**Please join us for a new meditation meeting!**

**Who: Overeaters’ Anonymous**

**What: Brief Meditation instruction, meditation, and writing**

**Where: The Eliot Church of Newton, 474 Centre Street, Newton**

**When: Thursdays \* 7:30 am – 8:30 am, beginning July 18, 2019**

**Why: This meeting is designated as an Atheist/Agnostic meeting, however all who want to stop compulsive eating and/or compulsive food behaviors are welcome to participate. There are three primary concerns this meeting is meant to address:**

* To carry the message to those who still suffer
* To provide a space and format for OA members to meditate together and support and strengthen our meditation practices
* To offer a meeting without religious language and be a safe place to share experience, strength, and hope that may be spiritual, but may not.

We welcome everyone here: atheists, agnostics, spiritual, religious and questioning. This meeting’s script refrains from patriarchal and religious language. Our only wish is to assure suffering compulsive eaters that they can achieve abstinence with the support of Overeaters Anonymous without having to accept anyone else's beliefs or having to deny their own.

**Please consider bringing something to write on and with. There will be time after meditation to write. Depending on time, we may have time to share with others.**

Contact: lisadeeoa@gmail.com

\*Due to a scheduling conflict with the church, **there will be no meeting on Thursday, August 1, 2019**