

Overeaters Anonymous

Southeastern Connecticut Intergroup

12 Steps in 5 Hours Workshop



Lunch/Snacks

Bring any food you need for the duration of the workshop. We will have a 30 minute break for lunch. Tea/Coffee will be available.

Bring your Big Book, if you have one, and writing materials. Loaner books and a literature table will be available.

There is no registration required. There is no cost for this workshop. The 7th tradition will be passed.

The 164 Big Book OA Workshop

We take the twelve steps of Overeaters Anonymous in just a few hours, using selections from the first 164 pages of the Big Book. Who came up with this idea? Dr. Bob, the co-founder of AA. As it is written on page 263, the whole process used to be done in a few hours. It is our hope and our prayer that we can recreate this experience during our workshop. During our workshop we will determine which foods are addictive to us, and we will go from Steps 1-12.

Saturday, April 29, 2017

9:30 am -3:00 pm

Saint David's Episcopal Church

284 Stoddards Wharf Road

(corners of Rte. 12 & 214)

Gales Ferry, CT 06335

Contact: Maren 860.848.7066