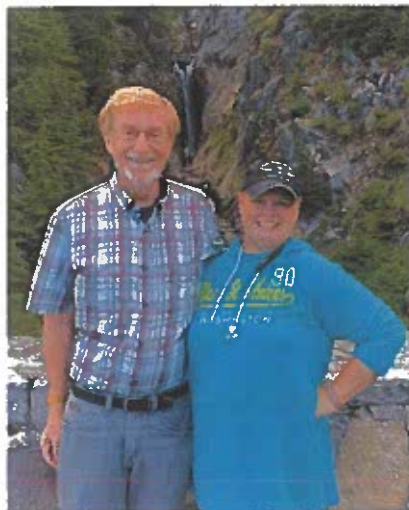


2022 Holiday Greetings from *Back to Basics*



2022 has been a year of physical challenges and spiritual growth for both Wally and Brit. For much of the year, Wally has been recovering from a Traumatic Brain Injury due to a severe adverse reaction to a medication prescribed by the Tucson Veterans Medical Center that hospitalized him from January 21st to the 25th. It took the VA and civilian neurologists six months to provide him with a definitive TBI diagnosis and a plan of action.

Because of the TBI, Wally has been unable to continue writing the *Back to Basics of Sponsorship* book, which at the time of his hospitalization, was 90% complete. We also had to stop conducting Zoom seminars. However, Wally and Brit have been using Zoom to attend meetings, tell their stories, and sponsor people through the Twelve Steps of recovery.

Wally is now utilizing Hyperbaric Oxygen Therapy to address his TBI. This protocol was recommended by Dr. Andrew Weil, the director of the Integrative Medicine Program at the University of Arizona. The HBOT one-hour sessions take place in a pressurized chamber while breathing 100% pure oxygen. The initial protocol is forty sessions. He will complete these sessions in January.

As if that wasn't enough of a challenge, Brit, who has been running the office singlehandedly since the start of covid, contracted whooping cough in January while tending to Wally in the VA hospital. Again, it took six months for the medical community to provide her with a definitive diagnosis and a plan of action. Although she's doing much better, she is still overcoming some other health issues in addition to whooping cough.

We are hoping to resume our B2B seminars in 2023. Up until the TBI episode, we conducted the following weeknight or weekend Zoom seminars:

1. **BACK TO BASICS** – the “Original” Beginners' Meetings from the 1940s and 1950s that produced a 50–75% recovery rate from alcoholism.
2. **BACK TO THE BASICS OF RECOVERY** – a modern version of the B2B Meetings with the Steps and “Big Book” Passages converted to present-day, gender-neutral language so that they can be used within ALL Twelve-step fellowships.
3. **BACK TO THE BASICS OF SPONSORSHIP** – How those in recovery were sponsored through the Steps during the “Early Days” in a couple of hours
4. **BEFORE THE BASICS** – How Bill W, Dr. Bob, and the first one hundred took the Steps before the “Big Book” was written.

As has been the case since 1995, neither Wally nor Brit receives any income from the sale of books, CDs, DVDs, or seminar registrations. This is our Twelfth Step work for which we cannot be paid.

We have attached an example of a mid-week format so you can get an idea of how we conduct our Zoom seminars. The weekend seminars follow the same agenda as the midweek seminars, except they are conducted on Saturday and Sunday afternoons (Eastern Time Zone).

The Zoom seminars are limited to one hundred attendees with fifty breakout rooms so that the attendees can make their Surrender (Steps 1, 2, and 3), take Steps 4 and 5, and take Steps 8 and 9, in private, with a sponsor, sponsee, or assigned sharing partner. There are more than thirty different PDF handouts for each seminar, and the sessions are conducted using PowerPoint slides and photos.

Upon registering, you will receive the Passcode and the (30+) PDF Handouts

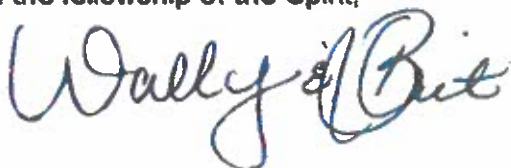
Registration includes ALL Four Sessions, (30+) Handouts, and a Breakout Room for you and your sponsor, sponsee, or assigned sharing partner to, in private, MAKE your Surrender, TAKE Steps 4+5, and TAKE Steps 8+9. You will also TAKE Step 11, as it was taken during the "Early Days" and learn how to carry our life-saving message of recovery to others.

<p>Tues. (DATE) ~ 6:00 pm - 9:00 pm EST 6:00 pm-7:15 pm ~ Session One Steps 1, 2, and 3 (40 minutes) Take Steps 1, 2, and 3 Breakout Number One (20 minutes) Meet with your Sponsor, Sponsee, or Sharing Partner to discuss your Surrender Break (15 min)</p>	<p>Wed. (DATE) ~ 6:00 pm - 9:00 pm EST 6:00 pm-7:45 pm ~ Session Three Steps 6+7 and Setup Steps 8+9 (45 minutes) Take Steps 6+7 / Explain Breakout for Steps 8+9 Breakout Number Three (45 minutes) Take Steps 8 and 9 with your Sponsor, Sponsee, or Sharing Partner Break (15 min)</p>
<p>7:15 pm-9:00 pm ~ Session Two Step 4 and Setup Step 5 (45 minutes) Take Step 4 and Explain Breakout for Step 5 Breakout Number Two (45 minutes) Take Step 5 with your Sponsor, Sponsee, or Sharing Partner Questions and Comments on Steps 1-5 (15+ min)</p>	<p>7:45 pm-9:00 pm ~ Session Four Steps 10, 11, and 12 (60 minutes) Take Steps 10, 11, and 12, including a five-minute "Quiet Time" to practice Step 11 Questions and Comments on Steps 6-12 (15+ min)</p>

If all goes well, our first Zoom seminar in 2023 will be held on a Saturday and Sunday afternoon in February. We are also planning several in-person seminars. All seminars, workshops, and speaking engagements will be listed on our www.facebook.com/backtobasicsofrecovery page and our www.aabacktobasics.org website. You can also donate to Back to Basics, our 501 (c) 3 not-for-profit Foundation, through the www.aabacktobasics.org website., or send a check to Back to Basics Fdn. 8340 N.Thomydale Rd Ste110-164, Tucson,AZ 85741. If you are interested in attending a seminar or hosting one at your treatment center, aftercare facility, or Twelve-step group, please call Brit S-P at 520-333-9798 or email her at wallyp@theriver.com.

We're wishing you, your family, and your recovery community the very best in 2023.

In the fellowship of the Spirit,



Wally and Brit