

## **Join us in a 12 Step Study available to all at any stage of your recovery.**

This is a committed step study which uses the “**Twelve Step Workshop and Study Guide**” as its format. On January 21 it will be closed to anyone new. This is a Zoom study group not listed on our website.

We study each step for at least 2 sessions. Steps 4 and 10 have extra sessions. We then study the next tradition. You must have all your materials which are listed below.

**When: Tuesday 6:00PM -7:30PM Pacific time on Zoom**

**Starts: January 14, 2025, to November 11, 2025**

It’s important that you attend each meeting unless you are ill or traveling. Your presence and participation add to the dynamic and richness of our study and helps to take the group deeper into the understanding of the 12 Steps.

During the year we are assigned different partners after each step and tradition. We talk with them on a weekly basis and discuss our homework. There is homework each week.

### **These are the materials that you will need:**

Twelve Step Workshop and Study Guide.....latest edition #2. Please get only the hard copy as there are many worksheets that you will want to copy and use from the book.

Alcoholics Anonymous.....4<sup>th</sup> edition

O.A. Twelve Steps and Traditions.....2<sup>nd</sup> edition the best but 1<sup>st</sup> OK

A.A. Twelve Steps and Traditions .....

Overeaters Anonymous .....3<sup>rd</sup> edition

For Today

Voices of Recovery

Since some of you are new to the 12 Steps and or these materials it might be more helpful for you to go to the OA Bookstore at [bookstore.aa.org](http://bookstore.aa.org) or call 505-891-2664. They are in Arizona and very helpful. Prices are lower but you do pay for shipping. However, you will know exactly what you are getting unlike Amazon or another outlet.

If you are interested or want more information, please contact Elyesse U. It is important that you work through her as you will be on a list of partners, and it is a private zoom link. One week before the Study Group you will receive the link and password. Feel free to invite your sponsees or sponsor. Direct people to Elyesse.

[uhlerelyesse@gmail.com](mailto:uhlerelyesse@gmail.com)