



Dallas Metroplex Intergroup of Overeaters Anonymous Spring Workshop

Getting into Action:

Steps 4-10

(The Program doesn't work by just reading or thinking about it!)



Saturday, May 11, 2024

10:00 AM to 4:00 PM

Hybrid Workshop (in-person and virtual options)

Our guest speaker from Houston is known for bringing the Big Book of Alcoholics Anonymous to life for compulsive overeaters!

First United Methodist Church of Richardson - Coleman Hall

503 N. Central Expressway (75) - Richardson, TX 75080

(park on south side of church and enter through main entrance by large Jesus)

Suggested donation: In person: \$10 pre-registration, \$15 at the door

Zoom: \$10 pre-registration (workshop link will be sent out upon registration)

Payment Options:

Zelle – dmi.oa1212@gmail.com

Venmo - Dallas OAmetrogroup (first time code 1618)

Check - made out to DMI-OA and mailed to: Tina Thoreson, 521 S Delaware St, Irving, TX 75060

For additional information, please contact Patti P. at ppierce047@yahoo.com / 214-403-0175 or Tina T. at dmi.oa1212@gmail.com/214-682-1618

(SEE REVERSE FOR TENTATIVE SCHEDULE AND REGISTRATION FORM)

Tentative Workshop Schedule

Time	Description	Notes
8:00 AM - 9:30 AM	Set up	Helpers needed
9:30 AM – 10:00 AM	Registration	Please be on time
10:00 AM – 10:10 AM	Welcome & Logistics	Patti P. & Alan B.
10:10 AM – 12:00 PM	Guest Speaker	Breaks as needed
12:00 PM – 1:00 PM	“The Gifts of OA Service”	Bob J. (Bring your lunch* or eat at close fast food - list to be provided)
1:00 PM – 3:15 PM	Guest Speaker	Breaks as needed
3:15 PM – 3:45 P	Ask-it-Basket	Ask-It-Basket or chat
3:45 PM – vs:00 PM	Closing	Bob J. & Patti P.
4:00 PM – 5:00 PM	Clean up	Helpers needed

*Note: A microwave and refrigerator will be available.

REGISTRATION FORM – DMI Spring Workshop – Getting into Action

Name (PLEASE PRINT) _____

Phone Number _____

Email Address _____

Home OA Group (optional) _____

I will be participating by: _____ Attending in person _____ Zoom

New to OA? _____ Yes _____ No

I will be making my suggested donation by:

_____ Paying cash at the door

_____ In advance through **Zelle** – dmi.oa1212@gmail.com

_____ In advance through **Venmo** - Dallas OAmetrogroup (first time code 1618)

_____ In advance by **Check** - made out to DMI-OA (mailed to: Tina Thoreson, 521 S Delaware St, Irving, TX 75060)

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