

Connecticut Intergroup

Journey Through the Steps

What: Fifteen week study of OA's 12 Steps

When: Wednesdays, 7:00 - 9:00 pm; February 28 – June 13, 2018 (no class 4/25/18)

Description: This 15-week Step study is for OA members desiring to work or rework the 12 Steps. It will be based on the Big Book, the OA 12&12, and the AA 12&12. Participants will need all three books. The meeting is for OA members, but is not an OA meeting because there are requirements for participation and because it will be closed to new entrants once the program has begun. There is no charge for the study but we will take a seventh tradition each week to cover the cost of the room and handouts. Meeting structure: The first hour will be a review of your assigned writings and discussion of the Step covered the previous week. In the second hour we will begin the next Step.

Requirements For Participation

1. Have a sponsor. They will be involved in Steps 5 and 9.
2. Have a plan-of-eating, as you and your sponsor define it. If you do not have a well-defined POE, or would like to tighten your current POE, we encourage to complete the 3 column food inventory before you begin. We will be doing this exercise in Step 1. If you need a copy of the inventory instructions, email Don.
3. Be abstinent, and stay abstinent during the class, as you and your sponsor define it.
4. Complete all reading and writing assignments during the study. Lots of homework.
5. Maintain consistent attendance; missing 3 consecutive meetings assumes resignation.
6. Sessions start promptly at 7:00, so come a few minutes early.

Why abstinent: Self-reflection and attitude change are hard enough when our mind is clear and focused; when it's fogged by food and the energy-drain of battling the disease, it's impossible.

Location: Westminster Presbyterian Church, 2080 Boulevard, West Hartford, CT 06107. Corner of Ridgewood and Boulevard. Approximately 2 miles north of Westfarms/Corbins Corners/I-84 on Ridgewood Road. More directions on church web site: <http://www.westpresby.org>. Enter large parking lot off Ridgewood. Enter outside door to office. Go downstairs to Room 10.

Facilitator: Don C. 603-305-0684 (cell) fobb1234@verizon.net

Sign-Up

24 people maximum. First come-first served. Email Don at fobb1234@verizon.net