



On the OA road to happy destiny, we may experience the desire for excuses, denials, and loopholes which we think will justify our not going to any length for recovery. These are the “lions, tigers, and bears” that lurk in the shadows of compulsive eating. They seek to divert us from our HP’s plan. They whisper convincing “sweet” nothings in our ears, catch us unaware, and convince us it’s okay, “just this once.” After all, we have but a daily reprieve contingent upon our spiritual condition.

**Join us as we examine these creatures of habit and learn how to dispel their power by using our OA tools.**

**SUNDAY, APRIL 14**

**2:00-3:30pm EST**

**ZOOM:**

**Meeting ID: 858 0103 1176**

**Passcode: 786925**

or [Click Here](#) to Join Zoom Meeting

*(Please be prompt to minimize disruptions)*

*Common scenarios & disease traps*

*Fellowship*

*Open Sharing*

*A 7th Tradition donation is requested but not required.*

*Information will be posted in the Zoom chat during the workshop.*

*For information or to submit future workshop ideas, please contact Trish M at 215-355-8807.*

*NOTE: this is a landline, so please leave your phone number.*

**A special series of virtual quarterly workshops designed to support recovery from compulsive eating and compulsive food behaviors.**