

International Day Experiencing Abstinence



November 21-22, 2020

Tentative Date/Time: November 22, 2020, 1:30 p.m.

Please plan to join San Joaquin Valley Intergroup as we host our very first virtual Day in OA! Overeaters Anonymous has set apart the third weekend in November to celebrate IDEA Day (International Day Experiencing Abstinence). Join compulsive eaters worldwide in experiencing abstinence.

What is abstinence? We will go beyond the specifics of which foods we avoid eating or which eating-related behaviors we avoid practicing and get to the heart of the concept of abstinence, how it affects us, what it has changed for us, and how it has increased our gratitude.

As we enter the planning stage, we need YOU! Please consider giving service on a committee to bring all the details together for a successful Zoom event. Break out of the isolation and join us! Please email sanjoaquinvalleyig@gmail.com or call/text Traci Y. at (559)967-3713 if you're willing to help. (Planning meetings will all be held via Zoom.)

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