

Big Book Study 2020 Frequently Asked Questions (FAQ)

Background – Time Zone, Motivations, etc.

Program Education – Prerequisites, Supplies, Repeating, etc.

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

Background

1. What time zone are you in?

All the times listed on the flyer are Central time.

2. 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 has performed service at the highest level in OA having served on our Board of Trustees. Plus he's filthy rich ;-).

3. Are there scholarships available?

Scholarships are available for attendance. No one will be refused entry because of ability to pay. There is a code on our registration page.

Program Education

1. I attended before, would it be beneficial to come again?

Many fellows attend each year. The 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. Our presenter 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. How should I prepare for the webcast?

Bring your Big Book, highlighter, notepad, caffeine ;-) and a pen. Please tell your friends.

4. 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.

5. 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 the study validates 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.

6. 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 we move through the presentations, people will see the 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) Through 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. A headset, ear buds or external speaker can enhance the listening experience.

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?

No, because of the new webcast only setup, we are unable to record the event. 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.