

Put down the fork and work the Steps!

We welcome everyone to join us in the Twelve Step Within Committee Workshops which will be held on these dates for the following months:

March 31, 2018 1:30-3:30 Step 8 “Made a list of all the people we had harmed and became willing to make amends to them all.”

April 28, 2018 1:30-3:30 Step 9 “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

May 26, 2018 1:30-3:30 Step 10 “Continued to take personal inventory and when we were wrong, we promptly admitted it.”

Oasis

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If you have missed one or more of the previous workshops, don't worry. You can still attend and learn from these step workshops which are the life support of our foundation.

The books used in these workshops are:

“OA 12x12” “AA12x12” “Voices of Recovery” “For Today”

We have a few extra books to share if you do not have your own.

These workshops are taken from the newest OA Workbook:

“Twelve Step Workshop and Study Guide”

Overeaters Anonymous

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