



2019 Holiday Greeting from the Back to Basics “Team”

This year we continued to learn and grow based on your feedback concerning our seminars and workshops. We have modified and improved our presentations accordingly. Thank you for your comments, critiques and constructive criticisms.

It has taken three years to reach the point where we are ready to finalize the **Basic Recovery** program. We believe this is the most effective and successful format ever used to take newcomers, as well as those with long-term recovery, through the Twelve Steps, no matter what the addiction, affliction or obsessive/compulsive behavior.

Basic Recovery seminars consist of four sessions and three breakouts so that attendees take **ALL** Twelve steps during the event. We have also modified the format so it can be used in Twelve-step meetings. The format is as follows:

Session One: Take Steps 1, 2 and 3 in 40 minutes, followed by a 20-minute breakout to meet with your sharing partner to discuss the problem or difficulty you are in the process of taking through the Steps.

Session Two: Take Step 4 and set-up Step 5 in 30 minutes, followed by a 30-minute breakout to take Step 5 with your sharing partner.

Session Three: Setup Steps 8 and 9 and take Steps 6 and 7 in 30 minutes, followed by a 30-minute breakout to take Steps 8 and 9 with your sharing partner

Session Four: Take Steps 10, 11 and 12, in 60 minutes, including a 5-Minute “Quiet Time” to practice Step 11.

This summer we were asked to modify our **Basic Recovery** program, for the native and indigenous communities. This format, which we have titled, **Walking the Medicine Wheel of Recovery**, is presently being trialed within several nations, and the final format should be released in the spring of 2020.

We are in the process of putting together the scripts for 15-20 YouTube videos on various aspects of the recovery process. The list of the presentations will be available on the Back to Basics website shortly.

Although book, CD and DVD sales are holding steady, we continue to bring in less money than we spend on seminars, workshops, books, and meeting leader guides.

Our biggest problem is that we self-publish and do not have enough funds to buy books in sufficient quantities to make a profit.

We thank each and every one who has helped us out financially throughout the years. It is only through your generosity that we have been able to survive.

During this holiday season, we ask that you consider making an additional donation to help support our like-saving work, and so we can publish additional books and produce the YouTube videos. If this is your first donation, we want you to know that we send a personal thank-you letter or email to everyone who donates.

Having one of the largest archival collections in the world is of little benefit unless we can make the end results of Wally's thirty-plus years of work available to the recovery community. Just click on the **Donation** button on the front page of the (click for link) www.aabacktobasics.org website or send a check or money order to the **Back to Basics Foundation**.

Right now, we in the midst of another dilemma. Two years ago, we were booked into the Wilson House in East Dorset, VT on May 29-31, 2020 to conduct a **Basic Recovery** weekend. Unfortunately, the Wilson House does not have the funds to cover our travel expenses, and neither do we. If you can help us out with the airfare and car rental expenses for one or both of us, we would be most appreciative. We need the funds by the first of January or else we will have to cancel the event.

Again, you can click on the **Donation** button on the website or send us a check or money order. Please let us know that the money is for **The Wilson House** travel expenses, so we can keep these funds separate from the FWWPCO donations. If we have to cancel, all monies, air miles, etc. will be refunded.

Please keep in touch. We love to hear and read about the miracles you are witnessing on the front lines of recovery.

Website: (click for link) www.aabacktobasics.org

Mail: Back to Basics Foundation ~ P. O. Box 91648 ~ Tucson, AZ 85752

Phone: 520-297-9348

Facebook: (click for link) www.facebook.com/backtobasicsofrecovery

Happy Holidays,

The image shows two handwritten signatures in black ink. The first signature is 'Wally P.' and the second is 'Brit S-P'. Both are written in a cursive, flowing style.

Wally P. and Brit S-P