



What does Writing have to do with Abstinence?

.... Come find out...

...food plans, inventories, lists, journaling, drawing, ... “Putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.” (OA Tools of Recovery Pamphlet, p. 4)

Date/time: Saturday, March 13, 3-4:30 p.m. ET

Zoom information:

Meeting ID: 894 9681 9627

Passcode: 824206

<https://us02web.zoom.us/j/89496819627?pwd=NUVRMWIBQTQzVEY3bnlaUGlZVW9Zdz09>

To join by phone, find your local number: <https://us02web.zoom.us/j/89496819627?pwd=NUVRMWIBQTQzVEY3bnlaUGlZVW9Zdz09>

For more information, email or text: sponsorship@oanova.org or 703-582-0663.

Looking forward to seeing you! Sponsorship C'ttee, Northern Virginia Intergroup

