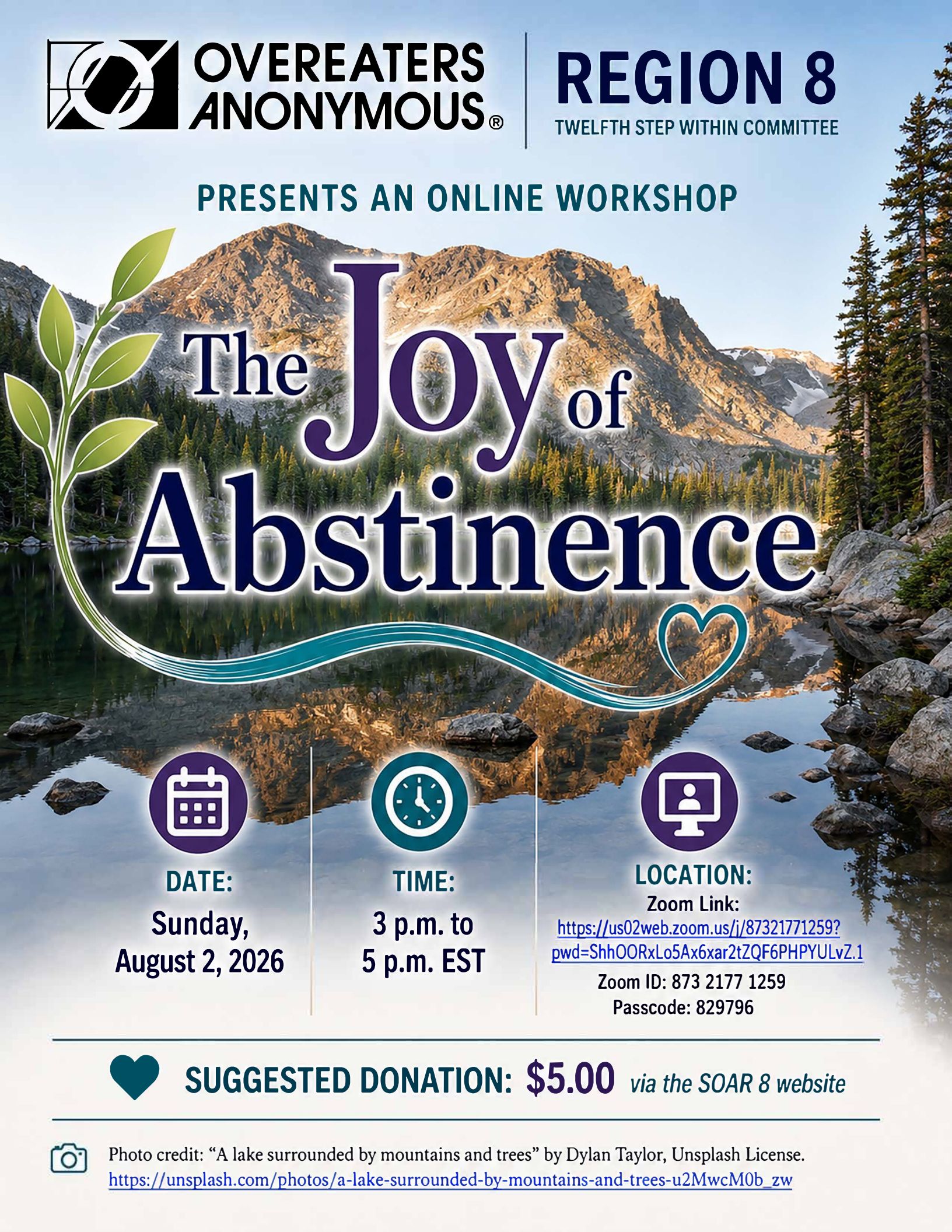


PRESENTS AN ONLINE WORKSHOP



The Joy of  
**Abstinence**



**DATE:**  
Sunday,  
August 2, 2026



**TIME:**  
3 p.m. to  
5 p.m. EST



**LOCATION:**  
Zoom Link:  
[https://us02web.zoom.us/j/87321771259?  
pwd=ShhOORxLo5Ax6xar2tZQF6PHPYULvZ.1](https://us02web.zoom.us/j/87321771259?pwd=ShhOORxLo5Ax6xar2tZQF6PHPYULvZ.1)  
Zoom ID: 873 2177 1259  
Passcode: 829796



**SUGGESTED DONATION: \$5.00** *via the SOAR 8 website*



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