

RCA Monthly Step Study Meeting Format

Open with the Serenity Prayer

2:00pm to 2:20pm Couples arrive, with the whole group we read:

The Preamble
How It Works Part 1
The 12 Steps of RCA
How It Works Part 2
The Safety Guidelines

2:20pm to 2:45pm Couples are offered a chance to give brief 1-2 minute Check-in shares. This gives couples a chance to get out their feelings and become present with the group. It provides a time for a transition of emotions and spirit to the workshop.

2:45pm to 3:00pm Facilitating couple teaches how to work the Step for the Month. Briefly describing their experience with this step.

Facilitating couple answers any questions and asks if any couples need help getting started on Step One or if any couples need help with any other Step.

(If there are couples needing help to get started on Step One the facilitating couple uses the time in the next portion of the workshop to work with these couples.)

The facilitating couple asks each couple to state the Step they are currently working on and whether or not anyone would like any assistance from a couple who has already worked that step.

The facilitating couple asks if there are any experienced couples at the workshop who are willing to help the couples with the other Steps. If no one needs help to get started on Step One, the facilitating couple can work with couples on other steps.

3:00pm to 3:30pm Couples pair off by themselves to work on their step.

3:30pm to 3:45pm Couples meet again as the whole group to ask questions, share or seek additional help.

3:45pm to 4:15pm Couples pair off again to work on their Step.

4:15pm to 4:30pm couples meet again as a whole group to ask questions, plan the date, time and place of the next Workshop. Pass the basket for the 7th Tradition.

Close with the reading of the Promises and the Unity Prayer.