

Triangle OA Intergroup
12th Step Within Committee
invites you to join us for a
spring serenity day!

 **OVEREATERS
ANONYMOUS®**
TRIANGLE INTERGROUP



Grounded Through the OA Tools

Workshop details...
Saturday, April 22, 2023
1:00 PM – 3:00 PM ET

Other time zones: 12-2 CT; 11-1 MT; 10-12 PT

Zoom Meeting ID: 838 6138 9759

The meeting host will admit fellows to the workshop!

Suggested 7th Tradition donation of \$5.

Activities include:

- Three speakers sharing their experience, strength, and hope
- Reflection time (we invite you to bring a journal)
- Movement
- Fun
- 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.