

Hello Fellow Pilgrim!

You have been included in the Herb K 2018 telephone workshop for application of the 12 Steps from the AA Big Book.

The workshop will begin February 1st and there are a couple of things to do to be ready for the first meeting. There is a lot of information in this so please read carefully.

Start date: Thursday Feb. 1st 4:00 PM to 5:30 PM PST

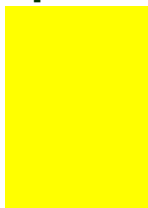
End date: Undetermined, usually 1 year from start date

Books needed:

Big Book of Alcoholics Anonymous (4th edition) - one without any highlights. You are going for a NEW experience, not to recycle an old experience through your previous notes in your BB.

AA's Twelve Steps and Twelve Traditions – without markings

Additional Optional Reading:



o **12 Step Guide to using the AA Big Book - Herb K**

o **12 Steps to Spiritual Awakening - Herb K**

All workshop sessions are recorded. Participants are then able to listen to the playback, in its entirety, for at least one week. It will be recorded over at the next meeting.

100 % attendance is encouraged at each session as a lot of material will be covered and participation in the discussions is strongly recommended. However, there will be no penalty for missing sessions.

NOTE: that this is NOT an “AWOL”. (An AWOL - A Way of Life - is a closed step study meeting with rule and conditions.) It is a 12 Step Study. Rules and conditions for AWOL do not apply to this group. Participants are strongly encouraged to have an active relationship with a sponsor. There are no fees to participate in the study.

Step Guide/”Buddy”

Participants who have completed Herb’s previous 12 Step Study will be available as step guides/buddies for questions and mentoring as required. A buddy is not really necessary for Steps 1 -3, but when you get into Step 4 a buddy might be helpful and a list of names and contact details will be provided to you then.

Just a few reminders about the workshop:

There will be a Listener's meeting on Fridays same time as the Thursday meeting, same telephone number and same pin. It is different from the Thursday meeting - it's an opportunity for discussion with Herb about your questions and process in recovery.

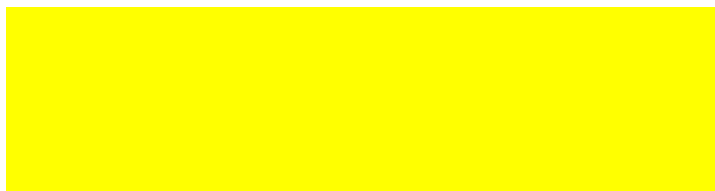
· The audio CD's that are referred to in the homework are found on Herb's website www.herbk.com On the home page look on the left where it says "Workshop Audios" and click on that link.

I've attached 4 documents -

1. Participation Agreement – If you have not already done so, please print, fill it out, and send the hard copy via snail mail to Herb. His address is on the form. This applies to Listeners as well as Active participants.

2. Call in numbers (meeting and recorded) and access/pin codes. Remember this is a closed workshop. Do not share the telephone numbers. If someone you know would like to join, please give them my email address janiceblair@gmail.com and they can register. In the past new people have joined 3 months into the workshop.

Please go to www.herbk.com home page and download the 2 documents that are pictured in the 3rd attachment. You will need to 3 hole punch them, and put them in a 3 ring binder. For those of you who already have copies of "Our Way of Life" and the "Homework Assignment" document, Herb has revised both and requests that you make new copies so that we will all be on the same page, so to speak. Thank you.



Please contact me if you have any questions or concerns.

And away we go!

Buckle up! This will be the ride of your life!

Thanks!

Janice B

Group Moderator

janiceblair@gmail.com