

Triangle OA Intergroup 12th Step Within Committee invites you to join us for some serenity & self-love.

 **OVEREATERS
ANONYMOUS®**
TRIANGLE INTERGROUP



Loving Yourself

OA has given me a newfound freedom, the freedom that comes as a result of practicing unconditional love and acceptance of the person I am today.

(source: Voices of Recovery, January 15, page 15)

Workshop details...

Saturday, February 4, 2023

1:00 PM – 3:00 PM EST

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

Zoom details:

Meeting ID: 830 1987 1646

The meeting host will admit fellows to the workshop!

Suggested 7th Tradition donation of \$5 to support Triangle Intergroup, SOAR, and OA.

Activities include:

- Three speakers sharing their experience, strength, and hope
- Reflection time (we invite you to bring a journal)
- Movement
- Music
- Question/answer and sharing time

For questions, please email: 12stepwithin@triangleoa.org

OA Responsibility Pledge. Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.