

Date: 11/17/2012

Time: 2-5 pm

OA

IDEA Day

(International Day Of Experiencing
Abstinence)

Abstinence vs. Food Plan Workshop

Sponsored by WUIG.

Entrance is **free**

(we will pass 7th tradition basket)

Water will be provided.

Contact people:

Lisa 917-716-2488

Megan 914-672-6679

**Where: Graymoor
Spiritual Life Center Bldg.
1350 Route 9
Garrison, NY10542**

Come join us in celebrating
IDEA Day in the relaxing
environment of Graymoor!

- ♦ Read Doctor's Opinion from the Big Book
- ♦ Getting honest about our food
- ♦ 4 speakers with over a year of abstinence share how they remain abstinent
- ♦ Ask-it basket (to get any question you want answered anonymously)

For directions or more information abt.
Graymoor:
<http://www.atonementfriars.org/>