

SAN DIEGO OVEREATERS ANONYMOUS URBAN RETREAT

SEPTEMBER 27TH & 28TH, 2019
SAN DIEGO BAHA'I CENTER

\$10 SUGGESTED DONATION * MEALS & ACCOMMODATIONS NOT INCLUDED

Our Big Book Love and Forgiveness retreat will be led by a speaker from Los Angeles. She has been a grateful member of Overeaters Anonymous for 31 years, serves on the Los Angeles Intergroup Board, and was a first-time delegate at the May World Service Business Conference in New Mexico. Yet her recovery journey was a challenging one because she was a chronic slipper for a dozen years before finally getting abstinent in 2000. She now has 19 years of abstinence and is maintaining a 65-pound weight loss. She has led numerous OA workshops and retreats around North America and focuses on chronic slippers because of her own struggle to surrender in program. Regardless of whether anyone is a chronic slipper themselves, if Overeaters Anonymous is to grow and thrive, we must all learn (and relearn!) how to be of service to the still-suffering compulsive overeater, bulimic, or anorexic. During this retreat, we will all help each other do just that. Additionally, she will share her experience, strength, and hope (her ESH!) in using the steps to work through resentments and childhood trauma: Accessing love and forgiveness through utilizing the fourth column of the fourth step. Big Book inventories are game changers! Her story will be published in Overeaters Anonymous' latest book, *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*, coming out later this year.

Friday 7-9pm & Saturday 9am-5pm

Lunch Saturday: Restaurant list available or bring your own.

YES there is a fridge!

for questions contact Melissa
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