

All Addictions Big Book Step Study Meeting Format

Chairperson: Your instructions are in italics; read all other material out loud.

1. Welcome to the (day of week) meeting of All-Addictions Big Book Step Study. This meeting last approximately one and half hours with no break. Let's open the meeting with a full minute of silence, followed by the Serenity Prayer.

2. My name is_____ and I am an_____. Please silence all electronic devices.

The Preamble

"Sobriety – freedom from our addiction – through the teaching and practice of the twelve steps is the sole purpose of this group." (Adapted from "As Bill Sees It" page 79.)

The purpose of this meeting is to help addicts achieve recovery by the studying, discussing, and practicing of the twelve steps as they are laid out in the Big Book of Alcoholics Anonymous.

We share our experience, strength and hope with each other that we may solve our common problem and help others recover.

The only requirement for membership is a desire to stop using substances and/or engaging in addictive behaviors; all members of any or no 12 Step program are welcome.

We are self-supporting through our own contributions and are not affiliated with any other 12 step program or group. We are not allied with any sect, denomination, politics, organization or institution; do not wish to engage in any controversy, neither endorse nor oppose any causes. Our primary purpose is to recover and help others achieve recovery.

It has been our hard-learned experience that other methods did not work with us. Some of us have tried other ways and the results were ineffective until we looked at the basic and simple approach that the Big Book offers.

It has become apparent to us that when we stopped blaming people, places, and things for our problems; decided to take an honest and fearless look at ourselves as the root cause of our addiction, and applied these twelve steps to our lives, that we got better.

3. Is there a Secretary's Report?

4. If you need a Big Book, please take one from the table. If you are new to recovery and don't have a Big Book, feel free to take one with you. (*If this is a virtual meeting*) If you need a Big Book, let the chairperson know, and we will get a Big Book to you.

5. Would someone please read the 12 Steps?

6. (*Refer to the "15 Week Rotation Schedule."*) Today we are on Step _____. The reading for this Step starts on page(s) _____ and ends on page _____ of the Big Book. We will go around the room reading the text one or two paragraphs at a time. When the reading is finished, our speaker, _____, will share on the step. After the speaker has finished, we will go around the room and those who are qualified to speak may share.

7. May we have a volunteer time keeper?

8. (*When reading is finished*) As chairperson I have asked _____ to speak on this step for approximately 20 minutes. The timekeeper will provide a five-minute warning.

9. (*When speaker is finished speaking*) **If you are new to this meeting please listen carefully.** In order to speak at this meeting, you must have completed the Steps as they are laid out in the Big Book of Alcoholics Anonymous with the help of a **Big Book Step Study sponsor** and **currently** be practicing Steps 10, 11, and 12. If you haven't done the steps this way or are not sure, please pass on speaking and check with the chairperson after the meeting.

If you have done these Steps as they are laid out in the Big Book, please share your experience with us. If you haven't, we ask that you be open minded enough to just listen. If you have a question pertaining to this Step, please feel free to ask someone after the meeting. Group conscience has voted a 5-minute limit on individual comments.

10. *Start members sharing their experience on this Step beginning where the reading left off.* Remember that there is a time limit on sharing and the timekeeper will give a one minute warning. *After all have shared, ask anyone who hasn't to introduce themselves.*

11. According to our Seventh Tradition, as outlined in AA's 12 Traditions, "We are self-supporting through our own contributions." Your voluntary contribution to this meeting supplies books, pays rent and supports virtual connection. *Pass the basket, and/or announce the address where contributions to support the meeting can be sent.*

12. Ask "Are there are any announcements?"

13. I want to thank everyone for respecting the format.

14. Would those who have completed the process as it is laid out in the Big Book with the help of a Big Book Step Study sponsor and who are willing to sponsor others through the Twelve Steps please raise your hands.

15. May we have a volunteer to read from the closing paragraphs of page 164 from the chapter “A Vision for You” in the Big Book?

A Vision for You (From page 164 of the Big Book)

“Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask God in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the great fact for us.

Abandon yourself to God as you understand God. Admit your faults to God and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.”

16. For those who wish to, please join me in closing with The Serenity Prayer.