



DECEMBER 7, 2019

**10:00am-6:00pm
St Pauls Church
270 Main Street Northport**

Please email ... "acoa@optonline.net" by 11/29/19 to reserve your spot.
Walk ins are welcome as long as space allows. Donations will be collected at the door. Suggested donation is \$30



Ready-Set-Go is a program previewing the ACA 12 Steps. Workshop material is taken from the ACA Big Red Book and ACA Steps Workbook.

Ready-Set-Go is for newer ACA members to become acquainted with the ACA Twelve Steps; it is good preparation to do the ACA 12 Step Workbook when a member feels ready. The experienced ACA member may like to refresh their recovery. Learn to create a loving dialogue between yourself and your loving parent. **All are welcome!**

Details of the Northport Ready-Set-Go Workshop:

- **Please RSVP by 11/29/19 to "acoa@optonline.net"**. Please Include your first name and number of people attending with names of other attendees if more than yourself.
- Event is from 10:00am-6:00pm with a 1 hour break for lunch.
- There will be breakout sessions between steps as well as an inner child guided meditation workshop during the last hour. Feel free to bring a picture of "little me".
- Comfy clothes or any items that bring you comfort or help you to feel safe are welcome.
- Feel free to bring a lunch with you. In addition, there are also many local establishments to select from. We are planning on one hour for lunch.
- We will have a snack/beverage table available to all. Please bring a snack/beverage to share if you'd like. Bottles of water and coffee/tea will be provided.
- We will pass a basket at the event in accordance with the ACA 7th Tradition. Suggested donation to cover venue and printing is \$25 however donation is not required to attend this event.

Opportunities for service at this event include:

- Setup before the event
- Cleanup after the event
- Getting Ready-Set-Go materials printed before the event
- Helping with registration the day of the event

- ***Please email "acoa@optonline.net" if you want to help out, thanks!***

