



**Great for
Newcomers
or
LongTimers**



OA Central Ontario Intergroup

Presents a:

Quick Step Study

- ◎ **TUESDAYS** (Five sessions)
Feb 20, 27, Mar 5, 12 and 19, 2024
2:00pm – 3:30pm Eastern Time
(Toronto/New York time)
- ◎ **By Zoom or phone**
- ◎ **Free - 7th Tradition**
- ◎ **Session Format:** Write on the step, share on the step. (Read the step ahead of time.) Day 1 = Steps 1, 2, & 3, Day 2 is steps 3 – 4, etc.
- ◎ **You don't have to attend all the sessions**
- ◎ **Registration:**
 - Registration required 24 hours ahead of the start date or individual session.
 - Register by emailing:
coiquicksteps@oaontario.org

CHECK YOUR JUNK MAIL if you don't hear from us. Email again if that doesn't work. And email again!

 **OVEREATERS
ANONYMOUS.**
CENTRAL ONTARIO INTERGROUP

**“This workshop has been
all and more than I could
have hoped for.”**

~former workshop participant

**OA Central Ontario Intergroup
presents a Quick-Step Workshop:
TUESDAYS (Five sessions)
FEB 20, 27, MAR 5, 12 AND 19, 2024**

You need not attend all sessions.
2:00 - 3:30 PM EASTERN TIME

- By ZOOM or PHONE
- FREE - Suggested 7th Tradition Donation of \$5 for one session or \$15 for the workshop – but no one is obliged to pay. Just come.
- REGISTER by emailing: **coiquicksteps@oaontario.org**
- **PLEASE CHECK YOUR JUNK MAIL IF YOU DON'T HEAR BACK FROM US!!! And email us again well before the start time if you still did not get an email from us.**
- Registration required 24 hours ahead of the start time.
- SESSION FORMAT: You will be asked to read steps before session. During the 1.5 hour session, you will be given 30 minutes to write on the steps for that week. And then 25 - 30 minutes to share your writing in a small group of 2 – 3 people. We will be actually working the steps, for example, writing out a fourth step inventory and writing amends letters. You may share as much or as little of your writing as you wish, or feel free to pass and just listen to others share.
- SCHEDULE:
 - 2:00pm - 2:20pm - Welcome and Introductions
 - 2:20pm - 2:50pm - Writing
 - 2:50pm - 3:20pm - Sharing your writing
 - 3:20pm - 3:30pm - Wrap up
- Each day we do a different set of steps:
 - Day 1 – Steps 1, 2, and 3
 - Day 2 – Steps 4 and 5
 - Day 3 – Steps 6 and 7
 - Day 4 - Steps 8 - 9
 - Day 5 - Steps 10 - 12