

Basic Sponsorship/Workshop Guidelines

Below is a brief schedule and explanation of what I do with people in a group broken down by week. The specifics are written in the Big Book Awakening book.

Each person would be expected to commit to writing the notes for the next section from the BBA into a new Big Book and should have considered the questions during the week before the next meeting. The meeting is not about writing your homework in, it's about discussion.

I believe you can go through the process to slow but you can also go through to fast. I think it's important that people consider what they're doing here as they go through but must keep focused on the considerations and not wander from the context. Different people will get stuck on different areas so there is really no way to anticipate in advance where they may get bogged down - although it's usually in the Fourth Step.

I have them commit to meet for up to 3 hours one day a week even though it may not take that long I ask them for that time commitment upfront so we can move through faster in a shorter period of time. Usually it's around two hours depending on the group and your ability to keep them focused.

I just follow a simple plan which is to read the book and do what it says - discussing our experience along the way. I don't ask everyone every question, some I answer myself, it becomes an intuitive thing. If it ends up taking a little longer in a section then it just does. The section that can take longest is the Fourth Step but as I said I just let it unfold. I've done groups where a few of them have balked in the 4th. I use intuition as to whether I tell them we're moving on and they better catch up (or quit) or sometimes I'll just keep the whole group in a section... just depends on what you intuitively come to. Sometimes peer pressure will help motivate them to keep up. I try to follow my intuition with the timing all the way through. I break the Fourth Step up into bite size pieces and it has seemed to really help.

During the week they are expected to write all the notes into their own Big Book from the Big Book Awakening book and do what ever the instructions in the BBA ask them to do so that the meeting is a review and dialog of what they've already considered. I find that some people don't do that and depend on the meeting to cover it. I don't worry to much about whether they did or not because I go over it all anyway.

I follow the instructions already in the Big Book Awakening and proceed as follows:

The notes from the BBA should already be in your Big Books. The meetings are about discussion not catching up what you didn't do during the week.

Week

1 - Introduction and Title page through the Forwards

(I have a recording you can listen to for this on <http://www.All12Steps.com>)

2 - Step One - Physical Craving -Doctors Opinion

3 - First half of Bill's Story

4 - Second half of Bill's Story

5 - There is a Solution p.17 - top of p.23

6 - Step One - Mental Obsession - p. 23 - p. 29 – (If there's time I go further)

7 - p.29? to p.43 (keep the pace up if you have a lot of pages to cover)

8 - Above can take one or two weeks but I stop at end of p.43

9 - Step One - Unmanageability - We Agnostics p.44, 45 to "find this power" & 52

10 - Step Two - p.45 back track to "Lack of power" through "What is my choice to be?" p.53

(contemplate "What if God is nothing" then after "What if God is Everything" during the week)

11 - start by discussing "what is my choice to be" then read p.53 to p.57

12 - Step Three p.58 to p.62 to consider p.62 last pp.

13 - p.63 (do 3rd step prayer) read up to p.64 "we set them on paper"

Step Four - Column One - write during the week -

if in a group pick a maximum number to write on like the worst 20-30 resentments.

That way everyone can finish at the same time. One-on-one I don't do that.

14 - Second Column - Causes of resentments - do some together and finish at home

15 - Third Column - Self Esteem & Pride - do some together and finish at home

16 - Ambition & Security - do some together and finish at home

17 - Personal Relations, Sex Relations & Pocket Book - do some together and finish at home

18 - Realization - do some together and finish at home

19 - Fourth Column - Self Seeking, Selfish - do some together and finish at home

20 - Dishonesty, Fear, Harms - do some together and finish at home

21 - Fear Inventory

22 - Sex Inventory - do some together and finish at home

23 - Step Five

24 - Step 6 (I have them do Step 7 on their own when ready)

25 - Step 8&9 (we open with the Seventh Step prayer as a lead in for 8&9)

26 - Step 10 (and practice mindfulness through the week, not necessarily with God)

27 - Step 11 (add God consciousness into the practice through out the day)

28 - Step 12 (I don't always go through this with people I work with rather tell them to go through in a mindful way with the notes. You can do this if you want)

I think you'll find it's not that complicated once you've done it. Just take it a piece at a time. A lot depends on the commitment of the Group.