

Hi everyone

Please find below important information for the Sunday Big Book Telephone workshop facilitated by Herb K that will begin on Sunday 4 February 2018. Apologies for sending a lot of information - this will not continue through the workshop but is necessary as we get started.

Please read carefully and keep this email. If anything is not clear, I am happy to answer any questions you may have (my contact details are at the end of the email).

The workshop:

Start Date: Sunday 4 February 2018

Expected End Date: January 2019

Workshop time: Sundays for 90 minutes at:

8.00 a.m Alaska

9.00 a.m. Pacific

10.00 a.m. Mountain

11.00 a.m. Central

12.00 p.m. Eastern

5.00 p.m. UK/Ireland time

6.00 p.m. Spain, Germany and Netherlands time

8 p.m Israel time

Every participant session is RECORDED and available on the playback number for ONE week only. A lot of material is covered during the sessions and some of you may want to listen to it again if you have time. It's a great way to reinforce the teaching and catch anything you missed during the workshop. The listener call on Saturdays is NOT recorded as this is not a workshop but just an opportunity to ask questions for those who are stuck with something.

THIS IS A CLOSED WORKSHOP. Therefore, the conference numbers are for the use of participants/listeners in this workshop only. Please respect and protect the meeting's participants by keeping the workshop numbers confidential and respect that people may

be sharing deep and personal material while engaging in this process. If you know someone else who wants to join as a listener, please ask them to contact Cate first and register. Anyone who wants to do the work independently or dip in to catch up on missed sessions of other workshops should use the recordings available on Herb's website as these have been edited to safeguard individuals' anonymity.

Please contact Cate if there are any questions/problems regarding access to the phone conference at: caterecovery@yahoo.com. In the past there have sometimes been problems with some of the international numbers so, for those of you not in the UK or US who have problems, please let me know. Wonderful as these conference lines can be, they are also not perfect.

What you need:

I have sent out relevant documents in a previous email. If you have joined since I have done this please mail me and I will forward the email onto you. Or, go to Herb's website and download the documents 'Our Way of Life' and 'Assignments' (on the right of the home page).

You will also need some kind of folder for your work and some highlighter pens. Obviously you will need a Big Book (preferably a 'clean' copy with no personal writing in it already) and AA 12 and 12.

Access numbers to the call:

For call in numbers, contact administrator to register first.

Contact details:

I will put together a list of workshop participants and listener contact details once we have stable groups so people can connect with each other if they wish to.

I am also thinking of creating a WhatsApp group for the first time this year so people can stay in touch as a group if they would like to join.

Buddies/Step guides:

We will also be putting together a list of 'buddies/step guides' who are people who have done the workshop in previous years and who have said they will be willing to help others. As explained in my previous email, we always have far more people wanting buddies than are available. **However, please do not get anxious at this point** - it is not until Step 4 that this really becomes an issue.

Please let me know if there is anything I can help with or if you have any questions.

My contact: caterecovery@yahoo.com

Look forward to connecting with you all over the next year

Cate