

# ABSTINENCE

## During Isolation

**Saturday, May 16, 2020  
1 to 3:30 pm**

**Zoom Meeting ID:  
825 2704 8405  
Password: 246775  
Phone: 1-669-900-6833**

### Direct Zoom Link

When you break your abstinence are you tempted to stay home, not go to meetings, or isolate? Or perhaps you are quarantined at home?

Learn how others feel when they stumble and how they get back on the track of recovery even in today's environment.

This is a special virtual event sponsored by Sacramento Valley Intergroup of OA (SVIOA) and hosted by the Sacramento Wednesday 5:30 pm face-to-face group. To support SVIOA please send a 7th Tradition suggested donation of \$5 to the address below or [make a donation](#). No one will be turned away.

For further information, contact Donna at (916) 730-4521, [nocciano555@gmail.com](mailto:nocciano555@gmail.com)  
Information about using zoom on your [cell phone or other device](#),



Sacramento Valley Intergroup of  
Overeaters Anonymous  
P.O. Box 255085  
Sacramento, CA 95865