



[The Twelve Steps And Twelve Traditions Of Overeaters Anonymous Free Pdf](#)

WORKING ALL TWELVE STEPS!

Are you ready? Do you want support?

Sponsored By-Virtual Region Twelve Step Within Committee

Overeaters Anonymous. Twelve Step Workshop and Study Guide

February 16, 2021 - June 8, 2021

Tuesdays, 2:30 pm EST/EDT or 7:30 pm GMT

Limit 40 participants

Registration will be on the O A Virtual Region Website.

You must register to attend.

We have another group starting on March 6th on Saturdays at 3:00 pm EST/EDT or 8:00 pm GMT. Limit 60 participants.



The following OA-approved literature will be used in the workshop sessions and homework assignments: (purchasing the Study Guide is not necessary unless you are a co leader)

- Purchase the Participant's Step Study Student Guidebook-<https://oa.org/news/now-available-twelve-step-workshop-and-study-guide-second-edition-plus-participant-guide/>
- The Twelve Steps & Twelve Traditions of Overeaters Anonymous 1st or 2nd edition
- Alcoholics Anonymous, Fourth Edition (the Big Book)
- Twelve Steps and Twelve Traditions by Alcoholics Anonymous
- Overeaters Anonymous, Third Edition
- Voices of Recovery
- For Today

Participants need their own copies of the literature above (digital copies are fine)

REGISTRATION WILL BE ON A FIRST COME FIRST SERVE BASIS ON THE WEBSITE-
<https://oavirtualregion.org/tswworkshop/>

Copy and paste the link above to register for the workshops.

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.ie/wp-content/uploads/2012/08/REDC-press-release-Religion-and-Atheism-25-7-12.pdf, accessed December 4, 2012), ...
Philip Z. is an Overeaters Anonymous member, atheist and psychotherapist.. The Twelve Steps are the heart of the OA recovery
program. They offer a new way of life that enables the compulsive eater to live without the need for excess food.. Alcoholics
Anonymous' Twelve Traditions are: Our common welfare should come first; personal recovery depends upon AA unity. For our
group purpose there is Living By The Book Workbook Overeaters ... The. Twelve Steps Of Overeaters Anonymous [PDF] ...
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