



Saturday, November 14, 2015

9:00 a.m. – 5:00 p.m.

PLACE: Center for Spiritual Living Morristown,  
331 Mt. Kemble Ave, Morristown, NJ, 07960

COST: \$20 per person

(includes binder of transcript, slides and all materials)

Brown bag your lunch – Join us for dinner afterwards

SPACE IS LIMITED – ONLY 70 SEATS

Sponsored by West Jersey Intergroup of Overeaters Anonymous

**WHERE ARE YOU RIGHT NOW?**

Recovered: The obsession has been removed, the craving doesn't get triggered. I feel happy and useful. I'm satisfied with where my weight is and how my body looks. I have peace of mind. I feel connected to my HP. I want to share this Program with others and am willing and happy to help.

Recovering: I'm abstinent, but I find it is a struggle sometimes. I work the tools to the best of my ability. Where the steps are concerned I take what I want and leave the rest.

Not Recovered: I stick to my food plan most of the time (or not). I don't always want to work all the tools. Sometimes I think the meetings are boring and a waste of time. I find that I am often upset with others in the Fellowship and with those in my life. I think that maybe OA doesn't really work. I'm having trouble in most areas of my life. I know about the steps, but I really don't want to do them/am not ready to do them/don't want to put in the time and effort it takes. I'm still looking for that "magic pill."

Join us for this wonderful day of recovery that will give you the opportunity to get an understanding of why the steps need to be done as outlined in the Big Book and what the results will be. Get inspired enough to want to work the steps – all 12 of them – as outlined in the Big Book. Leave this workshop with the enthusiasm and willingness to complete all 12 steps so that you can reach the place where peace of mind and usefulness exists.

This workshop is intended to give you the instructions on how to work the steps through the moderator's own personal experience and through hands-on/group participation practice doing each step including how to do the 4<sup>th</sup> steps inventories properly and what to do with them once they are completed. All 12 steps will be covered.

You will receive your own personal copy of all power point presentation slides, an extremely detailed description of everything the moderator will speak about at the workshop, instructions, examples, and forms.

If interested, please fill out the bottom portion of this form and return it,  
with your payment, **before November 6, 2015**, to

Barbara Armstrong, 14 Buena Road, Parsippany, NJ, 07054.

If you have any questions, please call Barb at 973-463-1998 or Christine at 973-960-1564.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TELEPHONE \_\_\_\_\_

E-mail (to send an 8-page pre-workshop item): Please print your e-mail very clearly: \_\_\_\_\_

You Will Receive Confirmation, Driving Directions and the Pre-Workshop Item **By E-Mail** on November 6.

**PLEASE BE ON TIME!!!**

**REGISTRATION 8:30-8:50 a.m. - WORKSHOP STARTS PROMPTLY AT 9:00 a.m.**

Return this portion of the form and your payment (check made out to WJIOA) to:

**Barbara Armstrong, 14 Buena Road, Parsippany, NJ, 07054.**

**DIRECTIONS TO**  
Center for Spiritual Living Morristown  
331 Mt. Kemble Ave  
Morristown, NJ 07960  
Contact: Barbara A. – 973-476-6497

**From Parsippany: Take 287 South.**

Take exit 33 for Harter Rd	0.2 mi
Turn left onto New Harter Rd	0.2 mi
Continue onto Harter Rd/Old Harter Rd Continue to follow Harter Rd	0.7 mi
Turn left onto US-202 S -- Center for Spiritual Living Morristown will be on your right.	0.2 mi

**From the South: Take Garden State Parkway North.**

Take exit 142B for Interstate 78 W toward Springfield	1.2 mi
Merge onto I-78 W	3.2 mi
Take exit 48 for NJ-24 W toward I-287/Springfield/Morristown	0.3 mi
Continue onto NJ-24 W	9.3 mi
Take the exit on the left onto I-287 S toward Somerville	4.6 mi
Take exit 33 for Harter Rd	0.2 mi
Turn left onto New Harter Rd	0.2 mi
Continue onto Harter Rd/Old Harter Rd Continue to follow Harter Rd	0.7 mi
Turn left onto US-202 S -- Center for Spiritual Living Morristown will be on your right.	0.2 mi

**From the East: Take 80 West**

Take exit 43 toward US-46/I-7/Morristown/Mahwah	1.0 mi
Keep right at the fork, follow signs for I-287	0.8 mi
Keep right at the fork to continue on Exit 43 A-B, follow signs for Interstate 287/US 46/Morristown/Mahwah	0.5 mi
Keep left to continue on Exit 43A, follow signs for I-287 S/Morristown and merge onto I-287 S	8.4 mi
Take exit 33 for Harter Rd	0.2 mi
Turn left onto New Harter Rd	0.2 mi
Continue onto Harter Rd/Old Harter Rd Continue to follow Harter Rd	0.7 mi
Turn left onto US-202 S --Center for Spiritual Living Morristown will be on your right.	0.2