

Thank you all for your service! We are sending this email to the homework group leaders only. We're very happy you are helping us out. Some of you are listening to the workshop or participating also. Some of you are just stepping up just to be homework leaders. I have added you all to the group email list so you will know every week what we are covering and what assignment we have given out. About half of you are very experienced at leading homework groups and about half of you are new to this part of working with others. Exciting either way! I hope you know how much we and the people you're going to help appreciate this.

Please see attached some helpful guidelines and a sample format for running your small group or 1-1 sessions. If you have any questions or need any support, do not hesitate to reach out! We will be getting people connected with you soon. Here's the info page that each new members should have seen at signup: <https://recoveredfrom.com/fridaybba2024/> WORKSHOP AUDIOS <https://recoveredfrom.com/audios-january-2024/>

[PDFlink](#) As a homework group leader or partner, please determine the best meeting day and time for your schedule. We want this to be as easy as possible for each of the homework leaders. It will be a weekly 60-90 minute meeting with your group. 3 to 5 people per group will be ideal. We will help assign them to you after you give us your time slot.

Host your weekly meeting using Skype, Facetime, WhatsApp, or Zoom. Anyone can get a free zoom account but you are limited to 40-minute meetings. During your meetings, you will be the leader/guide. The purpose of the homework meeting is for everyone to share their experience with the Big Book transcription for that week and especially the answers to the question guide.

You will call on group members to share their answers to the homework questions. We discourage the use of simple YES/NO answers, you can use your own question guide answers to help members get to their own truth. But remember we never tell them what they are supposed to believe, we ask what their experience is in relation to the Big Book and the questions.

Depending on how many members are in your homework group there might not be enough time for each group member to answer all the questions every week. You may have to pick a few of the questions, making sure the most important points are covered. Make sure that everyone gets a chance to participate and ask questions, encouraging everyone to share their time. Watch for any member dominating the sharing or using too much of the group time. All of our co-leaders will also help with any questions, extra guidance, or help.

We honor each of you, knowing that this is you volunteering your time, as part of your own recovery.

**SAMPLE HOMEWORK FORMAT** | Everyone should be logged in *before* the meeting time.

- Open with the Set Aside Prayer
- 1- 5 minutes of mediation together
- Any questions about the homework assignment?
- Go around the virtual room one question at a time hearing each person's answers. Share your own answers as well. Try to encourage more than simple YES/NO answers as you were taught. Look for answers that may have misunderstood the question and rephrase from your experience on the question. We're not here to change anyone's mind but help them see the truth. We're not trying to convince anyone, let the book and God do that.  
**Note:** You may have to set a 2-minute timer for answers in the first few weeks to maximize your time together.
- Read the section of the big book, with transcriptions. You may only have time for some parts. As the weeks go on, other members may feel comfortable sharing the reading too.
- If time allows, sometimes we do a general check in.
- Close with the 7th step prayer

And here's the download Question Guides we will be sharing with the group tomorrow:  
Use the one you have chosen for your homework groups addiction:

- [Alcoholics and Drug Addicts Question Guide](#)
- [Chaos Creators, Excitaholics, and Adrenaline Addicts Question Guide](#)
- [Internet, Gaming, and Adrenaline Addicts Question Guide](#)
- [Overeaters, Food Addicts Question Guide](#)
- [Sex, Love Addicts Question Guide](#)
- [Money Question Guide](#)

#### [Suggested group format and responsibilities](#)

- Assignment guides and schedules
  - [Alcoholic and Drug Addict Assignment Guide and Schedule](#)
  - [Chaos Creators, Excitaholics, and Adrenaline Assignment Guide and Schedule](#)
  - [Overeaters, Food Accts Assignment Guide and Schedule](#)
  - [Internet, Gaming, and Adrenaline Assignment Guide and Schedule](#)

Starting January 5, 2024  
Fridays at 8:30 am Pacific

Zoom Link: <https://zoom.us/j/71994768665>

Zoom ID: 71994768665

Zoom password: BIGBOOK

<https://recoveredfrom.com/audios-january-2024/>

Sign up: <https://bit.ly/bba2024>

Contact: [recoveredfrom@gmail.com](mailto:recoveredfrom@gmail.com) for more information

Additional suggestions and resources:

- [Start Up Suggestions & Examples](#)
- [Roman Numerals Changes](#)
- [“Set aside prayer”](#)
- Optional spot-check current spiritual condition:  
[Tornado Exercise](#) and [“the Bedevilments vs. the Promises”](#)
- Join WhatsApp group for group info and connections (reach out for the link!)