

Overeaters Anonymous



Ocean & Bay  
INTERGROUP

Presents

# Abstinence One Day at a Time

3 speakers will share their  
experience, strength,  
and hope, discussing how  
and why they maintain  
their abstinence

Wednesday, January 31, 2024  
6:30 pm, ET-8:30 pm, ET  
Rooms will remain open until  
9 pm for additional fellowship

In person room will open at  
5:30 PM for additional fellowship.  
Can bring an abstinent meal  
and/or beverage

#### ZOOM INFO:

MEETING ID:

878 1074 8329

PASSCODE: 639243

<https://zoom.us/j/87810748329>

DIAL-IN: 1-646-558-8656

#### IN PERSON:

St. Mark's Episcopal  
Church, 15 Pearl St.,  
Mystic, CT

FOR QUESTIONS CALL:

Margie 304-615-4336  
(calls or text)

email: [mom1925j@gmail.com](mailto:mom1925j@gmail.com)