

Sponsored by Galveston/Bay Area Intergroup, Houston Metro Intergroup,
and OA-HOW Intergroup of Houston, Texas - Overeater's Anonymous



Mapping out YOUR Abstinence & YOUR Food Plan
and getting clear on the difference!

ABCsofAbstinence.com

Led by an OA member from L.A. /SFV with 28+ years of abstinence and over 100lb weight loss.

Speaker Meeting - Friday, March 2, 2018 ~ 7-8 PM

No registration needed for Speaker Meeting - Everyone Welcome!

First Cumberland Presbyterian Church - 2119 Avalon Place, Houston, TX 77019

Workshop - Saturday, March 3, 2018 ~ 9:00 AM to 4:00 PM ~ \$25

Register for workshop before Feb 3, 2018 and save \$5 on registration

(Registration 8:30 AM - Workshop starts at 9:00AM)

St. Anne Catholic Church - 2140 Westheimer Rd, Houston, TX 77098 (Parish Hall, 2nd Floor)

As a reference, you are welcome to bring an AA Big Book and AA 12&12.

Please bring Writing Materials and a Self-Addressed Stamped Envelope.

Register online at www.oahouston.org or by mail – see below

Registration \$20 before Feb 3, 2018 OR \$25 after Feb 3, 2018

Lunch is on your own: nearby restaurants or bring your own.

Questions: Sue H 832-655-3972 and Jessica Z 917-363-9790

Registration space is limited - you must be pre-registered.

Name: _____ Phone (required): _____

Address: _____

City: _____ State: _____

Zip Code _____ E-Mail (required): _____

Contact Sue H or Jessica Z (see above) if you need a scholarship.

Registration Fee (*before* February 3, 2018) \$20 _____

Registration Fee (*after* February 3, 2018) \$25 _____

Donation for scholarships: \$ _____

Total Amount Enclosed: _____

Make checks payable to: Overeaters Anonymous

Mail registration form and check to: Sue Hackenmiller at 2207 Mimosa Dr. #3, Houston, TX 77019

Ten reasons you should come....

If YOU can't imagine your life with food and can't imagine your life without food then come to the ABC's

If YOU want to learn about more tools to help prevent Relapse then come to the ABC's

If YOU are tired of "a brief recovery always followed by a still worse relapse" then come to the ABC's

If YOU are sick and tired of being sick and tired then come to the ABC's

If YOU have been in OA for years and have not been able to stick and stay and are getting tired of just keep coming back then come to the ABC's

If YOU want to be done trying and begin doing then come to the ABC's

If YOU want to learn how to choose your Higher Power every day and stop choosing YOUR addiction then come to the ABC's

If YOU want to have more love and tolerance for YOURSELF and others then come to the ABC's

If YOU know nothing changes if nothing changes and are upset or terrified of change then come to the ABC's

If YOU are experiencing a similar story to our speaker and want a new story; "for 11 years of my life while in the rooms of OA I dieted my way up to be 100lbs overweight. I don't want anyone to waste 11 years of their precious life trying to figure it out-- like I did! I could have over 39+ years of Abstinence!! But I don't, I only have 28+ years of Abstinence and a healthy body weight!! But I now have it for life!"