

Connecticut Intergroup

Journey Through the Steps

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

When: Sundays, 3:00-5:00 pm EST; January 11-April 26, 2026 (no class on Easter)

Description: This 15-week Step study is for OA members desiring to work or rework the 12 Steps. It will be based on the OA 12&12, the Big Book, and the AA 12&12. You will need all 3 books. The meeting is for OA members only, but is not a registered OA meeting because there are requirements for participation, and it will be closed to new entrants once the workshop has begun. The workshop 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. The last week of the 15 will include sponsor training and relapse prevention.

Requirements For Participation

1. Have a sponsor. They will be needed to take your Step 5 and review your Step 9.
2. Be abstinent, and stay abstinent during the class, as you and your sponsor define it.
3. Have a plan of eating, as you and your sponsor define it. If you do not have a well-defined plan-of-eating or would like to tighten your current plan-of-eating, we encourage you to complete the 3-column food inventory and work with your sponsor to formulate one before we begin. We will do this exercise in Step one. If you need a copy of the food inventory instructions, email Don.
4. Complete all reading and writing assignments during the study. There will be lots of sharing, discussion, and calls to each other. We will have a buddy system. You will be expected to participate.
5. You will need Zoom, not a telephone connection, for the meeting.
6. Maintain consistent attendance; missing 3 consecutive meetings assumes withdrawal. Sessions start promptly at 3:00, so come a few minutes early.
7. There will be over 200 pages of handouts emailed to you during the 15 weeks. Be prepared to handle these.
8. If you have not memorized the 12 Steps, you will need to before the end of the 15 weeks.
9. Maximum registration of 30 people. Selections will be based on date of application if there are over 30 applicants. You will be notified in mid-December. First preference is given to members who have not previously attended, but second-time attendees are not excluded if there is space.

Facilitator: Don C. 603-305-0684; fobb1234@verizon.net

Sign up: To sign up, send the following information to Don C. at fobb1234@verizon.net:

1. **Full name;** 2. **Phone (cell);** 3. **Email;** 4. **Previous attendee? Yes or No**