

# WELCOME PACK

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## **A DESIGN FOR LIVING – Big Book OA.**

Website: [www.ad4l.info](http://www.ad4l.info) / Email [admin@ad4l.info](mailto:admin@ad4l.info).

ZOOM ID: 200 540 624 (no password)

6.30am - 7.15am Mon – Fri / 7.30am - 8.15am Sat – Sun  
(note: times based out of Melbourne, Australia)

WELCOME to “A Design For Living – Big Book OA” (AD4L).

Many people have questions about:

1. How to get a sponsor
2. How to develop a food plan
3. How the program works

The first step to understanding all three of the above, and any other questions you may have, is that there is no right or wrong answer – just great questions. At the end of every 45 minute meeting we host a Guided Discussion. This is a daily opportunity for you to ask questions about your step work, your recovery, abstinence, food plans, sponsorship and much more.

[WHERE DO I START](#) - free pamphlet Overeaters Anonymous

In OA we suggest you attend at least six different types of OA meetings. A list of meetings can be found at [www.aa.org](http://www.aa.org).

[ALLERGY OF THE BODY & MENTAL TWIST](#) – Listen to podcast

[BIG BOOK](#) - In our group we use the book “Alcoholics Anonymous” (known as the Big Book). It is what we read from during the meetings. Follow the link to download a copy of the original first edition of the "Big Book" so you can read along with us.

Below you'll find recordings three recordings from a speaker “Sandy B”.

- [STEP 1](#)
- [STEP 2](#)
- [STEP 3](#)

There are many more recording on our resources page. Please ENJOY (<https://ad4l.info>).

We hope this information helps to get you started on your journey and we hope to see you at future meetings. YOU ARE WELCOME HERE and keep coming back!