

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](http://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**