



**Are you new to OA or just need
help getting through the Steps?**

**Completing this two-part
OA Quick Steps Workshop
may be just the answer.**

**Dates: Saturday, August 8, 2020
and Saturday, August 22, 2020**

Time: 9:00 am to 12:30 pm

Location

These sessions will be on Zoom.

**One of the
promises in the
AA Big Book is
that before
you're done
with Step Nine,
the obsession
is lifted.
Increase your
chance of
success—join
the OA Quick
Steps series,
get abstinent**

To register, contact Cecelia at 205-292-5242 or calaurie78@gmail.com. Registration is required as class size is limited. The zoom link will be sent to registrants

You will need to have a sponsor or someone who can listen to your 5th Step.

There are no fees for this workshop, but we encourage a 7th Tradition donation to Unity Intergroup.

Time commitment is two Saturday sessions, plus homework. **Expect to be very busy** working on recovery for these weeks!

The purpose of this workshop is to get people through the 12 Steps quickly, to help people obtain a successful, life-long recovery, and aid in retention and growth of recovered compulsive eaters in OA.