



This Online Workshop is Presented by OASV Intergroup
\$5 suggested contribution (no one ever turned away!)

“All About the Tenth Step”



Saturday, December 11, 2021, 10:00am - 12:00pm (PT)

STEP TEN: *Continued to take personal inventory and when we were wrong, promptly admitted it.*

In many ways, the 10th Step is the practice of Steps 4 through 9, yet on a continual basis. This workshop will explore various ways that the 10th step may be worked to aid the still suffering compulsive eater:

- ◆ Doing a “spot-check” inventory – what this is, and how to do it
- ◆ Asking a “Higher Power” for guidance
- ◆ Making an amends

On page 69 of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, it reminds us: “Repetition is the only form of permanence that nature can achieve.” Through working Step Ten, we are helping to keep our spiritual house clean. Join us to learn how to make a practice of taking a daily personal inventory from OA members with decades of recovery! New to OA? Join us to learn how to recover from compulsive eating.

Register: <https://oasv.org/upcoming-oasv-workshops/>

Register by 10am, Dec. 11th for complete advance details, hand-outs + post workshop podcast.
Questions? Send email to: info@oasv.org. New to OA? Send email to NewtoOA@oasv.org