

What is Enough?

Defining a New Fullness

2021 • ANNUAL RETREAT

September 10-12

presented by

**PHILADELPHIA AREA INTERGROUP
OF OVEREATERS ANONYMOUS**

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SELF

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HP

Retreat Schedule

All times are Eastern Time

Friday, September 10, 2021

7:00pm - 8:30pm	Opening: Welcome, Keynote Speaker #1, & Open Sharing
8:30pm - 9:30pm	OA Fellowship Meeting (TBD)

Saturday, September 11, 2021

	Track 1	Track 2
9:00am - 10:15am	I Can't, God Can, I think I'll Let God (Steps 1, 2, & 3)	Is My Food Enough? Teaspoons, Cups & Gallons
10:30am - 11:45am	Keynote Speaker #2 & Open Sharing	
11:45am - 1:00pm	Break for Lunch	
1:00pm - 2:15pm	I Am Enough: Step Four Assets	The More I Eat, the Emptier I Feel
2:30pm - 3:45pm	Humility: No More, No Less on the Imaginary Ladder (Steps 6 & 7)	When Will My Body Be Enough?
4:00pm - 5:15pm	Had Enough Stinking Thinking? Consider a 10th Step Turnaround	Higher Power Gives Me Enough: Practicing Gratitude
5:15pm - 7:00pm	Break for Dinner	
7:00pm - 9:30pm	Talent Show / Music & Dance Party	

Sunday, September 12, 2021

	Track 1	Track 2
9:00am - 10:15am	Making Room for Joy: The Gift of Mindfulness	Haven't I Lost Enough? From Short-Term Losses to Long-Term Gains
10:30am - 11:45am	Speaker Panel	
12:00pm - 12:30pm	Closing & Wrap-Up	