



**This Online Workshop is Presented by OASV Intergroup
\$5 suggested contribution (no one ever turned away!)**

Decades Of Recovery: Abstinence Habits & Practices



Saturday, October 9, 2021, 10:00am - 12:00pm (PT)

Join us for an online workshop to hear from 3 diverse OA members with decades of recovery (100+ years combined), who will share:

- **What it used to be like—brief descriptions of their history of compulsive eating and compulsive eating behaviors**
- **What happened—How working the Twelve Steps and *seeking a God of their own understanding* led them to abstinence**
- **What it's like now—their one-day-at-a-time habits and practices for living happy, joyous, and free from the bondage of self**

After the panel, there will be time for questions and individual sharing.

Register: <https://oasv.org/upcoming-oasv-workshops/>

Register by Oct. 8th for complete advance details + post workshop podcast. Look for Zoom link on above web page the morning of Oct. 9th. Questions? Send email to info@oasv.org