

The Fourth Step Workshop

'Made a searching and fearless moral inventory of ourselves'

"Put down the fork and work the Steps"

*Learn how you can use the Twelve Steps to be abstinent
and to have a life that is happy, joyous and free.*

**The Fourth Step Workshop will apply to all three sessions.
We encourage everyone to participate and get support for
completing the worksheets that will be provided on Step
Four, which will be taken from the newest O.A. workbook:
Twelve Step Workshop and Study Guide, Overeaters Anonymous**

**You will find the help and encouragement you need to
complete this important step.**

All three sessions are held on Saturdays, 1:30-3:30 p.m.

Session 1: July 22, 2017 Session 2: August 26, 2017

Session 3: Sept 30, 2017

OAsis

8825 Aero Drive, Ste 310

San Diego, CA 92123

The books we will use in these workshops:

The Big Book of AA and The OA 12 and 12

**(If you don't bring your own books, we will lend you them
for your use during these workshops.)**

Presented by the TwelveStep Within Committee

**If you have a question re: the workshop,
contact Elyesse U. 858-531-0045**