

The 12 Steps of OA

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



Meals are served buffet style. Menu will be posted on the website as it is finalized - www.kansascityoa.org

A refrigerator and microwave will be available for use.

Coffee, tea and fruit available



Do Bring

A Journal
Big Book
OA Twelve and Twelve

All bedding and towels provided

Registration Options

<p>Overnight Includes room, 3 meals and Program</p>
<p>Daytime Includes 2 meals and Program</p>
<p>Program Only No meals</p>



Please indicate your choice:

Overnight Registration

Until Oct 1st _____
\$85.00

After October 1st _____
\$95.00

Daytime Registration

Until Oct 1st _____
\$40.00

After Oct 1st _____
\$45.00

Program Only

Until Oct 15th _____
\$25.00

After Oct 15th _____
\$30.00

Additional donation
\$ _____

Space is limited

No Overnight or Daytime Registrations accepted after Oct 15th

A limited number of single rooms are available for an additional \$30.00