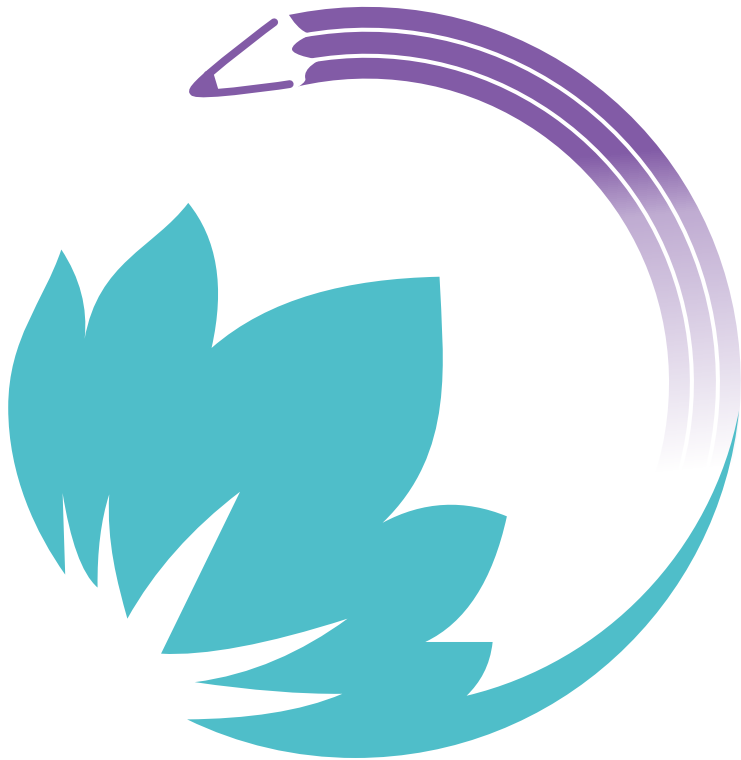


Ocean & Bay Intergroup of Overeaters Anonymous presents



Step 11 Two-Way Prayer Writing Workshop

**Seeking to improve our conscious contact with
our Higher Power through prayer and meditation**

Saturday, March 23, 2024, 1 to 2:30 pm ET / 6 to 7:30 pm UTC

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing.

Please join us!

Open to all who wish to stop eating compulsively - no registration required.

Zoom info:

Meeting ID: 828 6154 9717

Passcode: 247365

questions@oceanandbay.org