

**2020 CONTRA STUDY – COMPOSITION, SCOPE & PROCEDURE
(FALL/WINTER 2020-2021)**

1. Purpose

- a) To provide the A.A. member who has not studied the 12 Traditions, A.A. Service Manual, and 12 Concepts with motivation and guidance on how to practice these spiritual principles.
- b) To provide those who have practiced the principles of the Traditions, Service Manual, and Concepts with an opportunity to repeat the process and share their experience with others.

2. Composition

- a) Weekly sharing will be limited to those participants who are studying the principles of the Traditions, Service Manual, and Concepts in the manner described in the Contra Study Guide, *Twelve Steps and Twelve Traditions*, and *The A.A. Service Manual Combined With Twelve Concepts for World Service*, by sharing their written answers to weekly questions from the Grapevine Traditions Checklist, the 2020 Service Manual Questions, and the Concepts Checklist.
- b) Only those Contra Study members who have completed their written responses to the weekly questions will be asked to share their answers. All other members will be asked only to listen.
- c) During the week after the initial videoconference meeting, all participants will be asked to:
 - i. Send their name, phone number, and email address to the Contra Study Moderator at 2020contrastudy@gmail.com and receive the 2020 Contra Study materials.
 - ii. Commit to join the weekly videoconference meeting until they complete the Contra Study Guide. Each Contra Study member should make every effort to be present on the call on time each week.
 - iii. Commit to making weekly electronic or personal contact with one or more members of the Contra Study group while the Contra assignments are being completed to share issues, experiences or problems with the assignment for that week. Contact info will be provided.
 - iv. Commit to read the assigned materials and write out answers to the weekly questions so they can come to the videoconference meeting prepared to participate in the discussion.
 - v. After completing this Contra Study, be willing to conduct or participate in at least one future Contra Study to pass on their experience to others.
 - vi. Once the Contra Study Guide has been completed, the group will disband. After the initial conference call, the estimated time to complete the Study Guide, including three holiday breaks, will be 19 additional weeks.

3. Scope

- a) The videoconference room will open each week at 8:45 PM Eastern Time Zone (U.S. & Canada). Each weekly session will start promptly at 9:00 PM and end at approximately 10:00 PM. Members who join the session after 9:00 PM will be asked to listen and not to participate.

- b) Each member is asked to identify themselves in the meeting room (by displaying their first name, last initial, and city, state, province or country), to indicate whether they have prepared written answers to that week's questions or are listening, and to keep their microphone muted except when it is their turn to share their written answers to that week's questions.
- c) Participants are asked to come to the meeting prepared, having read and studied those portions of the *12 & 12*, *The A.A. Service Manual*, or *Twelve Concepts for World Service* which relate to the Traditions, Service Manual chapters, or Concepts under consideration that week, and having completed their written answers to the questions for the week.
- d) Only those members with written answers to the weekly questions will be asked to share their written answers. All other participants are expected to listen.
- e) It is suggested that each Contra Study participant obtain a study notebook to record his or her written answers and other notes. Required reading materials are *Twelve Steps and Twelve Traditions* and *The A.A. Service Manual Combined With Twelve Concepts for World Service*.

4. Procedure

- a) After prepared participants have joined the meeting, they will be asked to read their written answers in the order that they joined the meeting. Caller #1 will answer the first question, caller #2 will answer the second question, etc.
- b) Responses will be limited to one minute or less per person.
- c) Only those callers who have joined the call before 9:00 PM will be included in the rotation of questions and written responses for that week.
- d) If all prepared participants have provided their responses, or if all questions have been answered, we will start from the beginning and go through the participants and/or questions again, in order, until the end of the hour.

5. Pass It On

Once an individual has completed the Contra Study Guide, he or she is expected to organize and/or participate in a future Contra Study to help guide other members through the 12 Traditions, A.A. Service Manual, and 12 Concepts for World Service.

6. Recommendation

Contra Study calls can last so long that they become an inconvenience or burden to some members. Since we strive to be considerate of the time of others, our weekly conference calls will be limited to approximately one hour, so each participant is asked to limit his or her remarks to one minute or less. The primary function of the Moderator will be to start and end the meeting on time, while covering that week's entire assignment and providing an opportunity for each on-time and properly-prepared participant to share. Longer sharing and more difficult issues should be handled before or after the videoconference meeting ends on a one-on-one or smaller group basis. It is recommended that callers contact each other between the weekly conference calls -- you don't need to wait for the conference call meetings to share your experiences with your fellow Contra Study participants.