

# OA STEP STUDY

## THE CAPACITY TO BE HONEST

### WHEN

**Sundays 3:00-4:30**  
**June 21, 2026 - March 28, 2027**

### WHERE

**In-Person Only**  
**Center For Spiritual**  
**Development**

**5324 W Northwest Hwy, Dallas, TX 75220**

### WHAT

An opportunity to take a closer look at the steps and their corresponding principles and examine how we apply them to our lives. Journey through the steps with a group -- together we get better.

### FORMAT

Week 1: Read literature and share on the step

Week 2: Read and answer questions in the workbook

Week 3: Special focus on the corresponding Principle

*Each week will include optional additional readings as suggested homework.*

### REQUIRED LITERATURE

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous (either edition)
- The Twelve Step Workbook of Overeaters Anonymous
- Optional: AA Big Book
- Optional: AA Twelve steps and twelve traditions

### WHY

The 12 steps serve as a foundational framework for individuals seeking to overcome addiction and find a path toward healing. "Working" the steps is a transformative process that promotes serenity as well as profound personal growth and self-discovery.

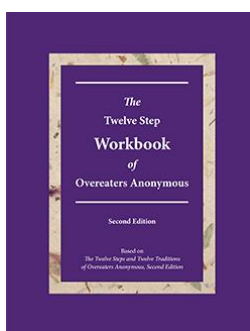
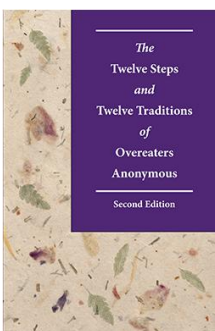
### NOTE

The meeting will be open to everyone during steps 1-3. Once we begin the fourth, the meeting will be closed to new attendees.

### CONTACT

**Neva 214-769-2014**

**Lorraine 770-713-4540**



**Purchase from:**

oa.org

aa.org

amazon.com

ebay.com

*Also available on Kindle*

**Optional**

