

*"There Is A Solution" OA Meeting Presents...*

# **Monthly Step 1 Meeting** **Understanding Powerlessness**

**9am-10:30am - First Sunday of Each Month**



"If, when you honestly want to, you find you cannot quit entirely, or if when [eating] drinking, you have little control over the amount you take, you are probably a [compulsive eater] alcoholic.

If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.

*-Alcoholics Anonymous, page 44*

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