

Big Book Study 2019 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. What happened at the old school, did you get thrown out?

Not this time, the school is now permanently closed on Sundays which made it difficult to schedule.

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 very close in downtown Minneapolis.

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. What is your agenda for doing this class are you selling something?

No, our leader is a long-time abstinent member of Overeaters Anonymous who has recovered through following the directions in The Big Book. His story runs the spectrum of compulsive eating behaviour including weight loss, relapse, weight gain, sobriety etc. Our host leads the weekend without payment as a commitment to carrying the message, and is performing service at the highest level in OA serving on our Board of Trustees. Plus he's filthy rich ;-).

6. Are there scholarships available?

Scholarships are available for classroom attendance. You can designate scholarships on the registration page.

Local Logistics

1. Where is Augsburg University?

Augsburg University

East Commons, Christensen Center

720 22nd Avenue South

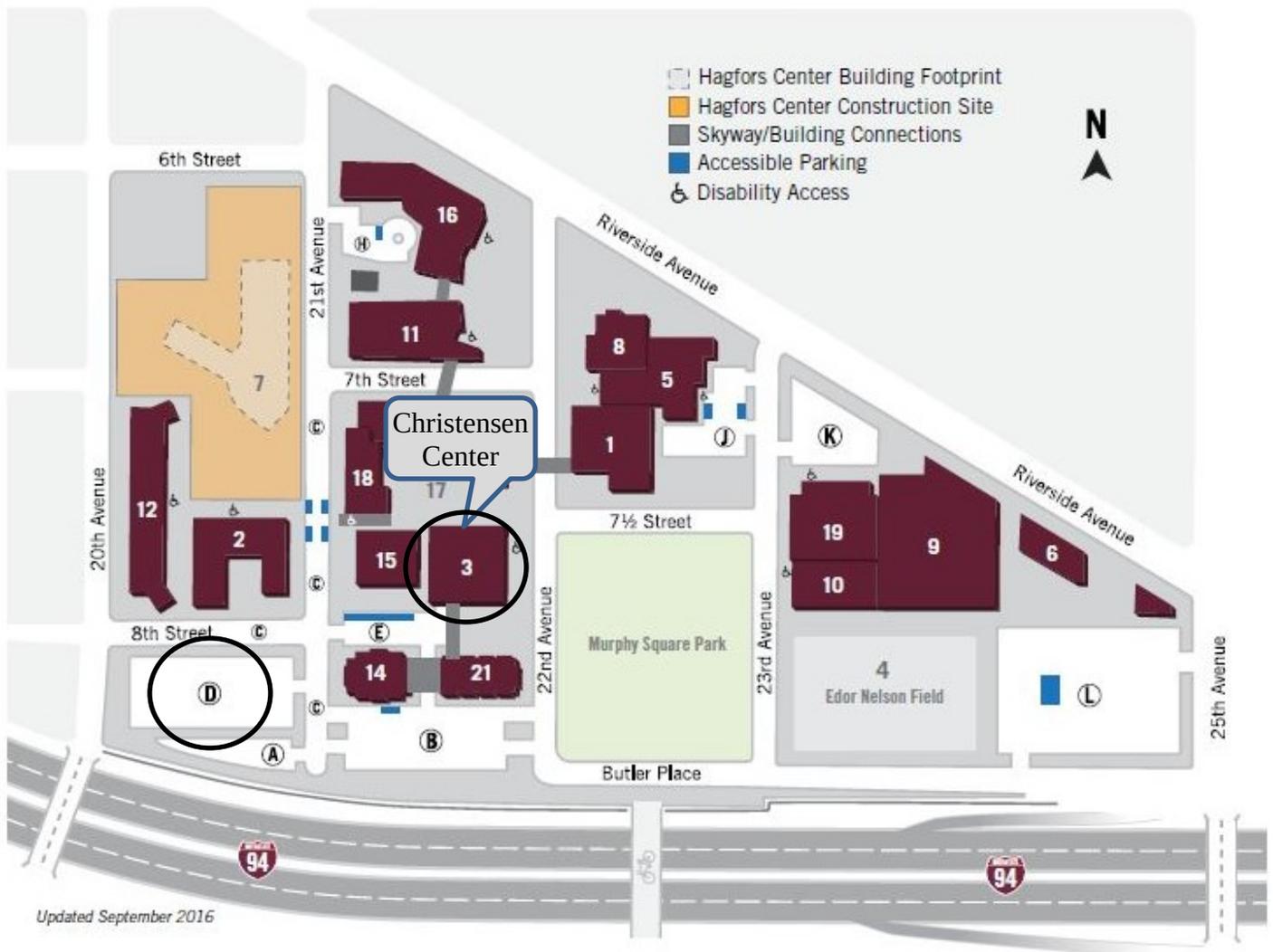
Minneapolis, MN 55454 Google map link: <https://goo.gl/maps/aU3zBdm61862>

2. Will it be difficult to park?

School is out of session and we are providing permit parking to registered attendees. The permit as an electronic document will be emailed prior to the event. It will need to be printed and placed on the passenger dashboard. Your parking access will be for Lot D and is not valid anywhere else. Here is a school map with our parking lot highlighted:

Campus Map

AUGSBURG
COLLEGE



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

There is only a microwave oven outside the Einstein's Bagel place.

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 right outside the classroom.*

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. 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 brings 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 tries 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.

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. I can listen and watch from home?

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?

Zoom provides the network tools to share the presentation running on a classroom computer. As Lawrie moves through the 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 are 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, the Webcast Guide will provide a link to install the application the first time on your home computer or mobile device. After the initial installation, you start the Zoom app and select our Meeting ID.

6. 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.

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.

7. 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.

8. 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.

9. 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 2018 are amazing:

http://mnhowlive.org/bbs18/?edd_action=add_to_cart&download_id=496

10. 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.