



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, February 17, 2018
and Saturday, March 3, 2018
Time: 9:30 am to 12:30 pm**

Location

**Lk. Nokomis Presbyterian Church
1620 E. 46th St.
Minneapolis, MN 55407**

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 Pat W. at 612-804-4563 or godhpandme@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.