

Connecticut Intergroup

Journey Through the Steps

What: Fifteen-week study of OA's 12 Steps

When: Wednesdays, 7:00 - 9:00 pm; January 22 – April 29, 2020

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. 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. Connecticut Intergroup will pay the room rent (\$400) but we will take a seventh tradition toward the end of the class to help defray the cost. 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. Lots of homework for which you are accountable.
5. Maintain consistent attendance; missing 3 consecutive meetings assumes resignation.
6. Sessions start promptly at 7:00, 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: Westminster Presbyterian Church, 2080 Boulevard, West Hartford, CT 06107. Corner of Ridgewood and Boulevard, one block south of Farmington Ave. (Rt. 4). Approximately 2 miles north of Westfarms mall/I-84 on Ridgewood Road. More directions on church web site: <http://www.westpresby.org>. Enter large parking lot off Ridgewood. Walk down the ramp, enter and follow signs through a second door leading to Room 10.

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

Sign-Up: 18 people maximum. First come-first served. Email full name and phone number to Don at fobb1234@verizon.net. Don will confirm your registration.