

IDEA Day 2020

*international day experiencing
abstinence*

"HOLIDAY TOOLKIT"

Share experience, strength &
hope to gear up before the
holidays

11/21/20 · 10A-12P

VIRTUAL VIA ZOOM · FREE TO ATTEND

<https://tinyurl.com/ideaday20>

Register at tulsaoa.org

Questions: 918.770.2581

MADE WITH
PHOTOFY

Please join us for

IDEA Day 2020 , International Day for Experiencing Abstinence.

"HOLIDAY TOOLKIT"

Share experience strength & hope to gear up before the holidays.

11/21/20 10A-12P

VIRTUAL VIA ZOOM FREE TO ATTEND

Register for this ZOOM event at <https://tinyurl.com/ideaday20> , or visit the [Tulsa OA website](#) or call (918) 770-2581.

We are looking for 9 volunteers to share your experience, strength & hope, about a tool of recovery you use in a 5-minute pitch? The 9 tools are; A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, Service. There will be an opportunity to add this service, if you choose on the registration.

AGENDA

- **INTRODUCTIONS**
 - **SPEAKERS ON TOOLS**
 - **QUESTIONS**
 - **OA LITERATURE & PROMPTS ON TOOLS**
 - **7TH TRADITION**
 - **CLOSING STATEMENT ON ANONYMITY**
 - **CLOSING MEDITATION**
 - **OA PROMISE**
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