

Using the Action Plan to Manage Our Abstinence: An OA workshop presented by Silicon Valley Intergroup



Because we must take ACTION to find abstinence and recovery!

Saturday, January 23, 2021, 10:00 am to 12:30 pm (PST)

Bring writing supplies and join us on Zoom for this OA workshop

<https://us02web.zoom.us/j/89071926935?pwd=aGRDRDFyZWZORno4dEk0aGtZdFY3Zz09>

Meeting ID: 890 7192 6935, Passcode: 065122, Dial up: (408) 638-0968 US (San Jose)

Suggested donation: \$5.00, all are welcome

Please join us for this workshop if you relate to the following questions:

- Are you struggling or have you struggled to find and/or stay abstinent?
- Do you know WHAT you need to do, but do not know HOW to do it?
- Do you have compassion for yourself in this conflict?

Workshop activities include writing, sharing in small groups, breathing, and movement to

- Focus on the 12 Steps as we review and refine our food and action plans
- Explore surrender and willingness as we move toward action and abstinence
- Discover ways to move toward self-love and forgiveness regardless of the struggle

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