set GO!!'s quarterly Business Meeting
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This meeting will be recorded and we will use screen sharing.
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Hi, I'm _____ and I'm an adult child and I will chair tonight.
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Please join me in the Serenity Prayer: God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.
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Introductions
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Request for chair, vice chair, secretary, treasurer
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Reports for Face to Face - Toni P
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Reports for One Day - Matt K and Dave S
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Reports for Telephone - Toni P
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Reports for Retreats -
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New Business: *Ask for additional Issues before starting"
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[illegible][illegible]

Old Business: None

## Questions and Answers

Closing Prayer:

Higher Power, gathered together  
we find great peace and serenity.

We seek hope to become whole  
as we were created to be.

We find strength to deal with life  
as we grow in our program.

We trust that as we find courage  
we will feel free and secure.

We are grateful to have the support of  
our group who understands us.

We believe that your presence in  
our life will give us all that we need.

We close our meeting with a feeling of  
belonging and being loved.

Keep Coming Back!!

It works if you work It and  
You are Worth It!

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”

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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 writiing, 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**