

Choosing & Connecting with a Higher Power of Your Own Understanding

*What messages have you received about a Higher Power (HP) or God?
How does your heart respond to the words Higher Power or God?
Why is a God of your own understanding critical to your recovery in the 12 steps?*



Saturday, October 10, 2020, 10:00 am to 12:30 pm (Pacific)

Join us on Zoom for this OA workshop:

<https://us02web.zoom.us/j/89071926935?pwd=aGRDRDFyZWZORno4dEk0aGtzdFY3Zz09>

Meeting ID: 890 7192 6935, Passcode: 065122

Workshop activities will include:

- Exploring the “God” messages we received from our cultures, religions, parents, etc.
- Redefining our personalized Higher Power.
- Exploring different daily practices of connecting with our Higher Power (as we define our HP)

Brought to you by Overeaters Anonymous Silicon Valley Intergroup
Suggested donation: \$5 (no one declined!)

Please send your 7th Tradition contributions via PayPal to: oasvworkshops@gmail.com

For more details call, text, email: Nasim, 408-996-3333, nasim@hashemi.com