

“It works, if you work it.”

Work All 12 Steps* in a Weekend!

29th, 30th and 31st October 2010

- Feeling stuck in your recovery?
- Struggling to achieve consistent long term abstinence?
- Have the desire, but not the time or willingness to work the steps?
- Have worked the steps before, but want to refresh your programme?

Join us for a weekend workshop organised by the National Service Board, during which we will actively work all 12 steps. The weekend will be facilitated by experienced, abstinent members of OA who have worked through all 12 steps themselves and with sponsees. We will work in a large group, in small groups and individually. Step 5 can be done with another participant, a small group facilitator or by telephone with your sponsor or another member. (*Participants will make clear, achievable commitments to complete Step 9 amends after returning home from the weekend.)



(For the habitually lazy.)

Additional Facilities:

- The university grounds offer 320 acres with a beautiful lake and the River Yare for walking and wandering. (It can be muddy near the lake when it has been raining – bring suitable shoes.)
- The Sports Park is one of the largest in Europe and includes a 50m swimming pool and a well

Location:

University of East Anglia, Norwich
(20 minutes from rail station or airport, or parking available onsite)

Transportation:

Good train links, by car (the A11 is now dual-carriaged!), or by air via FlyBe airline from Edinburgh, Glasgow, Manchester or Stornoway

Cost:

£130 for first 14 to sign up - self-catering, single accommodation in blocks of 8 rooms with a shared kitchen **SOLD OUT**

£167 for all others – B&B single accommodation + cost of meals in self-service restaurant **SOME ROOMS**

For further information, please contact Maureen on 07717-222681 or public.information1@oagb.org.uk

All self-catering rooms have been booked. There are still some B&B rooms available. **Please note that the meeting room is approximately a 7 minute walk from the accommodation.**

When your payment and registration are received, you will be sent confirmation of this. **Please note that due any registrations must now been paid in full.** Nearer the time of the weekend you will be sent a pack with a detailed schedule and information about travelling to the venue by car or from the airport or train station. Local members will be able to offer lifts from the train station or airport if arranged in advance.

There is a small student food shop at the venue and a self-service restaurant. Further information about the facilities at the venue can be found at <http://www.uea.ac.uk/services/facilities>. Further details about accommodation can be found at <http://www.ueaconferences.com/accommodation/>. The self-catering and B&B accommodation are in the same building – the only difference between them is that the B&B rooms have tea and coffee facilities, television and refrigerators, whereas the self-catering rooms do not have these amenities but do have a fully equipped kitchen to share between blocks of 8 rooms. Members selecting self-catering rooms can bring their food with them and/or purchase it from the student shop. There is a Waitrose supermarket within 2 miles for members with cars. All rooms are en-suite. Wireless broadband is available for an extra charge. **Bursaries are available from OAGB to help members to attend who cannot afford the full cost. Please contact Maureen for further details.**

We will spend much of the weekend working in groups of 7-8. Please indicate on the reply slip if you would like particular participants to be included in your group. We will make every effort to accommodate these requests. **Workshops will run from 7pm on the 29th to 5pm on the 31st – in order for the weekend to be beneficial to the individual and the group as whole, members should commit to attend the whole weekend.**

Please send the reply slip below to Michelle Dickinson, 106 The Street, Felthorpe, Norwich, NR10 4DH. Enquiries about registration can be directed to Michelle at 01603-755188. Contact Maureen for all other queries about the weekend, ideally by e-mail.

Registration for 'Work All 12 Steps in a Weekend' – 29th to 31st October 2010

Name: _____

Address: _____

Phone Number(s): _____

E-mail address: _____

_____ Bed and Breakfast (£167) – full payment enclosed (please tick)

Names of any other members to be included in your small group:

Any previous experience of working the steps (none required!):

Deposit enclosed: (minimum £50.00) £ _____ Remainder to pay: £ _____

Please make cheques payable to 'OAGB Conference'. All payments for registrations are non-refundable.