

55Plus Alumni Virtual Big Book Study

The purpose of any Big Book Study is to offer a better understanding of the information the authors of the book, Alcoholics Anonymous, intended to pass on to the reader based on their experience and knowledge of alcoholism and their Program of Recovery.

The 55Plus Alumni Big Book Study gathers to do just that. We come together three times a week, meeting virtually during these times of suspended in person meetings. We read from from the Big Book, pausing to share our experience, strength and hope and discuss how this basic text and its program have changed our lives. We also get to have some fun along the way.

This Alumni Group has provided a bridge to maintaining our sobriety for many of us over the years after finishing the 55Plus Program. We provide ongoing support to each other as we continue to grow in our recovery lives. We hope to have you join us as we pursue "the road of happy destiny."

What past guests are saying:

"The Alumni 55+ meeting was a godsend. The warm fellowship and the insights into the Big Book were a vital component in helping me to achieve and maintain early sobriety." Carl

"The 55Plus Alumni provides a bridge to cross to receive support, fellowship, and love. It gives me hope and encouragement to continue in my sobriety. It also helps me to be accountable to others." Nancy

"The camaraderie that exists in this group is comforting to all. The mutual support that it engenders has been felt at every meeting. The group has kept me on track with my commitment to stay away from alcohol." Fred

Weekly Meetings

WHEN:

Monday 9am | Wednesday 9am | Friday 9am

WHERE:

Virtual Meeting

WHAT:

Mixed study group. Men and women invited.

Format

- This meeting is not an AA meeting, it is considered an enhancement to your recovery program.
- This meeting is open to any alumni or current guests of the 55Plus Program.
- Monday and Wednesday: Read from the basic text's first 164 pages and discuss.
- **Friday:** Read a story from the back of the book and discuss.

FOR MORE INFORMATION
AND ZOOM LINK CONTACT

Alex Wright
612-715-3821
debra_76@hotmail.com