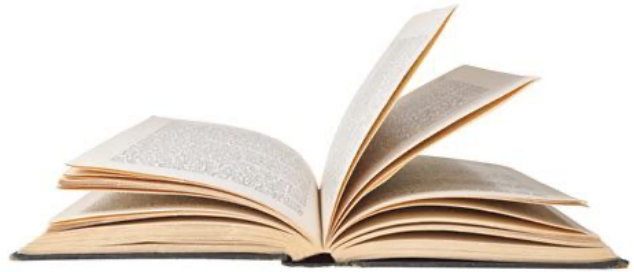


The BIG BOOK APPROACH is LIFE or DEATH
The choice is to DO or DIE

Heart of Canada
Overeaters Anonymous
WORKSHOPS



Three speakers give practical reflections on their use of the Big Book in recovery, and on coming back from relapse

Hear experience, strength and hope from those in recovery and from those working the steps toward recovery

What it looks like to work the Steps day-to-day

How to recover, focused on the directions in the Big Book

Brought to you by the Kick-Start OA meeting (Wednesday morning in Winnipeg)

May 4, 2022 – Getting Abstinent (steps 1-3)

May 11, 2022 – Into Action: Following the Big Book directions (steps 4-9)

May 18, 2022 – Continuing to live the 12-Step way (10-12)

7:00-8:30 p.m. Central Standard Time

Zoom: <https://us02web.zoom.us/j/86213444550?pwd=UWhsRmZsVHF0d0dadkM0bXdaUGg2dz09>

Meeting ID: 862 1344 4550

Password: 279813

12-Step sheets: <https://www.oabigbook.info/basicpage.html>