

## ACCESSIBLE TEXT VERSION FLYER: 2021 WORKSHOP TOPICS

Overeaters Anonymous Virtual Region is hosting "The 2nd Sunday of the Month" e-WORKSHOP series: 3-4:30pm

Workshop times/ zones:

3pm EST (Jan-Feb 2021 and Nov-Dec. 2021) EASTERN STANDARD TIME (US and Canada) GMT-5/ UTC-5

3pm EDT (Mar-Oct. 2020) EASTERN DAYLIGHT TIME (US and Canada) GMT-4/ UTC-4

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### 2021 TOPICS:

- Jan 10 "And practice these principles in all our affairs"  
~*The spiritual principles of the steps*
- Feb 14 "Sought thru prayer and meditation"  
~Developing a relationship and an ongoing connection  
with my Higher Power
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"  
~Losing our ego and re-aligning our will
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction

Come together the "2nd Sunday of the Month" for rotating topics, brainstorming and sharing ideas that WORK!

FOR VIRTUAL REGION WORKSHOP ROOM

Join Zoom Meeting

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejkdz09>

**Meeting ID: 891 6554 0024**

**Password: 120912**

One tap mobile

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+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 891 6554 0024

Password: 120912

Find your local number: <https://us02web.zoom.us/j/89165540024>

Arrive 15 min. early for basic zoom online orientation tips!

For international dial in numbers: <https://zoom.us/join>

Please click on the first link with a computer or laptop to get the video portion of the conference or you may download the [zoom.us](https://zoom.us) app to use with a smart tablet/ phone.

Suggested workshop contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

Podcasts from previous workshops:

<https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

FOR MORE INFORMATION:

<https://oavirtualregion.org>

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