

Please join us for an Audio Workshop featuring

OA 2016 World Service Conference Recordings

How Do I Keep Coming Back?

Saturday, November 10, 2018

10-30 - 5:30 pm (please bring your lunch & help setup/takedown)

Mt. Vernon Commons Club House – 3322 Commons Cir

North on Arctic, right on 34th, two blocks to the Mt. Vernon Commons Parking

10:30 - Setup tables and chairs, coffee/tea

11:00 – 12:30 Board Meeting

12:30 - 1:10 – Brown Bag Lunch

***1:10 – 1:45 – Happy, Joyous & Free #1**

1:45 - 1:50 - Break

***1:50 - 2:50 – Actions That Lead to Freedom**

2:50 - 3:00 – Break & 7th Tradition

***3:00 - 4:00 - Balancing Physical, Emotional & Spiritual**

4:00 - 4:05 – Break

***4:05 – 4:25 – Happy, Joyous & Free #2**

***4:25 – 5:15 - Steps, Comments, Survey, Announcements**

5:15 - 5:30 - Breakdown tables and chairs, pack up coffee/tea

Look for these recordings, as well as Lawrie C, Harlan, and more on the OA-Alaska.org website

<http://oabigbook.info/basicpage.html> - You can find Step Forms based on the Big Book

16 Week Step Workshop welcomes new attendees on Friday, November 16, 2018, 7-9 pm

***Times are approximate for when sessions begin and end based on sharing**

Seventh Tradition will be passed to pay for the room