

**ANNOUNCING**  
**An OA Seacoast Intergroup Sponsored Workshop:**

---

# Freedom Isn't Free: Working and Living the Steps

**Saturday, August 16, 2014**

**9 AM to 5 PM**

**Portsmouth Community Campus\***

100 Campus Drive (off Route 1), Portsmouth, NH 03801

---

This workshop is a weekend step study condensed into one day and is based on the Big Book, and both 12 & 12's. There will be major emphasis on the nature of the disease, getting honest with food, and the process of change. The workshop leader has 32 years in OA and has led 25 step study retreats.

**The Workshop Day Schedule:**

9:00 AM – 12:30 PM	Steps 1–7
12:30 PM – 1:30 PM	Lunch
1:30 PM – 4:30 PM	Steps 8 – 12
4:30 PM – 5:00 PM	Summary/Questions/Sharing

**Who should attend?** Any newcomer or long-timer interested in getting started, restarting or kicking their program into a higher gear, as well as anyone interested in better understanding the 12-step recovery process and living the steps.

**What should you bring?** Please bring writing materials and an open mind. Handouts will be distributed to attendees.

**How do I register?** There is **NO FEE** for this workshop, however, registration is required. For more information or to register, visit:

[www.SeacoastOA.wordpress.com](http://www.SeacoastOA.wordpress.com)

Or call our 24-hour phone number at: **603-418-4398**

---

**\* Directions to Portsmouth Community Campus:**

• **From I-95**, take Exit 5 for the Portsmouth Traffic Circle • Exit the circle for Route 1 South • Follow Route 1 South for 2.7 miles • Turn right onto West Road (across from Corpus Christi Parish Church) and follow as it becomes Campus Drive • Community Campus will be on your left, please use the front entrance.