

EMOTIONAL SOBRIETY: DEALING WITH OUR INNER TURMOIL

HOSTED BY THE NEW HOLSTEIN &
PLYMOUTH OA MEETINGS.
SPONSORED BY
OVEREATERS ANONYMOUS
MILWAUKEE AREA INTERGROUP.



Explore life beyond just getting sober from food, following concepts written by Bill W as well as an OA member

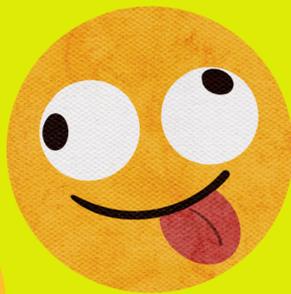
Read, write, share with your fellows

- Define what emotional sobriety means for you.
- Have you ever found serenity boring?
- What outside things (people, places, thoughts) might you be dependent on that may not be fulfilling?
- What expectations might you have that are causing you emotional instability?



Read, write, share on the practice of **emotional abstinence** to stop the cycle of emotional bingeing.

- Hear how HP comes to the rescue when members are faced with cravings
- Find simple truths waiting to be revealed behind the wide range of emotions
- Hear how taking a hard look at insanity paved the way to sanity for your fellows
- Explore the Top 10 things that help one member maintain abstinence in difficult situations



October 18, 2025 9 am to 2 pm
New Holstein, WI
Between Milwaukee and Green Bay

Registration Information at OAmilwaukee.org

Workshop: \$12.00
Lunch Buffet (optional): \$18.00
Lifeline Sep/Oct 2014 (optional): \$4.00

**Scholarships available for
OA-MAI residents
Please call 414/259-0640**



ALWAYS TO
EXTEND THE
HAND AND HEART
OF OA TO ALL
WHO SHARE MY
COMPULSION.
FOR THIS I AM
RESPONSIBLE.

*We then find that, to deal with our inner turmoil,
we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.*
Overeaters Anonymous Our Invitation to You

It seems that all my life had been a series of reactions, either from fear, anger, or resentment toward others or situations, or from my own negativity or shame. To deal with my despair and inner turmoil I had to stop blaming life and find a new way of thinking. With help from the OA program and my Higher Power, I learned that I can accept others as they are. I learned that I am not a victim of life. I can care for and be responsible for myself and my thinking. I can consciously choose positive thoughts and decisions that enable me to act on life one day at a time. Any time that my food obsession returns, it is a sign for me that I need to look at my reactions to people and things. I need to willingly take responsibility for my part, and for my happiness. I need to own my own power to take action. Today I follow the Twelve Steps and act on life. *Voices of Recovery June 6*

