



TAKING THE 12 STEPS FOR ADULT CHILDREN

An invitation to attend Ready Set GO!!
A new concept for taking the 12 Steps before working our 12 Step Workbook

READY SET GO!!

Adventist La Grange
Memorial Hospital
5101 S Willow Springs Rd
La Grange, IL 60525

Saturdays from 1pm to 3pm

Aug. 24: Overview &
Steps 1, 2, & 3

Aug. 31: Steps 4 & 5

Sept. 7: Steps 6, 7, 8, & 9

Sept. 14: Steps 10, 11, & 12

Call to register by: Aug. 10

Toni, 630-769-1314 or
Dolores 630-435-0893

(over for directions)

This group will be honoring and recognizing all the traditions especially Tradition One which states: Our common welfare should come first; personal recovery depends on ACA unity.

Welcome to *Ready Set GO!!*

We have created *Ready Set GO* for taking the 12 Steps in 4 one and half hour sessions first before working the 12 Step Workbook. We will not be working the Steps. We will be taking the Steps. In taking the Steps using *Ready Set GO*, we hope to "keep it simple" releasing some anxiety and fearfulness going into working our 12 Step Workbook later. The recovering and discovering progresses with taking and then working these Steps together. The material is taken from our Big Red Book and our 12 Step Workbook. Some modified worksheets, and some new worksheets will be introduced to generate practical use in *Ready Set GO!!*

Sharing partners will be used to maintain a buddy system for those hard to handle situations for the 4 weeks of Ready Set GO!! The requirements for a sharing partner are: attending meetings regularly, and/or has completed the 12 Step Workbook.

After Ready Set GO all partners may commit to completing the Workbook for a weekly group for 9 months to a year or with a sponsor.

Safety, unity, reassurance, understanding, spirituality and faith in our 12 Step program are the all around goals for Ready Set GO.

Ready Set GO is for the newcomer and the old timer. It requires those in attendance to listen to the material with an open mind and an open heart and in good faith.

Ready Set GO Committee

Dixon Auditorium Center

First Floor, Room B

Directions to: Adventist La Grange Memorial Hospital 5101 S. Willow Springs Road, La Grange, IL 60525

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 mile north 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.