



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

**OA Quick Steps Workshop  
Saturdays 9:30 am to 12:30 pm  
September 16 and 30, 2017**

**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 and work through the 12 Steps in just two weeks!**

### **Location**

**Mayflower United Church  
106 Diamond Lake Road  
Minneapolis MN**

To register, contact Gene O. at 952-835-0789 or [oaquicksteps@gmail.com](mailto:oaquicksteps@gmail.com). 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, three-hour 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.**