

Meditation Writing Meeting **for the planned WA Book of Meditations**

Time frame: single date or occasional meetings, e.g., on a Saturday

Duration:

A: 1 1/2 hours (one writing block) or

B: 3 1/2 hours (two writing blocks with a break in between, if more time is wished for)

Needed material: 1 hard copy of the complete Meditation Book Submission Pack for each participant, WA literature, paper, pens

Time structure:

30 minutes of thorough introduction to the Meditation Book Submission Pack
(hand out one copy to every participant)

15 minutes for choice of topic (Steps, Traditions, Questions, Characteristics, Tools, Signposts and more from the "Book of Recovery", key terms, such as: adrenalizing, bottom lines, abstinence or others)

30 minutes of writing

15 minutes of shares

At the end:

The chair person collects the meditation text or texts and the completely filled-in and signed AWR (Assignment, Warranty & Release form) from each participant.

Completeness of information on the AWRs is essential.

After the meeting:

Chairperson sends in the meditations and respective AWRs to the WA Meditation Book Committee, either in scanned form to the team's google-mail address, or as hard copies to the post address of one of the members of the Literature Committee (for all addresses see last page of the Submission Pack.)

Thank you for contributing!