

The Virtual Region and Ocean & Bay Intergroup of Overeaters Anonymous present



# Step 11 Two-Way Prayer Writing Workshop

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

Saturday, November 9, 2024, 1 to 3 pm ET / 6 to 8 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.

Suggested contribution in the US is \$5

THIS WORKSHOP WILL BE IN ENGLISH WITH INTERPRETATION AND BREAKOUT ROOMS IN SPANISH, FRENCH, AND GREEK.

Meeting ID: 813 2949 0352 • Passcode: 121212 • [info@oavirtualregion.org](mailto:info@oavirtualregion.org)

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