

Prayer & Meditation Workshop

Sunday, August 21, 2022 3:00 – 4:30 pm Eastern Time US

WORKSHOP Zoom ID - 891 6554 0024 Passcode - 120912

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRcikzdz09>

Presented by

**Mens InterGroup of Overeaters Anonymous, MIGOA
Island Intergroup**

With the support of **OA Virtual Region**

As per OA's diversity policy everyone is welcomed at this workshop

**Join us to listen to 2 QAs speak on these important topics
You will learn to be empowered through Prayer & Meditation
There will also be time for Q & A and General Sharing**

There is no fee for this workshop.

**Members are invited to honor our 7th Tradition by contributing at
MIGOA - Island Intergroup or the Virtual Region**

OA Responsibility Pledge

**Always to extend the hand and heart of OA
to all who share my compulsion
for this I am responsible.**