

Overeaters Anonymous

Zoom

Workshop on the Twelve Steps

A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps

Nov 22 2020 through Feb 14 2021

Sundays 4:00 to 6:00 Pacific Time

November 22 is the Introductory Session

The following OA-approved literature will be used in the workshop sessions and homework assignments:

- *Participant Guide FOR Twelve Step Work Shop and Study Guide Second Edition*
- *The Twelve Steps and 12 Traditions of Overeaters Anonymous Second Edition*
- *Alcoholics Anonymous, Fourth Edition* (the Big Book)
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*

Participants need their own copies.

Questions or to register

Contact Allen T at OA.NCI.CHAIR@gmail.com

*This is a closed workshop for 5 to 10 participants. No new members may join after the Introductory Session. Participants **commit** to attend and fully participate in all sessions.*