



Are you a food addict?

Are you looking to recover from this seemingly hopeless state of mind and body?

Do you want to know how to take the 12 steps and live in the "Sunlight of the Spirit?"

If so, please join us as we TAKE -- not STUDY -- the steps together.

We will COMPLETE all 12 steps in 3 weeks over 5 sessions!

We will be using the method followed in the 1940's just after the AA Big Book was published.

During this time, beginner meetings were an integral and even mandatory part of the recovery process.

Recovery rates back then were 75%!

These meetings will NOT be recorded.

Space is limited to 20 participants.

If you are interested in joining us, please email Shira at [emotionalsobriety2013@gmail.com](mailto:emotionalsobriety2013@gmail.com).

No abstinence requirements.

No charge.

7th tradition will be observed.

We are so looking forward to seeing you!

In love and service,

Keren & Shira

**We will be meeting on the phone on the following dates:**

Monday July 25 8:45 PM - 9:45 PM EST.

Sunday July 31 8:45 PM - 9:45 PM EST.

Monday August 1 8:45 PM - 9:45 PM EST.

Sunday August 7 8:45 PM - 9:45 PM EST.

Monday August 8 8:45 PM - 9:45 PM EST.

**Telephone Conference Number:** 712-775-7031

**Access Code:** 397-681-282



Any questions?

Please email Shira @ [emotionalsobriety2013@gmail.com](mailto:emotionalsobriety2013@gmail.com)

**These are the documents that we will be using:**

[Steps to Recovery & Spirit to Life SG \(v1.F4\)](#)

[Back To The Forties Step4Sheet](#)