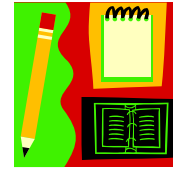


A Summertime Writing Meeting



Introducing A NEW WRITING TOOL based on the Abstinence book

The Abstinence book is a fabulous resource for anyone needing help with the OA program or with food issues. It is a compilation of different members' experiences with abstinence, a topic sometimes difficult to understand. This book presents a broad spectrum of opinions and proven strategies for recovery.

- for those new to abstinence
- for those in relapse from food
- for abstinent people who want to deepen their recovery

July 11 The Meaning of Abstinence
July 18 Practical Ways to Achieve Abstinence
July 25 The Search for Abstinence
August 1 Abstinence ~ A Priority
August 8 Abstinence and the Tools
August 15 Abstinent Living
August 22 How Abstinence Changes with Time and Experience
August 29 What Abstinence Has Taught Me

Sunday evenings **from 7:30-8:30pm, July 11th through August 29th**
(it isn't necessary to attend all sessions)

Temple Emanuel in Edison in the Classroom next to the regular Sunday evening Meeting

\$3.00 suggested donation (if you can't pay come anyway)

Please bring a copy of the **Abstinence book and writing materials.**

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Directions to the Temple Emanu-El:

1. GSP Parkway NORTH or SOUTH: Go to exit 131/Iselin/Rahway/Metuchen, keep right at the fork in the ramp, turn right (south) on Rte 27, continue 1.4 miles and turn right at the Dunkin Donuts onto James St., the temple is across from JFK Hospital. Use the second driveway for entry.
2. SOUTH on the NJ Turnpike: go to exit 11 to GSP North, then follow the above directions
3. NORTH on the NJ Turnpike: go to exit 10, follow signs to 287 North until you see a sign to exit Rte 27/Metuchen; exit there and continue on Rte 27, go to James St. and turn left, the temple is on the right.
4. Rte 1 NORTH or SOUTH: turn by the Menlo Park Shopping Center onto Parsonage Rd., continue across Rte 27 where it turns into James St., JFK Hospital will be on your left and the temple on your right.
5. Interstate 287: go to exit #3/New Durham Rd., turn left on New Durham Rd. and go to the end, turn left again onto Rte 27/Middlesex Ave., continue 1.3 miles and turn left onto James St., the temple is on your right.