

Connecticut Intergroup of Overeaters Anonymous

Journey Through the Steps

What: Fifteen-week study of OA's 12 Steps to be held on Zoom

When: Sundays, 4:00 - 6:00 pm; January 24 – May 2, 2021

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. You will need all 3 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. The Step Study is free.

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 needed to take your Step 5 and review your Step 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. There will lots of sharing and discussion. You will be expected to participate.
5. You will need zoom, not a telephone connection to the meeting.
6. Maintain consistent attendance; missing 3 consecutive meetings assumes withdrawal.
7. Sessions start promptly at 4:00, 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: Meeting via zoom because of Covid pandemic. Even if face-to-face restrictions should be lifted in March or April we will finish the entire workshop on zoom.

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

Sign-Up: 25 people maximum. First preference will be given to Connecticut area members but members from other areas are welcome to sign up. Email full name and phone number to Don C. at fobb1234@verizon.net. Don will confirm your registration.