

SAVE THE DATE

Spring into Action

2021 Virtual Weekend Retreat

Sonoma County OA Intergroup

April 16 - April 18, 2021

This year we have invited 2 presenters to share their experience living the OA 12 Step Program of Recovery. Choose two different virtual tracks to participate in workshops on such topics as:

- Living in Recovery: Steps 4-9 as a Trauma and/or Abuse Survivor
- Stop eating your feelings
- Carrying the Message in All Our Affairs
- Developing a Plan of Eating/Action Plan
- Specialty workshops on Meditation, Yoga, etc.

Fee: \$25*

*Registration is not yet open. Look for more information after the new year

We need your help



The retreat committee is looking for people to help with the following during the retreat:

- Secretary a session - introduce the speaker, keep the time, etc.
- Zoom tech host - must have experience with Zoom to do this service