

Ocean & Bay Intergroup of Overeaters Anonymous presents



# Step 11 Two-Way Prayer Writing Workshop

**Seeking to improve our conscious contact with  
our Higher Power through prayer and meditation**

Saturday, June 29, 2024, 1 to 2:30 pm ET / 5 to 6:30 pm UTC

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing.

Please join us!

Open to all who wish to stop eating compulsively - no registration required.

Zoom info:

Meeting ID: 827 6071 2446

Passcode: 247365

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