

# STUDY GROUP Sample Format

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## 1. INTRO (5min)

Welcome to our Big Book Workshop Study Group. My name is \_\_\_\_\_, and I am your chairperson today. \_\_\_\_\_ is our timekeeper for today.

To open this study group, let us have a moment of quiet meditation, followed by the Set Aside Prayer:

“God, please set aside everything I think I know about myself, my brokenness, my spiritual path and You, for an open mind and a new experience with myself, my brokenness, my spiritual path and especially with You.”

## 2. WELCOME (6-12min)

To start our Study Group today, could each member please identify and say a little about their Program of Recovery this week. In this group we focus on our recovery from addiction and addictive behaviours. Our sharing time is for 2 minutes.

*(Chair calls on members to share. Members can share or say “pass”)*

## 3. DISCUSSION FOCUS (30-40min)

*Each week there are different types of assignments. So this discussion time consider how to proceed with the different assignments. An example might be:*

- Today we are up to Assignment \_\_\_\_\_.
- For today our sharing time is 3 minutes it is up to \_\_\_\_\_ minutes. *(or “as we agreed not to time today’s discussion we ask that members please be considerate and limit their sharing so all may have a turn to contribute)*
- Note: members who have not had a chance to do the assignment are encouraged to listen and perhaps limit their shares.

## 4. CLOSING (5 min)

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It is time to end our Big Book Workshop Study Group. Thank you everyone for coming here today. We are about 5 minutes from the end of the meeting time.

Does anyone have any concerns, updates or information on their availability or attendance for the next workshop or the next study group? Are there any other announcements?

Can we have a volunteer to do chair person for next week? \_\_\_\_\_ Can we have a volunteer to do Timer? \_\_\_\_\_

It is now time to close up the group. Thank you all for your service in coming here today and thank you for having me as your chairperson. After a moment of silence will all those who wish to please join together with the Serenity Prayer.

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference”.