

Taking Steps 1 thru 3

The Steps are the heart of the OA program and working them enables members to stay abstinent and recover one day at a time.



July 10th – July 24th, 2011

3 consecutive Sunday evenings **7:30 - 8:30pm**



Bring your copy of the OA 12 & 12 and Big Book and writing materials
Copies will be available for purchase

It isn't necessary to attend all 3 meetings, but we recommend it

\$3.00 7th Tradition – if you can't pay, come anyway, it's OA!

All are welcome, newcomers, returnees, long timers

July 10 th	<i>Step One: powerlessness & unmanageability</i>
July 17 th	<i>Step Two: coming to believe and accepting the need to have sanity restored</i>
July 24 th	<i>Step Three: addressing the spiritual malady</i>

Temple Emanu-el 100 James St. Edison
Across from JFK Hospital

Driving Directions: Look for the "H" signs while driving.

GSP North or South: go to Exit 131 Iselin/Rahway/Metuchen, keep right at the fork in the ramp, turn right (south) on Rt. 27, continue 1.4 miles and turn right at the Dunkin Donuts onto James St. Pass through one light and the temple will be on your right.

South on the NJ Turnpike: go to Exit 11 to GSP North, then follow the above directions.

North on the NJ Turnpike: go to Exit 10, follow signs to 287 North until you see a sign to Exit Rt. 27/Metuchen; exit there and continue on Rt. 27, go to James St. and turn left the Rite-Aide Drugstore. Pass through one light and the temple will be on your right.

Interstate 287: go to Exit #3 New Durham Rd., turn left on New Durham Rd. and go to the end, turn left again onto Rt. 27/Middlesex Ave., continue 1.3 miles and turn left onto James St. Pass through one light and the temple will be on your right.

Follow signs for meeting location

The regular Sunday evening Overeaters Anonymous meeting will also be held from 7:45-9:00pm

Questions/Service: Margaret 732-326-1934 M39Avenel@comcast.net