



2022

2nd Sunday of the Month Workshop Topics

**Overeaters Anonymous Virtual Region is hosting
The WORKSHOP series: 2nd Sunday of the Month**

8:00 - 9:30 PM London (UTC)

3:00 - 4:30 PM New York (UTC -5)

- **January 9th - Surrender: Deciding to Cooperate**
- **February 13th - Spiritual Connection**
- **March 13th - The Next Right Thought or Action**
- **April 10th - Service Keeps Us in Program**
- **May 8th - Dealing with Guilt & Shame**
- **June 12th - Gratitude as an Action Word**
- **July 10th - Steps 10 - 12: Continue, Improve & Practice**
- **August 14th - Practicing these Principles in all our Affairs**
- **September 11th - Being Entirely Ready for HP to Change Us**
- **October 9th - How to Twelve Step a Problem**
- **November 13th - Step 11: Prayer & Meditation**
- **December 11th - Sponsorship**

Come Join Us!

For Virtual Region Workshop Room Join Zoom Meeting

Meeting ID: 891 6554 0024

Password: 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejZkdz09>

For United States or International numbers <https://zoom.us/zoomconference>

Suggested workshop contribution \$5

<http://oavirtualregion.org/region/seventh-tradition/>

FOR MORE INFORMATION:

<https://oavirtualregion.org>

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