

**We Welcome Everyone to
Join Us
for IDEA Day
Focusing on
Abstinence through Spirituality**

Time: 10 am to Noon PST

Zoom Meeting:

<https://us02web.zoom.us/j/85492629516?pwd=RG5kMEZGRnpndVI3eTlGUdRRUVhGUT09>

Meeting ID: 854 9262 9516

Passcode: 308316

Agenda:

Opening Readings

3 Speakers with Q & A

Open Share

Meditation

Closing

Overeaters Anonymous
International Day
Experiencing Abstinence

**I.D.E.A. Day
Workshop
November 19, 2022**

Sponsored by

OA Peninsula Intergroup

For more information contact

Martha R. @ mrthrvs1958@gmail.com