



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, September 7, 2019
and Saturday, September 21, 2019
Time: 9:00 am to 1:00 pm**

Location

**Zumbro Lutheran Church
624 Third Ave SW
Rochester, MN 55902**

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 Kendra at LKYGRL61@yahoo.com or 952-270-5258. Registration is required as class size is limited.

You will need to have a sponsor who can help you through the 4th and 5th Steps.

There are no fees for this workshop, but we will be collecting a 7th Tradition donation.

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.