

# Abstinence Workshop (Virtual)

Hosted by the Wednesday Jacksonville Beach and  
Monday Palm Coast Meetings

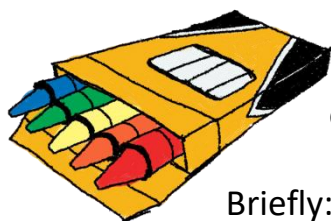
**Saturday, May 21, 2022**

**1:00 – 2:30 PM (Eastern) (Noon – 1:30 Central)**

**ZOOM Session: 852 0621 4316**

**Passcode: ABSTINENCE**

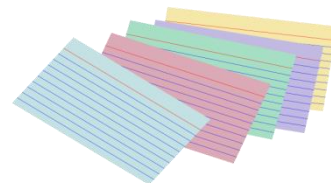
This is a crafty workshop designed to help you make a reminder of your *abstinence* to carry with you.



Have the following handy: paper; colored pencils, crayons, and/or pens; decorative tapes (optional), 3" x 5" notecard (optional).

Briefly: The Simplicity Project was developed by the Twelfth Step Within Committee of OA as a simple idea to help YOU stay abstinent! Got program? Got an index card and a pen? Write the essentials of your program on the front and back of an index card, and then carry that card with you wherever you go. Take the card out and read it anytime you need to reaffirm your program. Questions? Contact by email:

- Sandi JC: [learningdisciple624@gmail.com](mailto:learningdisciple624@gmail.com)
- Georgette P: [gabanero56@yahoo.com](mailto:gabanero56@yahoo.com)



Everyone is welcome. Suggested donation is \$5. Make donations to New Freedom Intergroup (<https://oanfig.org>). (Paypal or credit card accepted. Checks may be sent.)

Download and read in advance: <https://oa.org/app/uploads/2021/08/difference-between-abstinence-and-a-plan-of-eating-workshop-handout.pdf>