

STUDY GROUP

SAMPLE FORMAT

The meeting chairperson & timer of the meeting can rotate each week.

INTRO (5min)

Welcome to today's Big Book Workshop Study Group. My name is _____, and I am your chairperson today. Thank you to _____ for being our timekeeper.

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, the 12 Steps, my spiritual path and You, for an open mind and a new experience with myself, the 12 Steps, my spiritual path and especially with You."

WELCOME (6-12min)

To start, each person may share a personal update with the group. We ask that this update be kept to a maximum of 2 minutes. This can include your status with the workshop and homework assignment or other Program related reflections.

(The chair can call on each person or they can volunteer.)

DISCUSSION FOCUS (30-40min)

It is helpful if the focus of the discussion is agreed upon prior to the study group meeting in order to ensure proper preparation by group members and maximum productive time. It is suggested that the meeting focus includes things like sharing answers/feedback from specific questions; cooperatively reading aloud from the Big Book and reflecting; or sharing highlights from a designated reading or recording.

For example:

- Today we are up to Assignment _____.
- The chair will call on or ask for volunteers to share regarding the assignment. Members who have not had a chance to do the assignment are encouraged to listen and perhaps limit their shares.
- The amount of time designated for each person's share can be timed. The length of each individual's share is up to the group to decide: For example 3 minutes.

WRAP UP (5 min)

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? Anyone who will be late, unavailable, on holiday or otherwise engaged can inform the group at this time. Any updates or changes in the meeting time itself or other announcements are welcome.

(Go around the room - 1 minute each... if necessary.)

The chairperson for the next week will be: _____.

The timekeeper for next week will be: _____.

CLOSING

It is now time to close the group. Thank you all for your service in coming here today and Thank you for having me as your chair. After a moment of silence will those of you 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".