

Workshop on “Boundaries” and Pot Luck Dinner

Followed by Sharing Around a Fire Pit

The Twelfth Step Within Committee is sponsoring an evening workshop on boundaries from 6:30 pm to 9 pm on Saturday, October 24th along with a potluck before the workshop from 5:30 pm to 6:30 pm. Please bring an abstinent item to share for 4 to 6 people. After the workshop the conversation will continue around the fire pit until 9 pm.

What is OA recovery like with or without boundaries? Do we need them? Do we know how to set and maintain boundaries in our lives, with food, with relationships, etc.? Do boundaries keep us connected with our HP, help us work the steps and follow an action plan? Our workshop will give you important, useful information on what boundaries consist of, how to set them and maintain them and how they relate to our recovery in all three areas ... physical, emotional and spiritual. For more information or questions about the workshop, contact Donna at tidder@cox.net.

The workshop will take place at the home and desert garden of Mike V., 6211 North 20th Street in Phoenix, one mile east and one mile south of the OA office. Contact information for Mike: 602-615-2396 or mvalder@cox.net.

In addition, Mike is organizing a silent retreat to begin at 2 pm and will wrap-up at 5 pm. Because of space restrictions, the silent retreat will be limited to a certain number of people. Contact Mike V. if you are interested in the silent retreat or for more information on it. Please RSVP by email for the silent retreat only to Mike. A map will also be made available.

