

Day in OA – Jan 21, 2011 – Petaluma

	Steps	Meetings		Themes
9am	STEPS 1,2,3	Men's	Women's	Abstinence & Food Plans
10am		Newcomers		
11am	STEPS 4,5,6	Anorexia & Bulemia		Relapse and Recovery
12pm		Just for Today / Literature		
1pm	STEPS 7,8,9	Progress Not Perfection		Walk and Talk
2pm		Staying In Recovery thru Life's Challenges		
3pm	STEPS 10,11,12	Moving Into Action: What's Holding You Back?		Body Image
4pm		Gratitude		
5pm	50/50 RAFFLE CLOSING AFFIRMATIONS SERENITY PRAYER			

See Service Sign Up Below – PLEASE EMAIL YOU SERVICE REQUEST TO :

Kim O: kdosmer@comcast.net

I will confirm back to you via email (preferred) or by phone at 415-806-2407.

Service Needs : Petaluma, Day in OA

To sign up for service, please contact Kim at 415-806-2407 or via email at kdosmer@comcast.net and reference "Jan 21 service"

Time	Service	How Many Needed	Names
8:15-8:50am	Set up – 4 rooms Chairs, signs, tables	5	
8:30am on	Kitchen – Beverages 2 hour shifts	1 p/shift	8:30-11: 11-1: 1-3: 3-5:
8:30am on	Registration More needed early - Session leader sign in - General Sign in & 7 th tradition - 50/50 advisement - Programs	3 1 1 1	8:30 – 11: (3) 11-1: (1) 1-3: (1) 3-5☹1)
8:50am On	50/50 Raffle - Good, fun	2-3 AM/PM	AM PM
5:30pm	Tear down, clean up	5	