

# WELCOME PACK

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*Big Book Workshop 2024 facilitated by Jo B*

## Many people have questions about:

### 1. What can I expect to gain from this workshop? What's in it for me?

The goal of this process is a personal SPIRITUAL AWAKENING – a change in the way each participant thinks, feels, and behaves. However, each person will have her own experience. Most people who have completed this process have found it helpful.

### 2. Where do I get a Big Book?

You will find a digital version of the Big Book on our website, free to download. Otherwise you can order a book using the links below or get one at your local AA/OA/NA/DA meeting.

*(Note: Jo recommends the 4<sup>th</sup> Edition - Large Print)*

- United States – <https://onlineliterature.aa.org/Big-Book-Large-Print-4th-Edition>
- UK – <https://www.alcoholics-anonymous.org.uk/product.do?48951>
- Europe – <https://bigbookawakening.eu/product/big-book-large-print/>
- Australia – <https://literature.aa.org.au/collections/big-books/products/big-book-4th-edition-us>

### 3. Do I have to have a Sponsor?

No! However you will be encouraged to have an active relationship with an experienced Sponsor and/or Step Guide. For some people it might be a therapist or counselor.

### 4. I've never done the steps before is it ok to start with this program?

Yes. Wherever you are in your recovery journey – WE WELCOME YOU!

### 5. Do I need to be abstinent/sober/clean before I do this workshop?

Many of us started this process before receiving the grace of sobriety or abstinence. We welcome you at any stage in your journey.

At each workshop time is set aside where members can ask these questions and many more. Come and bring your questions to the group. We would love to hear from you.

Below you'll find recordings from Sandy B on the Steps 1, 2 & 3 for you to listen:

- Step 1 - <https://bigbookworkshop.com/wp-content/uploads/2023/01/sandy-b-saturdaymorninglive93s1.mp3>
- Step 2 - <https://bigbookworkshop.com/wp-content/uploads/2023/01/sandy-b-saturdaymorninglive93s2.mp3>
- Step 3 - <https://bigbookworkshop.com/wp-content/uploads/2023/01/sandy-b-saturdaymorninglive93s3.mp3>

Additional recordings can be found on our website (<https://bigbookworkshop.com>).

We do hope this information will help to get you started.

Yours in fellowship,

*Big Book Workshop Team*