Emotional Sobriety 12 Steps in 4 Hours Workshop
Beginning January 5, 2015

Beginning Monday January 5, 2015 at 8:30 PM EST, we are excited to offer a 12 Step Back to Basics Workshop via the telephone.

The meeting format is based on the Big Book of Alcoholics Anonymous and the historical research of Wally P. It recreates the four 1-hour beginners meetings that were so effective in AA in the 1940s.

We will be using this book: **Back to Basics: The Alcoholics Anonymous Beginners’ Meetings: “Here are the steps we took…” in Four One-Hour Sessions** by Wally P.

We will not study the 12 Steps --- we will actually do them together, just as the AA pioneers did back in the early days. As a group, we will complete all 12 steps in 4 to 5 one hour sessions to deepen our recovery, serenity, and inner peace.

Preparation: Everyone will need a sponsor or sharing partner to do Step 5 and help with Steps 8 and 9. Sharing partners can be your usual sponsor (or another participant) who is attending the workshop and of the same gender.

If you need a sponsor or sharing partner for the workshop, we will be providing a list of available sharing partners as well as the times they will be available for the 5th step process. You will be able to contact them directly in advance to arrange a time for your sharing.

The telephone conference number is: 605-562-3131 PIN: 549628#. Playback recording number is: 605-562-3132 PIN: 549628#

If you are calling from outside of the USA and would like the call-in number, please email Shira at emotionalsoberity2013@gmail.com

**Dates are: 1/5/15; 1/12/15; 1/26/15 and 2/2/15.**

*Optional meeting: 1/19/15 for additional questions.*

We request a $5 donation to defray the expenses of this workshop. Please send a check payable to Devorah Silvert to 98 East 100 South, Valparaiso, IN 46383.

We are looking forward to participating with you in this Recovery Workshop.

With Blessings for Peace and Recovery,

Deborah Yael & Shira G.