



**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, October 14, 2023  
and Saturday, October 28, 2023  
Time: 9:00 am to 1:00 pm (CDT)**

**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, click on the following link:

<https://airtable.com/shrI6LWbh1vgMjCeV>

Please direct any questions to:

[unityquicksteps@gmail.com](mailto:unityquicksteps@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. **We expect participants to attend both sessions.** 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.**