

Fall/Winter OA 12 Step Workshop

Take a path to recovery with 15 accelerated, intensive sessions!

- Discovering and recovering OA'ers are invited to complete the 12 steps together for approx. 2 hours a week on zoom for 15 weeks in a small group setting
- There will be some reading/writing reflections to do between sessions
- Get extra support from partners in the group, meet wonderful new friends, grow close
- Space is limited to twelve participants- text Seneca to reserve your spot
- Contact Seneca for any more details: recoverhappy@gmail.com 817-564-4474

Introductory Session October 23, 2021 12-1p CST on Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/86831651067?pwd=VVVKcS96ZG04bUI1RWNPMDh1MlpuZz09>

Meeting ID: 868 3165 1067

Passcode: 1212

To be prepared for the Intro Session, pls bring your literature (see below) & your (3) choices of days/times that work for you to schedule our 15 consecutive weekly workshop sessions. Group Conscience will decide the specific dates/times at the conclusion of the Oct. 23rd intro meeting.

Order literature early to be prepared for sessions. If purchasing all items below, the total cost is approximately \$140. Some literature can be borrowed from fellow oa friends. Other items can be found at oa.org or Half Price Books. Or if you need further assistance obtaining literature, text "BookHelp" to 817-564-4474.

Literature needed:

1. Green "12 step workshop and Study Guide" (this is the green workshop and white study guide all in one book- you can make copies of the study guide pages from here to do your writing on or...see #2)
2. White "Participant Guide for 12 Step Workshop and Study Guide" (*optional* if you want a separate study guide to do your writing in)
3. For Today
4. Voices of Recovery
5. 12 Steps and 12 Traditions of Overeaters Anonymous, second edition
6. Alcoholics Anonymous, fourth edition
7. 12 steps and 12 traditions of Alcoholics Anonymous
8. Use the link here for the electronic version of OA 3rd edition: https://oa.org/app/uploads/2019/12/Overeaters-Anonymous-Third-Edition_Forewords-and-Appendices.pdf

We are all doing this step study 'perfectly imperfectly'- come to the intro meeting to check it out! Share this information with those who have interest. Can't wait to see ya there!