

ACA Yellow Step Work Book
Group Format

Meet once a month on a regular day (i.e. 3rd Sunday at 9 AM)
For 1 ¾ to 2 hours

Let's stand and open with the Serenity Prayer

Now we'll do introductions (Go around the room and each gives first name)

Welcome to the ACA Yellow Step Work Book Group

Explain the meeting process and how the group will work:

Each month you will be matched up with a fellow traveler (FT/sponsor) for that month. First do the step work (including all the workbook exercises) on your own, then meet with your FT to review in depth your work on that particular step and accept that you have each completed it as well as you can. At the next group meeting you will share with the whole group the highlights of that work and what the step means to you. You will then read the next step together, get a new match up and repeat the process until all twelve steps are finished. We are allowing four months to do the work involved with step four (as it includes twelve exercises).

First meeting

Take turns reading the section on Step 1 in the Workbook

Second Meeting (complete Step 1 and read/begin Step 2)

Third Meeting (complete Step 2 and read/begin Step 3)

Fourth Meeting (complete Step 3 and read/begin Step 4 exercises 1-3)

Fifth Meeting (complete Step 4 the first three exercises and read/begin Step 4 exercises 4-6)

Sixth Meeting (complete Step 4 exercises 4-6 and read/begin Step 4 exercise 7-9)

Seventh Meeting (complete Step 4 exercise 7-9 and read/begin exercises 10-12)

Eighth Meeting (complete Step 4 exercises 10-12 and read/begin Step 5)

Ninth Meeting (Review Step 5 and read/begin Step 6)

Tenth Meeting (complete Step 6 and read/begin Step 7)

Eleventh Meeting (complete Step 7 and read/begin Step 8)

Twelfth Meeting (complete Step 8 and read/begin Step 9)

Thirteenth Meeting (Complete step 9 and read/begin Step 10)

Fourteenth Meeting (Complete step 10 and read/begin Step 11)

Fifteenth Meeting (Complete Step 11)

Sixteenth Meeting (Complete Step 12 and share how you plan to continue to work 10 – 12 and especially Carry the Message to others)

Seventeenth Meeting - Celebration Event (such as a meal together)

Determine the Fellow Traveler match ups for the month

(Seventh Tradition)

Review the schedule for upcoming classes – especially the date and time of the very next meeting

Now let's close with the Serenity Prayer

FTs meet to schedule their step acceptance meeting