

Are you RESTLESS? IRRITABLE? DISCONTENTED?

Use the OA **ACTION PLAN** Tool

Make the time to write a 4th Step Inventory

"As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time."

The Tools of Recovery

"Many A.A.'s go in for annual or semiannual housecleanings."

AA 12 & 12, p. 89

Together, we will provide you with the opportunity to write a Fourth-Step Inventory over a 4 week period. We will provide the time, a place, specific directions and helpful worksheets in a group setting with other committed OA'ers.

Join us for 4 Saturday mornings in Red Bank and immerse yourself in the PRACTICE of the ACTIONS in the BIG BOOK.

"Each of us who completes a fourth-step inventory in OA finds it essential to our recovery and a major factor in changing our lives."

OA 12 & 12, p. 44



Saturday mornings in RedBank 10:00am-11:30am

(extended meeting time) beginning Sat. Sept. 24

thru Sat. Oct. 15th

Bring your Big Book and writing materials.



The United Methodist Church of Red Bank
247 Broad St. Red Bank
Rear Entrance and Rear Parking

Contacts: Janice 732-204-2371 or Margaret 732-326-1934

