

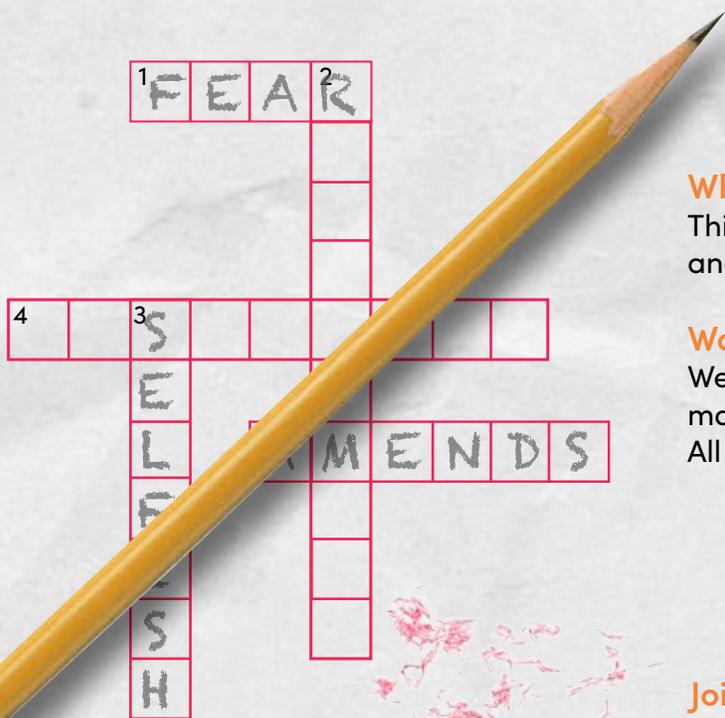
Step Ten Inventory ZOOM WORKSHOP

"Continued to take personal inventory and when we were wrong promptly admitted it"

Saturday, March 27th 2021 | 2:00pm - 3:45pm PST

Take the Journey to Freedom, Gratitude and Grace

Presented by the San Fernando Valley Intergroup
of Overeaters Anonymous



What to expect:

This workshop includes presentations, meditation, and group discussions.

Workshop materials:

We encourage you to download the workshop materials, see attached, prior to the meeting. All attendees will also need writing paper available.

Join Zoom Meeting

<https://us02web.zoom.us/j/81468307882?pwd=Vkr0OUxraFZZQ1I5a0FzTkFQTXFJdz09>

Meeting ID: 814 6830 7882

Passcode: 409366

+16699009128,81468307882# US (San Jose)

+12532158782,81468307882# US (Tacoma)

ACROSS

- 1 An uneasy feeling real or imagined
- 4 Not worthy of trust or belief
- 5 Reparation or compensation for a loss, damage, or injury

DOWN

- 2 Repeated indignation
- 3 One's own interests, benefits, welfare, etc., regardless of others



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Evening Review

"Continued to take personal inventory and when we were wrong promptly admitted it"

Purpose: Identify and remove obstacles to the Sunlight of the Spirit.

Set Aside Prayer

God, please set aside everything that I think I know about myself, my brokenness, my spiritual path and you, God, for an open mind and a new experience of myself, my brokenness, my spiritual path and especially you.

Meditation

1. Constructively review my day (without fear or favor).

Was I:

Resentful?

Selfish?

Dishonest?

Afraid?

What motives were underneath my:

Intentions?

Thoughts?

Acts?

Effort?

Do I owe an apology?

Have I kept something to myself which should be discussed with another person at once?

Was I kind and loving to all?

What could I have done better?

Was I thinking of myself most of the time?

Or was I thinking of what I could do for others, of what I could pack into the stream of life?

2. Ask God's forgiveness!
3. Ask what corrective measures should be taken.
4. Thank God for blessings received!
5. Be willing to try again tomorrow!



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Tenth Step Letter



Write:

Dear God,

I resent _____ for _____

I have fear that _____

I have fear that _____ *(fear underneath the first one)*

I have fear that _____ *(fear underneath the second one)*

(and so forth about the fears)

I resent _____ for _____

I have fear etc.

I resent _____ for _____

I have fear etc.

I resent _____ for _____

I have fear etc.

(as many persons and resentments as you have)

Say: Dear God, please remove all these resentments and fears. I pray only for the knowledge of Your Will for us and the power to carry it out. Send me the right thought, word, action. Show me what my next step should be.

Sign your name.

Read to your sponsor or other program person.

Tear up the letter and throw it away!

Sample Tenth Step Letter

Dear God,

Help me to uncover, discover and discard the truth about why I am angry or fearful, and what else may be keeping me from you.

Thank you,

Sign your name here

Read it to your sponsor or another program person.

Tear it up and throw it away!

