

EAI is hosting **two telephone introduction sessions** to support of the new workbook *Welcoming the Spiritual Awakening in Me*. These interactive telephone sessions will prepare you to start working the material in the new workbook by yourself or with others.

Welcoming Spiritual Awakenings Workbook Programs

Thursday November 21, 2019: 10:00 am - 1:00 pm EDT

Saturday, November 30, 2019: 10:00 am - 1:00 pm EDT

To call in to the sessions:

(605) 313-5768 Access code 4719

Please bring this invitation to your home group and ask them to consider:

- Attending one of the telephone sessions
- Purchasing copies of *Welcoming the Spiritual Awakening Within Me*
- Using the workbook readings as a part of your regular group process
- Hosting new workbook study groups

Welcoming the Spiritual Awakening Within Me has a positive vision of thriving - moving beyond just surviving. The new workbook works through the steps and addresses vital recovery issues which have not been covered so far in EA literature including;

- Recognizing, exploring, & healing the effects of childhood trauma in our 4th step work.
- A section exploring all our family of origin roles and current roles we still play.
- Exploration of healthy and unhealthy understandings of powerlessness.
- Exploring the new EA stages of recovery; Stabilization, Understanding, and Thriving.
- Recovering from codependent & dysfunctional relationship patterns with the EA steps.
- Powerful ways to work steps 6-12 which help transform negative thinking.
- Emphasizing compassion & kindness in working of all of our EA steps.

W k	Workbook Step & Topic	Workbook Pg#s	Related Big Book Pg#s	Homework
1	Welcome and Introduction	pg 5-10		
2	Step 1 & Recovery Stage 1	pg 11-15	<i>pg 41-45</i>	P 19 Questions
3	Step 1 & About Powerlessness	pg 16-20		Practice Checkin
4	Step 2 & EA Sobriety	pg 21-26	<i>pg 45-49</i>	P25 Questions
5	Step 3	pg 27-30	<i>pg 49-53</i>	P30 Questions
6	Step 3 & Sponsorship + Close Stage 1	pg 31-35		Got Sponsor(s)?
7	Step 4 & Recovery Stage 2	pg 36-40	<i>pg 53-57</i>	Start Inventory
8	Step 4 & Typical Roles	pg 41-47		Finish Inventory
9	Step 4 & My family Roles	pg 48-51		P48 Questions
10	Step 5 & Plateaus + Slips	pg 52-56	<i>pg 57-61</i>	Set Up 5th Step
11	Step 6	pg 57-62	<i>pg 61-63</i>	P60 Questions
12	Step 6 & Changing Neg. Thinking	pg 63-65		P64 Questions
13	Step 7	pg 66-68	<i>pg 63-65</i>	P71 Questions
14	Step 7 & Mental Illness	pg 69-72		Practice P. 71
15	Step 8	pg 73-77	<i>pg 65-68</i>	P76 Questions
16	Step 8 & Codependency	pg 78-84	Write Amends List &	P82 Questions
17	Step 9 & Recovery Stage 3	pg 85-88	<i>pg 68-71</i>	P88 Questions
18	Step 9 Forgiving Self & Others	pg 89-92		Plan Amends
19	Step 10	pg 93-100	<i>pg 71-74</i>	P100 Questions
20	Step 10 & The Four "A's"	pg 101-105		Do Inventories
21	Step 11	pg 106-109	<i>pg 74-78</i>	P109 Questions
22	Step 11 & Practicing Wholeness	pg 110-111		Read P133
23	Step 12	pg 113-119	<i>pg 78-82</i>	P119 Questions
24	Step 12 & Awakened Living + Closing	pg 120-122	Gratitude Journal &	How'll I Serve?

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Related Big Book Pg#s Homework

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EA Workbook Telephone Meeting Agenda

• ***IF Teleconference meeting: Announcement***

- *Date and Time*
- *Teleconference Information*
 - *Conference Dial in number: _____ (Also located in your folder)*
 - *When prompted, enter the assigned access code followed by the # key*
 - *Participant Access Code: _____*
 - *Computer will ask you to announce yourself - Please do so when prompted*
 - *We will use "Round Robin" when sharing*
 - *Explain how Round Robin (RR) works*
 - *Calls will not be recorded*
 - *Caller Features/Information are included*
 - *Caller controlled muting * 6 Mute/Unmute*

FIRST MEETING

- Open with Serenity Prayer
- Welcome and Introductions
- Review Calendar / Reading Schedule - Any Questions
- Show them the EA Step Prayers (link)
- Goal of Workbook Group
- Questions

WEEKLY

- Check-in
- Establish Round Robin
- CoDA Step Study Prayer (corresponds to the step we're working)
- Sharing of Workbook responses and assigned readings
- Review of Reading Schedule and Workbook Assignment
- Check-out
- Closing Prayer
- Starting the Journey - Complete as many questions as you can. If all questions are not completed, complete them next week and then start on Step One
- Closing Prayer

Frequently Asked Questions for Workbook Group Facilitators

1. Is it important to have a Facilitator for the Group and what is the role of the Facilitator? It is not essential to have a facilitator, however the facilitator is someone who helps a group of people understand their common objectives and assists them in this process. The facilitator prepares folders, coordinates logistics of the group and moderates the meeting.
2. Does the Facilitator function as a sponsor? It would depend on the facilitator to set her/his boundaries. The suggestions are that the group co-sponsors each other or each person seek their own sponsor.
3. What are the requirements to be a facilitator? None, only the willingness to do service for the still member, it would be helpful or ideal if the person has been through the 12, however it is not necessary.
4. Our group would like to start a 12 Step Study, however there is no one that has been through the 12 Steps and 12 Traditions. Is this advised? A group can still move forward with starting a Step Study by following the suggestions laid out in this process to work the Twelve Steps.
5. Are the participants encouraged to have sponsors? It is encouraged that participants find a sponsor when they are ready or Step Study group members may co-sponsor one another.
6. How does Co-sponsorship work? Please review the pamphlet on "Sponsorship in EA."
7. If the participant does elect to have a sponsor, what is the role of the sponsor since the participant is going through the 12 Step Study with the 12 Step Study Group? The Sponsor and Sponsee would come to an agreement of how this relationship would work. Please review the pamphlet on "Sponsorship in EA".
8. Can participating in the 12 Step Study be effective without a sponsor? Yes through the agreed co-sponsorship of the participants of the Twelve Step Study.
9. What are the benefits of teleconference groups? • Convenience - you can teleconference from your car or anywhere • No room rental • Shorter time commitment because it involves no travel time.
10. What are the benefits of Face-to-Face groups? • You are in the same room and have the personal bonding experience.
11. At what point do you stop accepting new participants? A general suggestion would be the 12 Step Group would close after the end of step two and the latecomer would have to do Step one and Step two to catch up. The other option is that the Step Group members can decide through Group Conscience when to close.
12. What is the suggested size of the group? Up to six people (five participants and one facilitator)
13. Is there a time limit on talking? Have a Group Conscience to determine time limits in general and how long each person can speak

EA Sample Workbook Meeting Agenda

- Open with Serenity Prayer
- Read crosstalk guidelines

At our workbook meeting we have the same crosstalk guidelines that we use in our regular meetings. We let others share without interruptions or comments. Feedback is welcome only if another requests it after the meeting.

- Check-in from last week's homework; *share one meaningful thing from what you wrote*
- Begin this week's readings
- Intersperse quick check in on each reading or writing section
- Review homework workbook assignment and then start writing.
- Review workbook assignment; complete as many questions as you can before next week
- Check-out
- Closing with Serenity Prayer



(Local Meeting Name) EA Announces
An EA Workbook Study Group beginning _____
For the new EA Spiritual Awakenings Workbook

EA international has released its' new workbook "*Welcoming the Spiritual Awakening Within Me*" for sale in June 2019. The new workbook is a huge leap forward for EA in that it addresses a number of vital recovery issues which have not been much covered in EA literature. The workbook explores issues including;

Recognizing, exploring, & healing the effects of childhood trauma in our 4th step work.

A section exploring all our family of origin roles and current roles we still play.

Exploration of healthy and unhealthy understandings of powerlessness.

Exploring the new EA stages of recovery; Stabilization, Understanding, and Thriving.

Recovering from codependent & dysfunctional relationship patterns with the EA steps.

Powerful ways to work steps 6-12 which help transform negative thinking.

Emphasizing compassion & kindness in working of all of our EA steps.

But perhaps the most important gift of the Awakenings Workbook is its' positive ***vision of thriving*** instead of just surviving. The *Welcoming the Spiritual Awakening Within Me* workbook is born from the solid experience of joy and thriving that are possible in third stage recovery. Workbooks will be available for purchase off the EA website soon.

(Meeting name) _____ will be starting a *Welcoming the Spiritual Awakening Within Me* 12 Step Study group on _____. We will be meeting once a week for 24 weeks **beginning** at _____ at the _____ (location).

Please reply to the email below (or text or call) if you are interested in joining. There will be a facilitator who is familiar with the new workbook to support you through this process. **And**, please feel free to show up if you haven't been able to let us know you're coming. Regular attendance is not required.

We look forward to meeting you!
(Contact Info Here)