

The God of Our Understanding

One Day Virtual Retreat

Sponsored by New Hampshire Intergroup

Saturday, January 22, 2022 8:30 AM – 3:30 PM (EST)

Retreat admission is \$20.00

Register and purchase a ticket at:

<https://oanewhampshire.ticketleap.com/the-god-of-our-understanding---nhi-virtual-retreat/>

(Deadline to purchase tickets is Friday, January 21, 2022.)



Retreat Schedule

8:30 – 9 a.m.
Registration

9:00 – 10:15 a.m.
Introduction and Opening Prayer
Session #1 • Who is the God of Our Understanding? • Introduction to Step 3
(Discussion in break out groups.)

10:15 – 10:30 a.m.
Break

10:30 - 11:30 a.m.
Session #2 - What does it mean to “turn my will and my life over to the God of my understanding”?
(Panel discussion of Step 3.)

Retreat Schedule, continued:

11:30 a.m. - 1 p.m.

Lunch Break/Fellowship

(Break out rooms will be available for fellowship.)

12:30 – 12:50 p.m.

Guided Meditation (Optional)

1:00 - 2:15 p.m.

Session #3 - How do I improve my conscious contact with God? - Introduction to Step 11
(Discussion in break out groups.)

2:15 - 2:30 p.m.

Break

2:30 - 3:30 p.m.

Session #4 - Sharing from break-out groups about individual ways to improve conscious contact with God

Retreat Wrap Up and Closing Prayer.

(Note to participants - have your Big Book handy.)

A limited number of \$10.00 scholarships are available. If you are interested, please send a request via email to: nhiretreats@oanewhampshire.org.

Registration is non-refundable. If you are unable to attend, you are encouraged to seek someone to replace you.

To learn more about New Hampshire Intergroup and Overeaters Anonymous, please go to:
<https://oanewhampshire.org/> or call 800-201-8720.

