

Big Book Study 2018 Frequently Asked Questions (FAQ)

Background – Hotels, Time Zone, Capacity, Motivations, etc.

Local Logistics – Directions, Location, Facilities, Identity, etc.

Program Education – Prerequisites, Supplies, Parking, Repeating, etc.

Webcast & Technical Info – Computer Prep, Compatibility, Testing, Support, Access, Study Party, etc.

Background

1. Why North Hennepin Community College (NHCC)?

NHCC have generously provided a comfortable space at reasonable rates. They are located on a beautiful campus with plenty of free parking, and the quiet relaxed academic atmosphere is conducive to learning.

2. Will the study fill up before I am able to register?

If you pre-register, you will be guaranteed a seat for the workshop. We register many people at the event and do figure a way to accommodate all those who wish to attend. The base of the workshop grows each year, because many people attend every year, but we never have turned people away.

3. What hotel arrangements have been made?

The Big Book Weekend is structured as a study and not a retreat and there are no negotiated hotel rates. If you need to reserve a hotel room there are several along Highway I-694.

4. What time zone are you in?

All the times listed on the flyer are Central time. The Big Book study takes place in Minneapolis, MN.

5. Wow, I know this school; I took an auto body repair course at this facility!

No, you are thinking Hennepin Technical College which is about a mile South of Campus – not the same place.

6. What are Lawrie and Kim's agenda for doing this class are they trying to sell something?

No, they are both long-time abstinent members of Overeaters Anonymous who have recovered through following the directions in The Big Book. Their stories run the spectrum of compulsive eating behaviour including weight loss, relapse, weight gain, sobriety etc. Our hosts lead the weekend without payment as a commitment to carrying the message.

Lawrie has performed service at the highest level in OA currently serving on our Board of Trustees. Kim facilitates workshops and retreats on a national and world-wide level.

7. Are there scholarships available?

Scholarships are available for classroom attendance. Please contact [Kari](#) our registration person.

Local Logistics

1. Where is the NHCC campus?

*North Hennepin Community College
Building Center for Liberal Arts, Room 120
7411 85th Avenue North
Brooklyn Park, MN 55445*

However, entering this address in GPS will bring you to the West (Main) entrance - our building's entrance (Center for Liberal Arts), is on the East (opposite) side of campus. If you enter into the building on the West side and start walking through the school's corridors you may not find us and will possibly be lost forever (:-0), as unfortunately, not all the academic buildings are connected. The buildings are arranged in a circle around an open Quad, better to walk around the outside of the buildings until you find the Center for Liberal Arts (CLA) building or skip across the central Quad of the campus. When you enter the building from the Quad side please walk straight ahead and all the way down the hall until you find our registration desk.

*Here are the exact mapping coordinates to our front door: 45.107111, -93.372778
Google map link: <https://goo.gl/maps/LZKxHakdGJs>*

2. Will there be a microwave and refrigerator available for our use?

There are only microwave ovens in the Campus Center – the innermost building within the campus. We would have a refrigerator if someone borrowed us one (hint, hint).

3. Will it be difficult to park?

No, there is plenty of free parking

4. What if I am not able to attend one of the days or if I am unable to travel based on distance or other limitation?

We are planning on a live simulcast over the Internet. If you register for the webcast, you will be forwarded the meeting's web address and a unique login. Those people who registered to attend onsite, can request this information if you will not be able to attend all the scheduled days.

- 5. If I am running late on Friday night, can I eat my dinner in the classroom?**
*No, only water (including **no** coffee please) is allowed in the classroom but there is a dining area with tables in the Campus Center.*

Program Education

- 1. I attended before, would it be beneficial to come again?**
Many fellows attend each year. Lawrie's stories continue to inspire us and we will have the extra blessing this year with Kim G. as a co-presenter. She brings her unique style and personal perspective. The Big Book comes alive every time we study it.
- 2. Is there any prerequisite to taking the class, I'm new?**
No, many of the new attendees have never read the Big Book or if they have read it didn't really understand it. Lawrie and Kim bring a wealth of historical understanding and years of research that helps people cut through the sometimes unfamiliar writing style, jargon and gender bias and understand the true instruction to make it a living personal document.
- 3. What should I bring to class?**
Bring your Big Book, highlighter, notepad, caffeine to drink outside the classroom ;-) and a pen. Please tell your friends.
- 4. What if I don't have a Big Book of my own?**
There will be Big Books to buy or borrow during the class. We will also have some supplies for sale like highlighters and sticky notes.
- 5. I am struggling defining my own abstinence, will this help me?**
The Big Book through the Doctor's Opinion, the description of the addictive mind and examples has helped many struggling members identify and abstain from their binge (alcoholic) foods and compulsive eating behaviors.
- 6. Is this the official way of doing the program or doing an inventory?**
There is no one way of working the program or doing an inventory, but Lawrie and Kim try to validate the approach expressed in The Big Book as direct, simple (not easy) and offers rapid healing and a recovered state of both mind and body.
- 7. Where can I get more information about the class content?**
The electronic versions of the inventory forms can be downloaded at www.oabigbook.info. You may also check Unity Intergroup's website; www.overeaters.org.

Webcast & Technical Info

1. How close will the webcast match the experience of actually attending?

Very closely, you will see the presentation, hear clear sound and view a real-time video image from the web camera focused on our speaker.

2. Will this be similar to last year's arrangement?

We will be contracting for 2018 with a much more stable and reliable service. The video will be in high definition, utilizing professional audio equipment. The broadcast will allow you to follow along easily with the progression of the teaching. The multimedia presentation will be broadcast, providing a rich learning and listening experience. Sound will be of high quality and available through your computer's speaker, mobile device or through a toll (non-local) bridge number. The system will be in listen only mode.

3. How does this work?

We have contracted a service called Free Conference Call (FCC) that provides the network tools to share the presentation running on a classroom computer. As Kim and Lawrie move through their presentations, the people attending locally will see it on the overhead projector while those viewing remotely will see the same material and sound on their computer, laptop or tablet.

4. What is the call-in number, access code and link to view the meeting?

One week prior to the event a webcast guide will be emailed to all registrants. This will contain the login for the broadcast, link, detailed instructions and phone number.

5. Will I need to install anything on my home computer or laptop?

Yes, although access is available through Chrome and Firefox browsers, using the free application provides a more robust and flexible experience. Here are the direct links to the FCC application on all supported platforms:

Apple iOS; iPads, iPhones:

<https://itunes.apple.com/us/app/free-conference-call/id1076834814?mt=8>

Android; Samsung, LG, Motorola etc.

<https://play.google.com/store/apps/details?id=com.freeconferencecall.fccmeetingclient>

Windows; laptops, desktops

<https://www.freeconferencecall.com/download?localization=en&platform=win>

macOS; MacBook, iMac etc.

<https://www.freeconferencecall.com/download?localization=en&platform=mac>

6. Can I use Safari, Internet Explorer, Edge or Opera to access the meeting?

No, they are not supported.

7. So, Firefox and Chrome are the only fully supported browser?

Yes!!!

8. How do I update my Chrome or Firefox browser to the latest version?

In Firefox; on the menu bar at top of the page click the Help > About Firefox. A dialog box will display and automatically check for updates.

*On Chrome; at the top right, click More ⋮ > Click **Update Google Chrome** (If you don't see this button, you're on the latest version) > Relaunch.*

9. How will I be able to hear the audio portion?

You have two options to hear the audio: 1) plugging in a headset, headphones, ear buds or external speakers into your internet connected computer or mobile device. 2) telephone audio by dialing-in with our number and access code like a standard phone meeting via your cell phone, VOIP phone or landline.

If you are having difficulties hearing the audio on your computer, laptop, tablet or mobile device - troubleshoot by playing a video or song file until that is audible. Please make sure your speakers are on and volume on your speakers, computer or mobile device is turned up to their maximum (100%) level.

The meeting utilizes pro audio equipment and a high quality web camera with a high speed digital connection. The meeting is monitored in real-time. The sound is loud and clear and video broadcast quality is very high.

10. Will you be able to help me if I'm unable to access the webcast?

Unfortunately, as a small team of volunteers, we are unable to provide support during the weekend. Most computers & mobile devices will work right away, but if you aren't able to access the audio and/or video webcast online, please contact Free Conference Call toll-free support 24 hours a day 7 days a week to troubleshoot at (844) 844-1322 or go to their support site (<https://www.freeconferencecall.com/support>) for live chatting. FCC support is especially good at getting people configured and connected properly.

11. If I'm unable to access the webcast can I get my money back?

Yes, you can absolutely receive a refund of your registration. Please email a committee member listed on the flyer.

12. Will the event be recorded for future access?

We will try again this year. Unfortunately, since there are so many technical and human factors involved it isn't guaranteed. The recordings from 2016 are available:

(<http://tiny.cc/BBStudy16>).

13. What if several of us are watching the together steaming on a large TV or computer monitor, how many registrations would we need to buy?

That would only be one connection and a single login. If one of your guests wanted to also view the event separately on their laptop, phone or tablet, that would be another login, registration and payment.