

Strong Recovery Project Team **2018 challenges all Region 1 Intergroups to host a Step Study Workshop based on the new book.**



The Strong Recovery Project Team can offer a **free copy** of the Workshop Study Guide to people who host a Step Study. Only one copy of the Study Guide is needed to hold a Step Study because it contains all the material and a script for each session. (Individual participants need to get a long list of books. Including: Big Book, OA 12x12, AA 12x12.) We can also provide phone support to help you get your workshop started.

Here is what some people have said about their experience with the Step Study:

"I have been in Program for over 20 years. I have worked the Steps many times in many ways. The 15 Week Twelve Step Workshop was a welcome boost to my Program!"

"I feel it strengthened my recovery in that it made me dig deeper into my issues so I can recognize them better as they come up. Also, feel that it's helped me be gentler with myself and others (with God's help!), and I feel I have a deeper connection with the group of ladies' I was with."

"I attended a meeting sporadically and watched a group of people go through this Step Study. I saw many of them began to confront issues that had been holding them back for years. One woman talked about accepting her diabetes, another was facing fears for the first time and another whom I had given up hope of ever seeing her recover was suddenly talking about real things in her life. It was amazing. Seeing the changes made me want to get involved in the Step Study myself."



You can be the one who helps make this happen in your area. Just pick a time and place that works and start announcing that you want to start the Step Study. Go For it! Let us know and we will send you a book to get you started.

There are a limited number of the Step Study Workbooks (33 made available by Region 1) We will put priority on outlying groups and may limit books sent to the same Intergroup so we can provide books to most Intergroups/areas.

Contact strongrecovery@oaregion1.org