

# 2021 TOPICS



## Virtual Region WORKSHOP

### "2nd Sunday of the Month"

### 3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)

EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

- Jan 10 "And practice these principles in all our affairs"  
~*The spiritual principles of the steps*
- Feb 14 "Sought thru prayer and meditation"  
~*Developing a relationship and an ongoing connection with my Higher Power*
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"  
~*Losing our ego and re-aligning our will*
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



## 891 6554 0024

## Password: 120912

For more information: [oavirtualregion.org](http://oavirtualregion.org)

(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

***Suggested workshop contribution \$5***

