

# *Walking the Walk: Our pathway to Recovery*

*Spend the day with us:*

*Connect with fellows you  
don't get to see often*

*Give yourself the gift of  
recovery*

*Give service by simply  
showing up*

*For questions :*

*Sue V (H) 860-871-6298*

*candlewood9153@comcast.net*

*Day of Marathon (C) 860-836-9570*

## **PROGRAM**

Registration	8:30-9:00
Welcome	9:00-9:15
Keynote Speaker	9:15-10:00
Break	10:00-10:15
Workshops	10:15-11:00
Break	11:00-11:15
Workshops	11:15 –12:00
Lunch	12:00-1:00
Raffle	1:00-1:30
Keynote Speaker	1:30-2:15
Sharing and Closing	2:15-3:00
Clean-up	3:00-3:30

## *Clothing Boutique and Exchange*

❖ *Please bring ONLY  
clean, gently used  
clothing and  
accessories by 9:30  
am*

❖ *Clothing will be sold  
\$1.00 per item.  
Funds will be to  
support CT  
Intergroup.*

❖ *After 1pm, all  
remaining items will  
be free.*

*Please help us by taking clothing  
for local charities at the end of  
the marathon*

*RAFFLE: Your contributions  
are needed. All literature must  
be OA or AA conference  
approved*

The Twelve 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 will to make amends to them all.
9. Made direct amends to such people wherever 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 the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Driving Directions to  
**Unity Church of Greater Hartford**  
**919 Ellington Road (Rt. 30),**  
**South Windsor, CT**  
**06074**

FROM HARTFORD: 91 North to exit 35A (Rt. 291), take exit 4 off Rt. 291. Go to the light staying in right lane but do not turn right. You will go straight through light crossing over Rt. 5 onto Rt. 30 (you will be facing granite signs that say "Welcome to South Windsor") Follow Rt. 30 approximately 2 miles and we will be on the right-hand side.

FROM SPRINGFIELD: 91 South to exit 35A (Rt. 291), take exit 4 off Rt. 291. Go to the light (staying right) and continue straight across the road to Rt. 30 (you will be facing granite signs that say "Welcome to South Windsor") Follow Rt. 30 approximately 2 miles and we will be on the right-hand side.

FROM WEST HARTFORD: 84 East to exit 62 (Buckland Street). At the end of the ramp make a left onto Buckland St. and follow for 2 miles until you come to a four way intersection with Rt. 30. (A white church will be directly in front of you) Make a left onto Rt. 30 and we will be 1.5 miles down on the left hand side.

FROM BOSTON OR STURBRIDGE: 84 West to exit 63. At the end of exit ramp make a left onto Rt. 30. Follow Rt. 30 for 5 miles and we will be on the left hand side.

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**Saturday, March 20, 2010**  
**Unity Church of Hartford**  
**919 Ellington Road**  
**South Windsor, CT 06074**

**8:30 a.m. to 3:00 p.m.**  
**Donation: \$5.00**

***Sponsored by:***  
***Connecticut Intergroup***  
***Overeaters Anonymous***