

Westchester United Intergroup Presents:

OA Unity Day Marathon: Mindful Abstinence

Date: 02/25/2012

Time: 2:15-5pm

**@ the Scarsdale
Quaker Meeting
House**

133 Popham Road

Scarsdale, NY

Directions on website

scarsdalefriendsmeeting.org

Unity Day affirms the unity of OA worldwide. In this marathon we will discuss the concept of OA Abstinence and how it differs from a Plan of Eating. Text from the **Abstinence Book** and the **Big Book** will be read and discussed.

We will end with a meditation and discussion of how the 11th Step helps us remain Abstinent.

Call Megan 914-672-6679
with any questions

Suggested donation \$5 but give what you can we need you more than your money