

Sponsored by OA San Gabriel Valley Inland Empire Intergroup

**WEDNESDAY NIGHT
JANUARY 12, 2022,
JOIN US AS WE BEGIN
A NEW STEP STUDY
USING THE AA BIG BOOK**

"As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis..."

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**7:00 - 8:30 PM
PST**

**ON ZOOM
MEETING ID:
825 944 5125
PASSCODE:
2020**

Step One
We admitted we were powerless over food—that our lives had become unmanageable.

Step Two
Came to believe that a Power greater than ourselves could restore us to sanity.

Step Three
Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step Four
Made a searching and fearless moral inventory of ourselves.

Step Five
Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step Six
Were entirely ready to have God remove all these defects of character.

Step Seven
Humbly asked Him to remove our shortcomings.

Step Eight
Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Nine
Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step Ten
Continued to take personal inventory and when we were wrong, promptly admitted it.

Step Eleven
Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step Twelve
Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The Twelve Steps of Overeaters Anonymous

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