



# BIG BOOK AWAKENING (BBA) EMOTIONAL SOBRIETY Wednesday ZOOM LEADER FORMAT

Zoom meeting direct link: [HTTPS://BIT.LY/DAILY12BBA](https://bit.ly/daily12bba)

MEETING ID: 719 9476 8665

PASSWORD: BIGBOOK

HOST TO START THE ZOOM CONNECTION AT 9:30-9:45 AM PACIFIC.

- ASSIGN CO-HOST ACCESS.
- SELECT A READING AND ASK 3 VOLUNTEERS TO READ. INFORM THEM THAT IT WILL BE SHARED ON THE SCREEN.
- ASK A VOLUNTEER TO BE A TIMEKEEPER.
- REMEMBER TO CLICK "**RECORD TO CLOUD**".

“Good Day! My name is \_\_\_\_\_ and I am a \_\_\_\_\_”

Welcome to the ZOOM Big Book Awakening Wednesday Emotional Sobriety meeting.  
I'd like to ask everyone to mute their microphones. Please only unmute when you are ready to share.

To share next, please raise your virtual hand and the meeting host will invite you to share. Feel free to use the chat feature to message the group.

**Please note: this is not a fellowship meeting and as such we allow crosstalk, however we ask our members to respect the program traditions.**

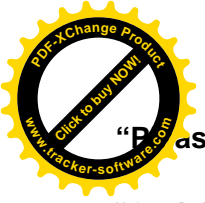
This meeting intends to follow courteous principles of privacy & anonymity, if you feel your privacy is at risk please disconnect now. Everyone please respect the traditions and anonymity.

We use the audio portion of this meeting to help others connect with our Big Book Awakening message of recovery.

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/or any other addictions, so that we may carry out our primary purpose, to help Alcoholics and/ or Addicts recover through the 12 Steps.

The format of this meeting is to welcome fellows from all 12-step programs, however our primary focus will be on Emotional Sobriety. If you are seeking a sponsor or want outreach, we encourage you to share your information in the chat.

If you are new to Big Book Awakening, we are glad you're here and welcome all questions. The first part of the meeting will be to listen to a speaker for 20 minutes, then we will open the meeting for shares from fellows who have worked the steps through the Big Book Awakening process. The last 10 minutes will be open specifically for newcomers - people who are new to the Big Book Awakening Process or new to the 12 steps in general - to share or ask questions.”



**“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 TO SHARE SCREEN WITH SOUND AND PLAY MEDITATION MUSIC.**

**AFTER 5 MINUTE MEDITATION.**

Reading: there are 3 emotional sobriety readings - the tech host will alternate these readings each week.

**Today I have asked \_\_\_\_\_ to read:**

- the 12-steps of recovery from Alcoholics Anonymoua**
- A portion of The Next Frontier /1 - Emotional Sobriety by Bill W - share screen as is so it shows copyright and that passages were edited.**

The Next Frontier : Emotional Sobriety by Bill Wilson  
Copyright © AA Grapevine, Inc, January 1958

...How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that’s not only the neurotic’s problem, it’s the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

...How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden “Mr. Hyde” becomes our main task.

Plainly, I could not avail myself of God’s love until I was able to offer it back to Him by loving others as He would have me. And I couldn’t possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words “absolute demand” may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God’s creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can’t flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is...

- A portion of The Next Frontier /2 - Emotional Sobriety by Bill W**

The Next Frontier : Emotional Sobriety by Bill Wilson  
Copyright © AA Grapevine, Inc, January 1958

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God’s help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.



Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my "12 steps" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

I've asked \_\_\_\_\_ to read

the Characteristics of Chaos Creators.

## **PRESS RECORD**

Our speaker \_\_\_\_\_ will now share their experience for 20 minutes on \_\_\_\_\_

### **WHEN THE SPEAKER HAS FINISHED:**

**HOST TO READ:** The meeting is now open for fellows who have worked the steps using the Big Book Awakening process. As a reminder, if you have not worked the steps through BBA, we will reserve the last 10 minutes of the meeting for newcomers where you are welcome to share or ask questions. To share please raise your virtual hand and I will call on you to speak. Please limit your sharing to 3 minutes. Our timer \_\_\_\_\_ will let you know when your 3 minutes is up. All BBA related announcements can be posted in the chat box. *(Begin calling on people to share)*

*\*\*Note to host: option to set a reminder timer for yourself to remember to pause the sharers at 9:50 PST to open the meeting to newcomers - see below for more info\*\**

**AT 9.50 PACIFIC TIME:** *Some of the people with raised hands may not be newcomers so please introduce this section of the meeting for newcomers (people who are new to the BBA process or to 12 steps. If there are no newcomers who wish to share, resume with shares from anyone in the group.*

**HOST TO READ:** "The meeting is now open for newcomers who are new to the BBA process or to the 12 steps in general, to share or ask questions. Please limit your sharing to 2 minutes."

The meeting is now closing.

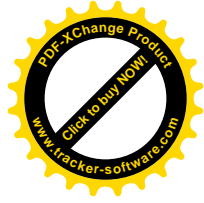
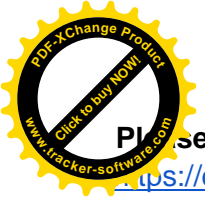
"I will now close the meeting with the 7th Step prayer:

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 your bidding. Amen."

### **Info for tech support - COPY AND PASTE USING ZOOM CHAT FUNCTION.**

If you are seeking a sponsor and/or want to outreach we encourage you to share your information in the chat

We are very glad you are here. All our meeting expenses for the year are already met. We honor the spirit of the seventh tradition in our meetings but ask that you donate to your local 12-step meetings to continue to support them.



Please join the BBA weekly Whatsapp for more questions, sponsorship & weekly fellowship:

<https://chat.whatsapp.com/KzSYFt3NA6X6r5IQPERIdR>

If you'd like to be notified of upcoming workshops, please follow this link to sign-up via email:

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

Audio recordings:

<https://recoveredfrom.com/bba-wednesday-emotional-sobriety-meeting/>

**Current BBA useful links:**

<https://recoveredfrom.com/index.php/calendar-upcoming-events/>

<https://recoveredfrom.com/> <https://bigbookawakening.eu/>

<http://bbaworks.co.uk/> <https://www.bbaworks.com/>

<https://bigbookawakening.au/>

**A PDF of All Big Book Awakening Meetings & Events:**

<https://recoveredfrom.com/wp-content/uploads/2024/04/BBA-MEETINGS-April-24-update.pdf>