



OA Back to Basics at Phoenix Office

In-person 5-week workshop series

Practice and/or refresh the 12 steps!

OA Back to Basics workshop aims to bring change using the **Alcoholics Anonymous Big Book** as guidance through the 12 Steps.

Experienced fellows are encouraged to attend to help newcomers.

At the first session, any newcomers will hopefully be partnered with someone who is willing to assist and has worked the 12 Steps.

(This workshop has no abstinence requirement and need no preparation.)



Weekly Sessions Outline:

FIRST: Step 1 and match sharing partners

- Between sessions, partners share their stories of their food addiction

SECOND: Steps 2, 3, & start 4

- Between sessions, partners share their 4th Step resentment inventory with each other

THIRD: Step 4

- Between sessions, partners go through other inventories and share

FOURTH: Steps 5, 6, 7, 8, & 9

- Between sessions, partners work on amends and share

FIFTH: work Steps 10, 11, & 12

*Attending **ALL** five sessions and bringing your own AA Big Book along with a notebook and pencil is **highly encouraged**.*

Suggested 7th Tradition Donation: \$5 each week (\$25 total)

Dates: Thursdays Sept 29, October 6, 13, 20, & 27 2022

Time: 6 - 7:30 pm (90-minute AA BB facilitated session with Q&A)

Location: 1219 E. Glendale Ave #23 Phoenix, AZ 85020

Direct your questions to Kelly @ 602-274-3060 or Phyllis @ 602-403-6536