

OA Big Book Workshop

Come and join us on a powerful tour through the Big Book of Alcoholics Anonymous

Our tour guide is a long time OA member from Chicago

Friday Feb 8th, 6:30-8:30pm we will sojourn through our guide's story from bondage to freedom

Saturday Feb 9th, 9:00am-8:00pm we will journey through the 12 steps as outlined in the Big Book of AA

Suggested donation of \$25, but all are welcome

Bring your Big Book and writing material

Bring your own meals

Nearby food and coffee shops are available

Location Willow Glen's Community Center

2175 Lincoln Ave. San Jose, 95125

Sponsored by Silicon Valley Intergroup

For more info contact

Liat at theduerrs@att.net 408-368-9455

Or Delbar at delbaej@yahoo.com 408-425-9933

'We who are now in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive overeating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested.'

