

**ATTENTION Please NOTE! Life Boat II START DATE: September 7<sup>TH</sup>**

## **The Group Sponsor Line (LIFE BOAT II) Course Syllabus:**

Hello,

My name is Sally A. from South Jersey. I am available to sponsor in a very different way, in a group on a conference line. I call the group, 'The life Boat'. And because there has been one lifeboat that has been completed, this upcoming one will be called LIFE BOAT II. I will be teaching along with one other teacher (Terry from Maine) and taking a small group of fellows from page one of the BB through Working with others (Step 1-12) in 11 weeks starting on September 7 and ending the Sunday before Thanks giving, November 23<sup>rd</sup> (Recovered for the Holidays!). There are three Thursdays off for the Jewish Holidays. Other wise, we meet every Sunday, Tuesday and Thursday from 7:30-9:30 PM EST. If you are able to make a strong commitment for eleven weeks on these three evenings, please read on.

If you would prefer to be sponsored one on one, thank you for taking the time to contact me and I wish you well. If though, you are interested in considering another approach, please review the following information.

### **The Story of the First Life Boat:**

It all started in the spring of 2014, when I started to get a number of phone calls from people looking for a sponsor or just help getting abstinent. Boot camp (now called the BB Intensive) was something that evolved out of the many phone calls as an assignment people could do to provide structure and help put the food down. Then, suddenly, a flood of people came back saying, 'I finished boot camp; Now what do I do?' So, they were told to continue reading the BB one chapter a day until they finished pg. 164. (And I had a chance to pray and think!)

There were 18 people ready to get started and one of them, when I mentioned my dilemma, (that 18 including her were ready to be sponsored) offered to set up a conference line. Then I spoke with one a protégé's who has been recovered and sponsoring others. She offered to help and was excited about the idea. I was a bit panicked by the commitment but the fellow strongly encouraged me to go forward with the idea, as she wanted the opportunity to listen and learn as a new sponsor as well. I saw that here was an opportunity for newly recovered sponsors to listen in and learn and

perhaps grow in confidence. As I shared the idea with other recovered friends, they were excited and asked if they could be ‘a fly on the wall’. This led me to realize all the potential of such a line... a group sponsor line!

And so, a conference line was formed. **May 4<sup>th</sup>** was the start date and a contact list was started which designated recovered from new participating protégés. One recovered fellow came forward and offered to help with abstinence problems; another offered to set up the conference line and contact list and add to it as needed.

Some of the pit falls were those who fell back into the food (back in the water). Even more difficult to figure out was what to say or do for those who pick up and want to go on with the group after they have picked up and those who showed up late!

Well, we all survived and 14/18 participants are now recovered. If you think you would be interested in being sponsored in a group setting such as ‘the group sponsor line / Life Boat II’, there are two hoops to jump through immediately.

1. Do the BB Intensive (found at the bottom of this document) as it was written in three days. Call me back so that I can provide further instructions and answer any questions.
2. After you complete boot camp (The BB intensive) and have called me back for further instructions, please call Rakefet in CA and get your name on the list and discuss your sponsor situation so we can note your current sponsor or assign one if needed,

Additionally, you should know there would be a group phone list so that a network is immediately available; the meetings are recorded so there is a loss of anonymity to a certain extent. You may, of course, limit what you share on the line.

Please prayerfully consider if you are interested in this type of sponsorship. The boat is filling up quickly and so if you are interested, understand that the first 30 people, who complete the BB Intensive and agree to the other terms, will be in the next group/boat. If you would like to be recovered in a ten week –group format, which starts Sept. 7 and ends Nov. 23rd, this would be one way to get there. I look forward to working with you if you decide this is for you. I encourage you to prayerfully proceed.

[Protégé Parameters for Life Boat 2](#)

1. **The BB Intensive-** (Found Below) This assignment is in keeping with BB instructions found on Pg. 94, 95, & 96. We will discuss elements of this assignment as a group and the assignments will be a good starting place with your first conversations with your new sponsors (or previous sponsor who agrees to work with you). After completing the assignment, call me to let me know you are finished AND continue to read one chapter a day through Pg. 164 in preparation for the lifeboat. (Like a college course, the professor says, 'read these pages and come to class and we will study the material together'.) Plan to give your answers to your new sponsor. This assignment, if you plan to be in the next boat it must be completed in 7 days. (I will keep your email so I know your start date! You must be abstinent from day one of boot camp!)
2. **Abstinence-** To be clear, I only sponsor those who are sugar and flour/wheat free. If you have not been sugar and flour or wheat free, please consider working within these parameters until November 23<sup>rd</sup> beginning the day you start boot camp and through your participation with the Life Boat. I strongly suggest giving up Splenda as soon as possible as the first ingredient on the box of Splenda is dextrose! THE DAY I found out this information I threw away anything and everything in my home with Splenda including a new box of Splenda.) It's just for 3 months. These are the parameters to participate in this group. If you are not willing to comply, I wish you well. If you are open and willing to meet this parameter, please check with your new sponsor for any additional parameters that they would require based on your eating history (such as chips, fried food, purging, volume etc.).
3. **Commitment-** to be on every meeting from beginning to end with ONE pass. This is a college course and a treatment for a serious illness. Many would like a seat in the boat. If you are unable to make the commitment, please agree to be a fly on the wall, not an active participant and come and go at will. Meetings are on Sunday, Tuesday, and Thursday nights from 7:30 – 9:30 PM EST. Check in for a participants only is at 7:20. (If a family event or an emergency is worthy of missing Chemo- therapy (if you were sick), then we will discuss and make arrangements for your one missed class).
4. **Listen daily to AVFY big book study** live at 7am (recorded IF You CAN NOT listen live) for the eleven weeks you are on your quest to reach the land of recovered. (Please start listening now! Free Chemo!)

**5. Modeling Prayer and Meditation: At the end of each meeting, I will pray for the group using BB jargon.**

**Sponsor Parameters for Life Boat**

Thank you for your open mindedness in working as a group! I will be co-sponsoring all of the protégés with you for an eleven-week period. If you are a sponsor who is ok with you working within this big book study group for 2.5 months and are willing to provide support and take step five and assist you with steps 8/9, within the group calendar, then we are delighted to have you join us. (We are assuming you have experience taking a fifth step and finding the patterns). If you do not have experience, it will be imperative for you to be listening to the meetings as we will be teaching this when step 4 is reached. If you are reading this and do not have a sponsor, no worries as we have plenty of Recovered sponsors for you. Please finish boot camp and then contact me and a sponsor will be assigned to you.

**The function of the sponsor:** will be to provide the following for the protégés:

- a. Take their food by email and if it's a mess, encourage them to get a nutritionist and or call Elizabeth from OHIO or Lisa Merrill, a dietician, directly.
- b. Listen to their assignments from Life Boat for ten weeks.
- c. Develop a relationship as you will keep these protégés and will take step 5 and help develop 8 and 9.
- d. Set up a weekly schedule to talk with protégés and if possible, meet at least twice a week for 15 min with the protégé.
- e. Sponsors will keep the protégé when they become recovered.

\*Protégés: I have duplicated what it took for me to get well. Please do not take a seat in the boat if any of these parameters are a problem for you.

**Calendar for Life Boat 2 (still under construction)**

**NEW START DATE: Sept. 7th Start Date**

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| 9/7 | Getting Started. Introduction, Preface, Forwards<br>The allegory, the team, the network, The Goal: |
| 9/9 | Step 1: The Drs. Opinion, recovered , the marbles... pg30 & 34T                                    |

1. santina: positive affirmation xxvii b
  2. A question for the PROTEGES? First question in boot camp? Terry
- 9/11 Step 1: The Drs. Opinion part 2, Sally's BC question 1
- 9/14 Step 1: Bill's Story Pg.1-4
- 9/16 Step 1: Bills story 5-8  
AM: 23,24,33,35,37,42,92,22/92 mind /body
- 9/18 Step 1/2: Bill's story Pg. 8:4-13 T, Pg.46 &47
- 9/21 Step 2: There is a solution
- 9/23 Step 2: There is a solution (Roland and Pgs. 567 &568)
- 9/25 Holiday
- 9/28 Step 2: More about ETOH
- 9/30 Step 2-3 More about ETOH (Pg.46, 47)
- 10/2 Step 2/3: More about ETOH
- 10/5 Step 3: Bill's story Pg. 13-14:3, 44, 56 & 57, 60-63  
Your Sick Relationship with Food vs. Your HP/ Getting unblocked
- 10/7 Step 2/3: We Agnostics
- 10/9 Step 2/3: We Agnostics
- 10/12 Step 3: How it works – to 64 top the marbles  
AM: Read and discuss Step 4 Paper work
- 10/14 Step 4: Resentments – then off (To write Resentments)
- 10/19 Step 4 : Fear (Not purging, not confession, Identify grosser
- 10/16 Holiday  
Handicaps. Not hx, not diary: limit of 25)
- 10/21 Step 4: Sex Inventory then off till 26
- 10/26 DO STEP 5 / TAKE HR/ RETURN TO SPONSOR
- 10/28 Step 5: 72-75,164:3
- 10/30 Step 6: Pg. 76 Character defects/ Spiritual Cycle
- 11/ 2 Step 7: My Creator / Conscious Contact/ pg. 64
- 11/4 Step 8 (begun in step 4) note on side of column / 69:3 & 76:3
- 11/6 Step 9 What amends might look like/ red light/green light  
Letters for some; write amends down 76:3-84:1, Pg.156
- 11/9 Step 9 Read, Letters, Problems
- 11/11 Step 10 Resentment Turn around Pg.84:1-86:1
- 11/13 Step 10 Fear and sex inventory turn around.
- 11/16 Step 11 Read Pg. 85- 88 Sally and Terry/ Guests Elayne & Judy
- 11/18 Step 12 Bills Story 14-16, Working with others Part I
- 11/20 Step 12 Working with others Part II
- 11/23 163, 164 ending, Dr. BoB, VS  
(First Hour of Meeting is Reading and teaching/ Second Hour is AM=After Meeting)
- 12/2 Bonus: Taking someone through 12 steps in 2.5 HRS (7:00-9:30 PM)

### The phone number

Phone # and access code for the Group Sponsor line are as follows:

Conference line: 712-432-0075

Access code: 127694#

The play back line # is 712-432-1085

### Where can I find the previous recordings from the first group?

Www.freeconferencing.com

User name: [sally.atari@yahoo.com](mailto:sally.atari@yahoo.com)

Password: OAbigbook

Go to right corner button says host log (in green): log in using my email address and the password and then hit log in; then go to top of page history and recordings. Go to the top of that page and see calendar – click on that, adjust the calendar to start date May 4<sup>th</sup> as the start date and end date may 21. Hit search...you will see all the recordings.

**\*The Following is the First Step in joining the Group Sponsor line. If you are going to proceed, please understand you must put the food down now, before you begin boot camp. In other words, Day one of boot camp, you have put the food down finally.**

### BB INTENSIVE (boot camp)

The BB Intensive is not a substitute for getting a sponsor and going through the big book. In fact, Pgs. 94 bottom, 95 and 96 all state in one-way shape or another that when working with a new person, we should ask them to “read this book” before we start working with them. And so it seemed best to develop a structured plan (BB Intensive) as a way to help struggling old and new comers to get abstinent and to have a structured plan for three days. This way instead of their head being all about “what will I eat next- how can I control the food” and running like wild animals with only food thoughts (like I did for so many years), they will be busy thinking, “What do I have to do next for the BB Intensive?” And for many, based on the follow up phone calls, it’s been helpful. Let’s get started.

### Day I

1. **Read** the preface, four forwards, and Drs. Opinion.

2. **Listen** to Ruth, November 22<sup>nd</sup> 2012 from special edition meeting (morning). (Www.avision4you.info)
3. **Writing assignment:** First read, Pgs. 23, 24, 33, 35, 37, 42, and 92 references to the mental: twist, blank spot, phenomenon, etc. Think about your relationship with food (what has been a sick relationship with food). Are you sure you understand that you have an allergy of the body to certain foods and a mental obsession? Think about what that looks like for you and how does the mind / body problem (bottom of pg. 22 and 92) present for you? Look up allergy, craving, and obsession in the dictionary before you start writing. (You are focusing on step 1).  
**Write about:** Your relationship with food and keeping in mind your last binge or bad memory related to a binge, write about how you know you are a real compulsive overeater and what has happened that makes you identify with these pages and helps you know you have this allergy of the body and mental compulsion.

\*Relationship: Connection, association, involvement, dependence, kinship, and alliance, merging of efforts  
kinship: is such a familiarity that could be by blood or the deepest emotional connection and relationship.

## Day II

1. **Read** Bills Story and there is a solution.
2. **Listen** to Don C. from NY **July of 2013** (He has others). Take notes on what he says. (Www.avision4you.info)
3. **Write** about the following: Look up Pgs. 80, 100, 120 and 124. On these pages you will find the words, “In God’s Hands”. Highlight these words and underline the sentences around them and pertaining to the thought. Then, imagine yourself crossing Niagara Falls wearing ballet slippers and on a high wire. Scary? Then picture yourself crossing Niagara Falls on a four-foot wide cement platform with fencing on both sides and holding Gods Hand. Relaxing? Look at Pg. 68: the top talks of self-reliance, the next paragraph discusses reliance on God, the bottom talks of “faith means Courage”.  
(Step 2- Are you **willing** to try? “...All of us, whatever our race, creed, or color are the children of a living Creator with whom we may form a relationship upon simple and understandable terms as soon as we are willing and honest enough to try.” Pg. 28)

**Write: What does it look like for you to put yourself in Gods' hands?**

Day III

1. **Read** More about Alcoholism and We Agnostics.
2. **Listen** to August 18 Sally (because so much was spoken about getting unblocked, the use of God letters (which some people find helpful in becoming unblocked) and prayer and meditation. (Www.avision4you.info)
3. **Writing: Read** about your relationship with your higher power with these pages in mind: (highlight the word **relationship** on each of these pages and underline what the book says about a relationship with a higher power: Pgs. 13, 28, 29, 72, 100 and 164.) Read top of 64, 71 and 72 looking for what the BB says about being blocked (the word obstacles is used on pg.72)

Additionally, look at Bill's story and how he was blocked and got unblocked (Pgs. 12-16) and the story on Pgs. 56-57 and how this man was blocked and became unblocked. Note worldly clamors/calamities, what happened that led to instant change and his "revulsion" (this reminds me of smelling vomit!) to drinking.

**Write On your relationship with God as it is now. Then, if you are blocked and if you think you know why you are blocked, write about what happened to cause this and why you don't trust your HP.**

**Please limit your writing assignments to one page. Be brief.**

**\*\*When you finish this assignment, if you are interested in being in the group – the Life Boat 2, please contact me ASAP so that you can get further instructions and get your name on the list.**

If you are not planning to be in the group and have a sponsor, please discuss this assignment with him or her. I do not want to step on the toes of my fellows and they may have their own thoughts / highlighted paragraphs for you to look at. If you don't have a sponsor and are



planning to be in the group, a sponsor will be assigned to you. She will call you as soon as you finish the above assignment.

This assignment is meant to strengthen or help you get abstinent. If you are not interested in working within a group setting or cannot because of the timing of doing this study, when you are finished, remember to call in at the end of the VFY meeting 8:55 Monday through Friday and put your name out there for a BB sponsor if you don't already have one. I would be honored to be part of your network. It takes more than a sponsor to reach the land of recovered. It takes a village and I'm happy to be part of yours! You do not need a sponsor to get abstinent! Remember, "... job or no job, wife or no wife, [sponsor or no sponsor] we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God" Pg. 98.

**\*\*\*When you finish BB INTENSIVE you will have read through 'We Agnostics'. Please plan to continue to read one chapter a day (picking up after we agnostics left off and reading *How It Works* and then *Into Action*, and then keep going until you finish Pg. 164.)**

If you don't have a food plan, please make an apt. to see a dietitian or nutritionist or go on line and look up Lisa Meryl and email her. It's not necessary for you to have abstinence before you start this study although it helps to have a few days to get un-fogged from the food. What I mean is, start today!! The assignment will help you get abstinent. It is however imperative that you stay abstinent as you do this assignment as you cannot work the steps in the food! ("It is imperative that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer. Pg. xxvii) Try to believe that your HP loves you very much and He wants to be in a relationship **with you** (and not see you in a sick relationship with food!) In other words, Your HP wants you recovered more than you want you recovered! Call me when you are finished. We'll talk about what's next.

In His Service,

*Sally A.*

[sally.atari@yahoo.com](mailto:sally.atari@yahoo.com)/ 609-605-4512

If you decide to proceed and take the Boot Camp challenge, please call Rakefet immediately and let her know you are working and will or will not need a sponsor accordingly.

Rakefet: 650-248-1614 PST