

BIG BOOK AWAKENING WEDNESDAY WOMENS (BBA)

Zoom Leader Instructions

Zoom Meeting Link: <https://bit.ly/DAILY12BBA>

MEETING ID: 719 9476 8665

PASSWORD: BIGBOOK

Things needed prior to meeting:

1. Leader - Select a person to start the Zoom connection at 3:45pm Pacific. This person will be the Leader of the meeting who reads the Leader Script, moderates the meeting by selecting participants to share, and asks for a volunteer to lead the “meeting after the meeting”.
2. Tech – Select a person to assist the Host who will be the tech assistant. Please see instructions starting on page 3 for how to do this.
3. Speaker – Arrange for one person to speak at the meeting for 10 to 15 minutes on a step or word, line or phrase from the first 164 pages of the Big Book.

Leader Script:

Good Day! My name is _____ and I am an _____. Welcome to the Wednesday Women's ZOOM Big Book Awakening meeting. I'd like to ask everyone to mute their microphones now. Please only turn your mic on when you are going to speak. Use the chat feature to message the group to share next or wave your hand. This meeting intends to follow courteous principles of privacy & anonymity, but if you feel your privacy is at risk, please disconnect now. Everyone please respect the traditions and anonymity. We use the recorded audio portion of this meeting to help others connect with our Big Book Awakening message of recovery. If you don't want to share during the recorded session, we have open sharing after the meeting. Are there any volunteers who would be able to help moderate the “after meeting” meeting? *(If no volunteers, ask again at the end of the meeting)*

Our purpose: The members of this group are committed to practicing the 12 Steps as outlined in the Big Book of Alcoholics Anonymous. It is our intent to share our experience, strength and hope with those who suffer from the disease of alcoholism and addiction so that we may carry out our primary purpose, to help Alcoholics and Addicts recover through the 12 Steps.

We welcome all 12-step programs. This meeting is for women who share their experience using the Big Book Awakening process going through the Big Book. If you are new, we are glad you're here and welcome all questions. This meeting will last for an hour but the connection will stay open afterwards to allow all with a desire to share to do so.

Please join me in the 3rd Step Prayer followed by five minutes of meditation.

“God, I offer myself to Thee -- to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.”

Tech Host starts meditation music (share your screen, CHECK BOX 'SHARE SOUND' while keeping your mic on mute - do NOT play music from an external device):

https://recoveredfrom.com/wp-content/uploads/2020/09/Hay-Bhagavan...instrumental_256k.mp3

AFTER 5 MINUTE MEDITATION:

Today I have asked _____ to read:

- A portion of Doctor's Opinion (page XXVI)
- There is a Solution from page 24
- A portion of Chapter 3 - More About Alcoholism from page 30
- Chapter 5 "How it Works" from page 58 thru the abc's

Our speaker _____ will now share his/her experience for 15 minutes on _____ followed by participation on or questions to anyone from anyone focused on this topic.

WHEN THE 15 MINUTE SPEAKER HAS FINISHED, READ THE FOLLOWING.

The meeting is now open for participation on the topic, or questions to anyone, from anyone. Please limit your sharing to under 5 minutes. I will be responsible for keeping the meeting on topic. The topic for tonight's meeting is _____. If you do not have experience with this topic as it outlined in the Big Book of Alcoholics Anonymous, we ask that you limit your sharing to questions only.

Would anyone like to start us off?

If nobody starts sharing, have 2 or 3 people from the participants list picked out to call on to share, if they don't want to, ask the next person. IF THEY DON'T START TALKING IN A FEW

SECONDS SAY, "Check your microphone, it's muted and we will come back to you." *Then call the next person.*

Tech host inserts into chat bar the following:

We are very glad you are here today. All of our meeting expenses for the year are already met. We honor the spirit of the seventh tradition in this meeting but ask that you give to your local 12-step meetings to continue to support them. Please join our weekly Whatsapp for more questions, sponsorship & weekly fellowship!

<https://chat.whatsapp.com/BPLRJFyc2XwAxBR2SG0e8N>

MORE SPEAKER AUDIOS

<http://www.bbaworks.com/wednesday-night-bba-audio>

www.bigbookawakening.com/books-cds/

<http://bbaworks.co.uk/>

<https://www.bigbookawakening.eu/>

<https://www.recoveredfrom.com/>

<https://recoveredfrom.com/index.php/es-speakers/>

At about 5 minutes before the end of meeting, ask if there are any FINAL COMMENTS. Then, if no one has volunteered, ask who will help moderate the after meeting today? Simply calling on everyone who hasn't shared yet by name.

Close the meeting with the 7th step prayer:

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do y our bidding. Amen.

THE AFTER MEETING MODERATOR WILL PICK FROM THIS LIST ANYONE STAYING FOR THE AFTER MEETING. CALL THEM BY FIRST NAME AND ASK THEM TO INTRODUCE THEMSELVES AND SHARE IF THEY WANT TO. THEN GO THRU THE WHOLE LIST OR UNTIL 30 MINUTES AFTER MEETING. AS THE LEADER, YOU CAN EXIT OR STAY FOR THE AFTER MEETING. IF YOU ARE LEAVING, MAKE THE AFTER MEETING MODERATOR THE NEW MEETING HOST. THANK YOU FOR YOUR SERVICE!

Tech Host Instructions

Preparation

Open a new browser window and go to

<https://recoveredfrom.com/index.php/bba-daily-meeting-resources/>

This is your resource page and from here you will open up one tab in preparation before you come onto Zoom. This tab will be for meditation. The resources are all highlighted in [blue](#).

1. For meditation click: [5 Minute Meditation In progress....](#) This will open up the meditation page and this is your first tab (you select the meditation music)

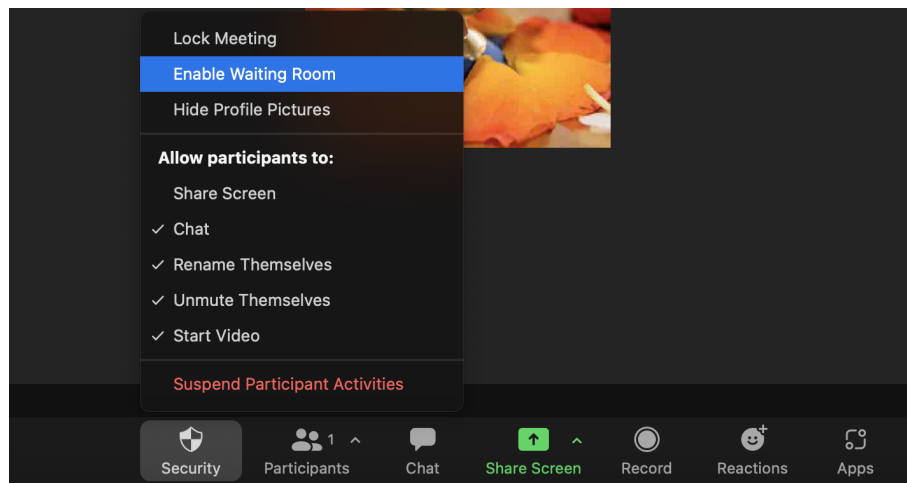
Note: If you use Chrome, you can 'Turn on vertical tab' in the far-left corner of the browser. This is an easier option to access the resource tabs you have prepared.

Access Zoom for Tech-Host

1. OPEN ZOOM
2. Sign out of your own account on Zoom
3. Sign in with the Recovered From account (get the password from one of the organizers and please protect it)

This will take you to the usual page on Zoom, JOIN & type in the 'noon' meetings ID and password: BIGBOOK

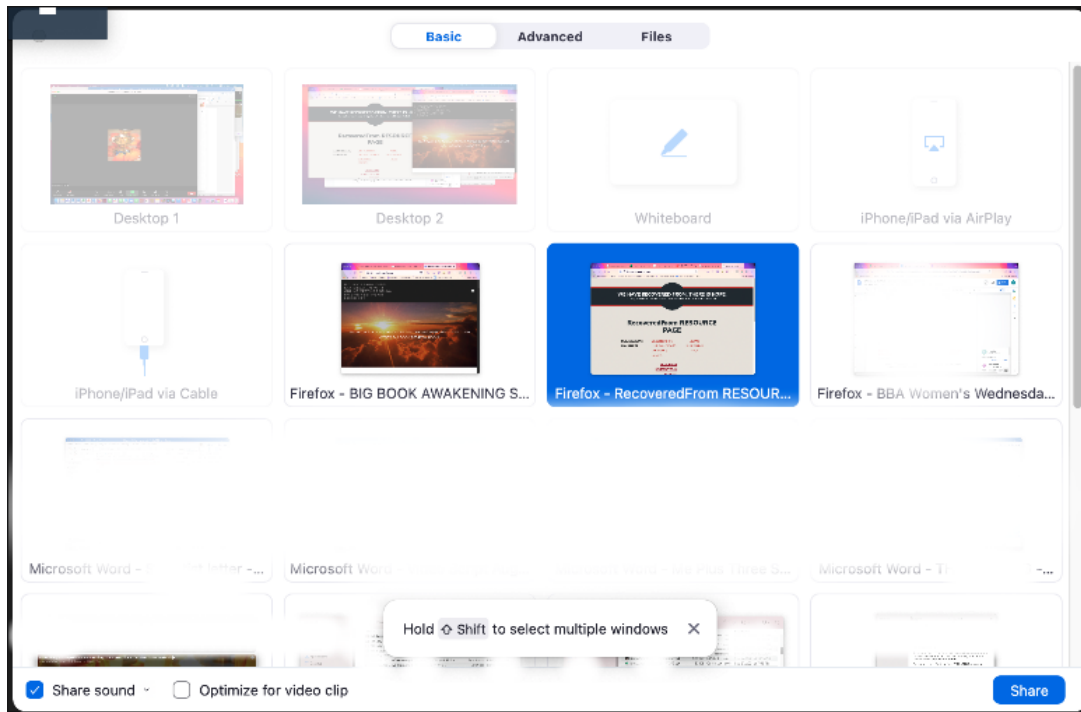
5. Once in, look at the tool bar with the icons **CLICK** security (see figure 1), **UN-tick** **ENABLE WAITING ROOM**, to allow people into Zoom (see figure1.1)



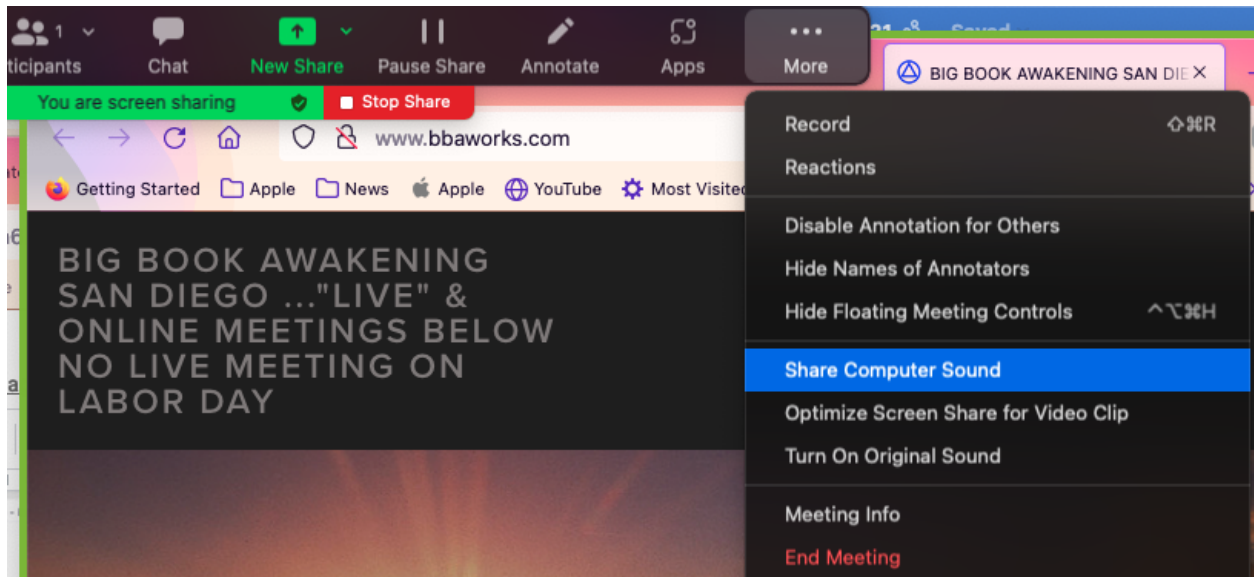
During the Meeting as Tech-Host

1. Greet participants by name when they enter the room.
2. The meeting will start. The host will pray the 3rd Step Prayer and just before the prayer ends **CLICK** **SHARE SCREEN** (in green). Choose the window you want to share (usually your browser - most people will not want to share their whole desktops) In the bottom left corner **CLICK** the box for "Share sound" (**see figure 1.2 highlighted in red**), and next, opposite in the right corner **CLICK** the **SHARE BUTTON** (see figure 1.2)

(Figure 1.2) Share Sound



Note: If you forgot to check the box to share computer sound, don't worry. Just run your cursor at the top of the screen where a drop menu will appear. slide across to MORE...and a drop menu will appear and CLICK **Share Computer Sound**.



2. Once the meditation has ended CLICK (in red) **STOP SHARE**. This will automatically bring you back into the room.

Daily Information for the Chat Room.

1. After the speaker has finished, go back to the resource page (do not click share). Highlight in the second column from **We are very glad you are here** all the way down to the **!!!!** COPY and go back into Zoom and on the tool bar, CLICK on CHAT and PASTE. Repeat this 5 mins before the end of the meeting. **Note: Participants may ask for specific links to be shared in the chat. Just COPY the LINK and Paste into the CHAT.**
2. Throughout the meeting, participants could ask questions in the chat room. Keep an eye out and respond to any questions.