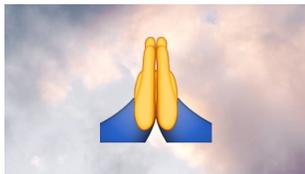


# Overeaters Anonymous Prayer & Meditation Workshop



On Sunday, March 1, 2020, from 7 to 8:15 pm Eastern Time, The Men's Service & The Men's Advocacy Group will be offering and Prayer & Meditation Workshop.



Conference Call # 712-775-7031 PIN 276 784 891#

The session will be coordinated and produced by Jack P and Narrated by Ron P.

We welcome everyone who wants to enhance their Step 11 activities. We would request that you pre-register by emailing Jack at [20150808bs@gmail.com](mailto:20150808bs@gmail.com).

Simply put, prayer & meditation are not just options for someone serious about recovery. Prayer & meditation must have a place in my daily life if I want to reclaim my life from my disease.

To pray literally means to address God (a god or a higher power as each of us chooses to conceive of It, Her or Him). Traditional prayer takes two main forms: praise and request. Prayer can also mean a talk with a higher power, where the persons praying say what is on their minds and in their hearts. This would be more informal, but no less powerful than "traditional" prayer.

Meditation is an ancient practice where a person stills herself or himself through physical relaxation and the letting go of thoughts and images. The meditator simply places herself or himself in the presence of a power beyond the self. Most commentators on meditation recommend that the person meditating not just let thoughts and images drift away like leaves floating on the surface of a gentle river above us. Just don't engage with them during this time.

While prayer usually means using words or thoughts to communicate, meditation is more a form of respectful listening. There are many ways to pray and many methods of meditation. No one form is "better" than another. The important thing is to take time each day and put ourselves in a position to pray and meditate quietly. We do this to become closer to HP and our real selves, and to learn what is God's will for us. There is no "wrong" way to pray and meditate. The only mistake we can make is not to practice these regularly.

Workshop Location from your home via your Telephone

Questions or to Register? Contact via email, Telephone or Text  
Jack P - (709) 749-8888 email - [20150808abs@gmail.com](mailto:20150808abs@gmail.com)