

# New OA Meeting

*beginning October 12, 2017*



## Conscious Contact

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Work on . . . Improve . . . Maintain

*The step 11 practices of meditation and prayer*

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Thursdays, 7-8 pm

St. Luke's Episcopal Church  
17 Oak Avenue, Metuchen, NJ  
Fryer Room in Fryer Hall

### Questions?

Sue (908) 356-2376  
Linda (732) 762-4546

### THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away

*Street parking is available.*