

# HEART OF TEXAS OA

## Workshop on the Twelve Traditions

A 16-session workshop is intended to help compulsive eaters be inspired to work the 12 traditions just as they have worked through the 12 steps.

**May 28 -- September 10**

**Sundays, 1:00 pm to 2:30 pm CST**

May 28 is the Introductory Meeting

As we proceed through the workbook, we will focus on the Spiritual principles of the 12 traditions and explore through guided questions the following:

- How each Tradition embodies its Spiritual Principle.
- How the Tradition affects our OA group and fellowship as a whole.
- How the Tradition applies directly to our life.

The following OA-approved literature will be used in the workshop:

- The 12 Steps and 12 Traditions of Overeaters Anonymous
- The 12 Traditions Workbook of Overeaters Anonymous
- A PDF e-workbook available through the OA bookstore
- Voices of Recovery
- For Today

Join Zoom Meeting

<https://us02web.zoom.us/j/88644728418?pwd=RDUzejlzTkRuOE9qOHdkaU1BTETqUT09>

Meeting ID: 886 4472 8418

Passcode: 121212