



Ready Set GO!!

Sponsored By: West Great Lakes ACA Intergroup IL#70, TELE 0310



6 Introductory Registered Closed Telephone Meetings of the ACA program, the ACA 12 Steps and the Inner Child

♥Feb 11, 18, 25, March 4, 11 and 18, 2019♥

Mondays at 7pm - 9pm Central Time

♥New weeks 5 & 6 presenting the RSG Inner Child Workshop♥
♥“Awakening My Little One”♥

♥We will have screen sharing available♥

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>

For 24/7 Customer Care, call (844) 844-1322

♥ To mute and unmute *6 ♥

♥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.
Click on this link:

<https://www.dropbox.com/s/j9z3qhwk1lsbo8/>

[Final%20RSG%20DVD%2012%3A12%3A2018.m4v?dl=0](https://www.dropbox.com/s/j9z3qhwk1lsbo8/Final%20RSG%20DVD%2012%3A12%3A2018.m4v?dl=0)

♥Get & print Ready Set GO!! material and ask questions contact:
Toni: acatoni5617@comcast.net.

♥Please do not isolate, RSG is best done in a group
or with a sponsor or fellow traveler or sharing partner.

♥Want to be a leader of Ready Set GO!! ?

Closed Telephone Meetings and/or

Closed Face to Face Meetings

Day and time of your choice!!

Contact: Toni acatoni5617@comcast.net

I'd be happy to get you **Ready, Set to GO!!**.

Ready Set GO!!

For Your Information

Please read the next few pages

before attending RSG

- Ready Set GO!! is an introduction to the ACA program, the ACA 12 Steps and the Loving Parent/Inner Child.
- Material is available at acatoni5617@comcast.net for the six 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. Send your request for the rough draft to acatoni5617@comcast.net.
- 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 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 do the readings and 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 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 Members

- 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 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. It is a stepping stone to go on to the ACA 12 Step Workbook when you are ready to choose to move onto 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 details in Appendix E.**
- **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.