



OA Unity Day Celebration 2021

Sunday, February 28th 10 am–12:30 pm

Overeaters Anonymous observes Unity Day with a world-wide moment of silence at exactly

11:30 am PST

We respectfully honor our differences in applying OA principles as we stand united in our common solution to recovery from compulsive eating.

Greater Seattle Intergroup invites you to celebrate OA Unity with a panel of speakers representing diverse paths to recovery, Q&A, and open sharing.

WE NEED YOUR INPUT!

Our Panel would like to answer your questions:

- What questions do you have about how others work their program differently than you do?
- What have you heard in the rooms about how others work or don't work their program, their abstinence, their food plan?
- Do you wonder "Am I doing it right?" or "Am I doing it wrong?"
- Have you felt judged by others about how you work your program, your food plan, your abstinence, etc?
- Do you find yourself feeling defensive about your program and/or judging others' programs?

Please contact Lauren at (206)852-6822 or lbharris48@gmail.com with your questions that affect the unity of our fellowship.

Save the Date! Zoom Numbers to come...

“Together we can do what we could never do alone.”