

Ocean & Bay Intergroup of Overeaters Anonymous presents



Step 11 Two-Way Prayer Writing Workshop

Seeking to improve our conscious contact with
our Higher Power through prayer and meditation

Sunday, December 6, 2026, 1 to 2:30 pm ET

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing.

Please join us!

Open to all who wish to stop eating compulsively - no registration required.

Zoom info:

Meeting ID: 833 7796 7938

Passcode: 247365

questions@oceanandbay.org