

Westchester United Intergroup
Journey Through The Steps

What: 15 week study of OA's 12 Steps

When: Tuesday nights, 7-9 pm, January 9 - April 17, 2018

Description: This fifteen week step study is for OA members desiring to work or rework the 12 Steps. It will be based on *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Alcoholics Anonymous, Fourth Edition (the Big Book)*, *Twelve Steps and Twelve Traditions by Alcoholics Anonymous, Overeaters Anonymous, Third Edition, Voices Of Recovery*, and *For Today*. Participants will need to bring all six 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.

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 you to complete the 3 column food inventory before you begin. Ask your facilitators for a copy.
3. Be abstinent, as you and your sponsor define it.
4. Complete all reading and writing assignments during the study.
5. Maintain consistent attendance; missing 3 consecutive meetings assumes resignation.
6. Sessions start promptly at 7:00, so come a few minutes early.

Location: Emanuel Lutheran Church
197 Manville Rd
Pleasantville, N.Y. 10570

Sign Up: Is on a first come, first served basis. *Registration opens 11/10*
Contact Leigh by email at lpgsun@yahoo.com

Facilitators/Questions: Leigh – 845-222-7241, lpgsun@yahoo.com
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