

Journey to Freedom

An Open Big Book Experience Meeting

343 E Cedar St - Livingston NJ

All Sessions are In-Person & Virtual **unless noted**

ALL ARE WELCOME TO ATTEND

Wednesday's 7:30 PM EST

Zoom: 897 4961 8692

Password: Bigbook



Q4 2024 Schedule

Emotional Sobriety Workshop ~ “Living the 12 Steps”

October 2, 9, 16, 23, November 6, 13, 27 , December 4, 11, December 25th (Virtual Only)

JTF Group Celebration Speaker Meetings: October 30, November 23 & December 18

DATE	TOPIC COVERED	DETAILS
October 2nd	An Introduction	What is Emotional Sobriety? Why consider it? How do I get it? The wholeness of mind, body, spirit
October 9th	Our Literature	The books, the references, the experiences
October 16th	The Gift of Powerlessness	Step 1 Discussion
October 23rd	The Hope of Resurrection	Step 2 Discussion
October 30 th	JTF GROUP MEETING	CELEBRATION MEETING, SPEAKER, FOOD, FELLOWSHIP
November 6th	The Decision to be Free	Step 3 Discussion
November 13th	The Search for Ego	Steps 4, 5 Discussion
November 20th	JTF GROUP MEETING	THANKSGIVING MEETING - SPEAKER, CELEBRATION, FOOD, FELLOWSHIP
November 27th	The Freedom from Defenses	Steps 6, 7 Discussion
December 4th	Naming the Harmed	Steps 8, 9 Discussion
December 11th	Attending to the Moment	Steps 10, 11 Discussion
December 18th	JTF GROUP MEETING	HOLIDAY MEETING - SPEAKER, CELEBRATION, FOOD, FELLOWSHIP
December 25 th	The Gifts of Emotional Sobriety	Step 12 Discussion (VIRTUAL MEETING ONLY)