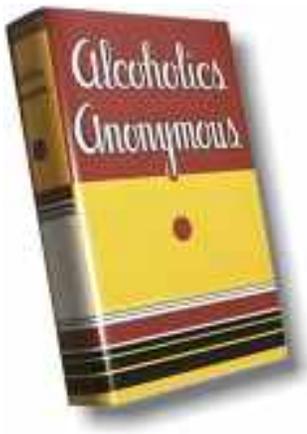


# **BIG BOOK STUDY**

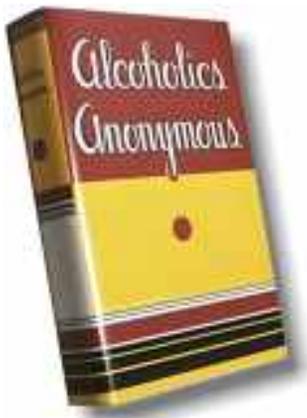
(Formerly “Back to Basics”)

A Big Book Step Workgroup as  
outlined in the Basic Text of  
Alcoholics Anonymous



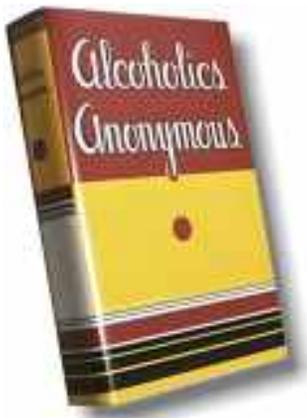
# BIG BOOK STUDY IS NOT *NEW*

- Studying the Steps is not the same as taking the Steps.
- In the "Beginners' Classes" you take the Steps. The Big Book says, "Here are the Steps we took" not "here are the steps we read and talked about."
- The AA pioneers proved that action, not knowledge, produced the spiritual awakening that resulted in recovery from alcoholism.



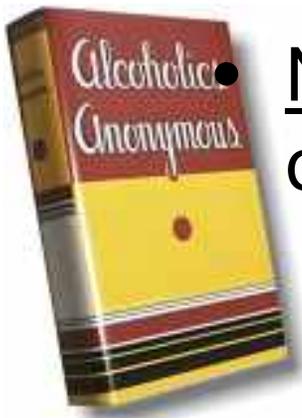
# BIG BOOK STUDY IS NOT *NEW*

- On page 88, the authors of the Big Book wrote, "It works - it really does."
- "We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined."
- "But this is not all. There is action and more action. 'Faith without works is dead.'"



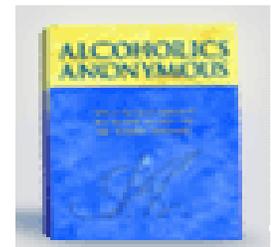
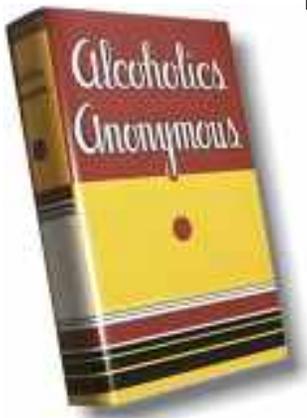
# What the Big Book Study is NOT

- NOT a way to sound knowledgeable at meetings
- NOT a way to force a sponsee to work the Steps
- NOT the ONLY way to work the Steps (OA and AA 12 & 12 still have a great commentary)
- NOT something that sets you apart from others in the fellowship



# IS BIG BOOK STUDY APPROVED BY OVEREATERS ANONYMOUS?

- All AA literature that has the AA logo is approved by OA World Service.
- It is the opinion of the presenters and the words are directly taken from the Big Book.
- We change only alcohol and alcoholic to food and compulsive overeating in the script and non-text portions



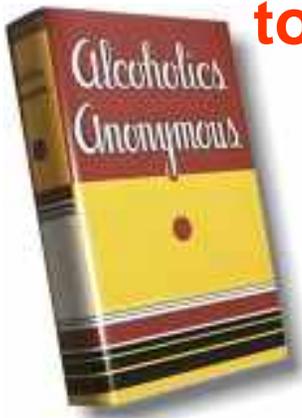
[Click Hear to Read the Big Book](#)

# OA “OUR INVITATION TO YOU”

As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics. Can we guarantee YOU this recovery? The answer is simple. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; **if you will read our literature and that of Alcoholics Anonymous with an open mind; and most important, if you are willing to rely on a Power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.** To remedy the emotional, physical and spiritual illness of compulsive overeating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps. We are not a "diet and calories" club. We do not endorse any particular plan of eating. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, or acting on life rather than reacting to it - in essence, a new way of living. From this vantage point, we begin the Twelve-Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience.

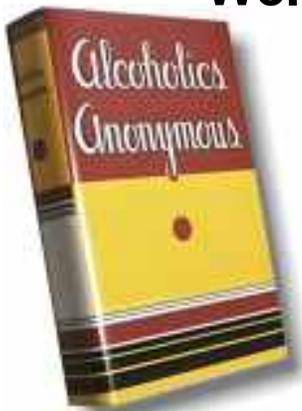
# OA “OUR INVITATION TO YOU”

We at Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it. We have found that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: There is a proven, workable method by which we can arrest our illness. **The OA recovery program is patterned after that of Alcoholics Anonymous. We use AA's Twelve Steps and AA's Twelve Traditions, changing only the words "alcohol" and "alcoholic" to "food" and "compulsive overeater".**



# OA “OUR INVITATION TO YOU”

**As a result of practicing the Steps, the symptoms of compulsive overeating are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession. "But I'm too weak. I'll never make it!" Don't worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: WEAKNESS. It is weakness, not strength that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. YOU ARE NOT ALONE ANY MORE. Welcome to Overeaters Anonymous. WELCOME HOME!**

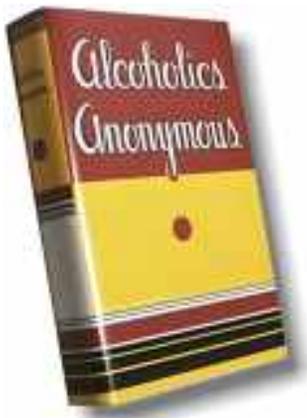


# HOW DO YOU START A BIG BOOK STUDY MEETING IN YOUR AREA?

1. Go through the Region 7 Website to request a facilitator in your area who is available to facilitate a Big Book Study

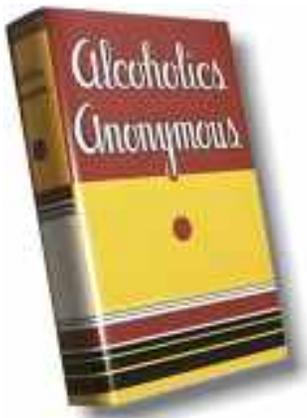
[www.Region7.org](http://www.Region7.org)

2. Find someone in your area who has done the Twelve Steps as outlined in the Big Book to sponsor a group of people. These people will work together as a group and will share their 4<sup>th</sup> Step Inventories with someone who is familiar with the process



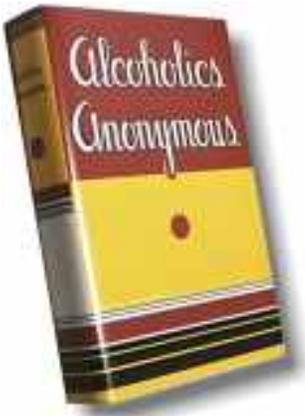
# IT STARTS WITH A FLYER

- Secure a location for five weeks
- Book leaders/presenters for the five weeks (with a set of backup)
- Decide who will pay for the printing cost of the handouts, the location, and other expenses
  - It may be a particular meeting or an Intergroup.
  - Passing the basket may or may not cover expenses



# PEOPLE GIVING SERVICE

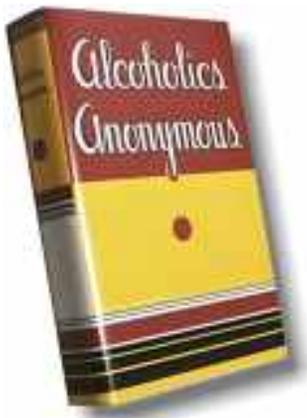
- Set up chairs and tables
  - Participants will need to lean and write.
- Set up coffee and/or water
  - Optional
  - An added expense
  - Before or after meeting [no time built into schedule]
- Put away chairs and tables.
- Sponsor
  - Sponsors are needed to take people through the process
  - If you do not have available Sponsors, they may want to break up into groups and work the Steps within their individual group during the week



# HANDOUTS

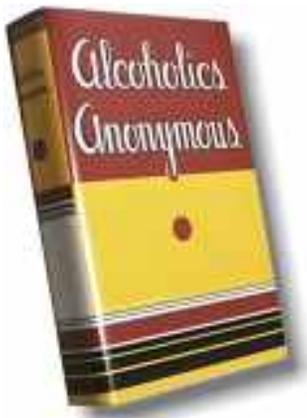
*Handouts are available from the “Resource Library” on the Region 7 website (<http://www.oaregion7.org>)*

- Let people know that the Set Aside Prayer is on the first page of the handout
- Give one handout at the beginning of the five weeks and ask people to bring them back each week
- Have additional handouts available for those that “lose” them or leave them at home



# SCRIPTS AND TAPING

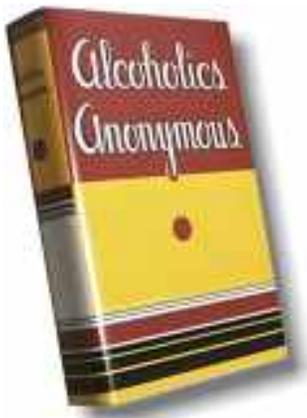
- Presenters use “scripts” adapted from AA Beginner meetings, changed to reflect OA.
  - In some cases, presenters choose not to use the scripts provided.
- Some meetings choose to record the sessions.



# BIG BOOK WEEKEND

*Two to eight presenters are needed.*

- The presenters share their experience with the first 164 pages of the Big Book and the directions for taking the Steps
  - They do not use scripts.
- There is no time to actually work the Steps over the weekend, but the weekend is an excellent start.



# CHAPTER 2 (AA BIG BOOK)

- The tremendous fact for every one of us is that we have discovered a common solution.
- We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.
- This is the great news this book carries to those who suffer from (alcoholism.)

