

Triangle OA Intergroup 12<sup>th</sup> Step Within Committee  
invites you to join us in celebrating abstinence!

 **OVEREATERS  
ANONYMOUS®**  
TRIANGLE INTERGROUP

# The Freedom of Abstinence

*Abstinence means freedom  
from the bondage of  
compulsive overeating.*

(Voices of Recovery, May 6)

## Workshop details...

**Saturday, July 8, 2023**

**1:00 PM – 3:00 PM EST**

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

## Zoom details:

**Meeting ID: 834 3932 6593**

The meeting host will admit fellows to the workshop!

Suggested 7<sup>th</sup> Tradition donation of \$5.

## Workshop activities...

- Two speakers sharing their experience, strength, and hope on strong abstinence.
- Group activities
- Individual reflection time
- Movement
- Music
- Sharing time

For questions, please email:  
[12stepwithin@triangleoa.org](mailto: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.