

## **OA 10<sup>TH</sup> STEP WRITING GROUP**

**MONDAY MORNINGS 7:15 TO 8:15 a.m.**

**South Broadway Christian Church, 23 Lincoln Ave., Denver (corner of Ellsworth and Lincoln)**

OPEN FOR NEW MEMBERS UNTIL MARCH 15, 2011

If you would like to enhance your 10<sup>th</sup> Step work, we welcome you to join us. We write at home and during the meeting and then share our 10<sup>th</sup> Step writing with one another. The meeting is open to interested parties who want to commit to write, share and listen to 10<sup>th</sup> Step work weekly. It is recommended that you have already completed Steps 1-9.

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This group worked through the OA workbook together. After completing the questions in the workbook, we decided to continue to meet regularly and work on the 10<sup>th</sup> Step together. Some of us follow the format in the OA 12-Step Workbook, describing the major events of the day and the positive and negative feelings associated with those events. Some of us use the format for inventory in the Big Book of Alcoholics Anonymous. Whatever form our 10<sup>th</sup> Step takes, we have found writing to be an indispensable tool for working the Steps. Putting our thoughts and feelings down on paper or describing a troubling incident helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them. When we write about our difficulties, it becomes easier to see situations more clearly and perhaps better discern any necessary action.

*For questions contact Donna: (303) 765-2528*

VISIT [WWW.OADENVER.ORG](http://WWW.OADENVER.ORG) FOR A COMPLETE LIST OF LOCAL EVENTS

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