



Twelve Step Big Book Workshops

July to December 2022

ZOOM: Weekly Discussion Meeting

To ALL interested in Big Book Twelve Step Workshops

You may be interested in one of the Twelve Step Workshops beginning in July 2022. They are listed below. Please register on the HerbK website.

These **Zoom** Workshops are weekly for 6 months - see schedule. The process is a precise and rigorous application of the Twelve Steps from the Big Book "Alcoholics Anonymous" to one's personal life.

All but one of these Twelve Step Workshops are open to **ALL** who want a spiritual awakening - radical change in thoughts, feelings, and behaviors.

If you want to participate in one of these workshops, please REGISTER at HerbK.com:

Starts	Day	Time PST (Los Angeles Time Zone)	Eligible
July 6	Wednesday	1:00 - 2:30 PM *AU 6 AM: Time Zone constant	FA ONLY (Food Addicts in Recovery Anonymous)
July 7	Thursday	4:00 - 5:30 PM	All Fellowships
July 10	Sunday	9:00 - 10:30 AM	All Fellowships

Each week there will be a specific Assignment:

1. Reading from the AA "Big Book" Alcoholics Anonymous
2. Watching/listening to pre-recorded teachings on YouTube (about 60 minutes each week).

The purpose of each weekly workshop is to discuss questions, comments, resistances, and experiences with the weekly Assignments. This is a precise process of application of each Step to experience the 12 Step promise of a **RADICAL** change in thoughts, feelings, and behaviors ... **SPIRITUAL AWAKENING!**

For this new series, there will be **ONLY ONE MEETING PER WEEK**. Participants who volunteer will be called on to share questions and/or their experience. Participants are encouraged to form small groups who meet between workshops to support completion of each Assignment. Each group may want to engage a Step Guide to help facilitate this meeting. A list of Step Guides will be available the week after our 1st orientation meeting in July.

Please register at **Herbk.com** for the workshop that best fits your day/time schedule and Fellowship.

Day	Administrator	Email
Wednesday	Julie	julie.herbk@gmail.com
	Ellie	+61417561835
Thursday	Janice	janice.herbk@gmail.com
Sunday	Cate	cate.herbk@gmail.com

Specific Zoom access codes will be confirmed automatically upon registration.

Should you have any questions, please contact the respective workshop **Administrator**.

Please, DO NOT CONTACT ME!

AU Time Zone CONSTANT

Blessings, HerbK www.herbk.com