



Virtual Pre-Convention Workshop
Step into the Sunlight of the Spirit
Hope in the Spiritual solution

April 16, 2021
1:00 – 4:00 pm

The first thing we learn in the rooms of Overeaters Anonymous is that we have a disease. We learn in Step One that we are powerless over food. This is our **dilemma**. Then we are told that in order to **recover**, we must come to believe in a Power greater than ourselves that can restore us to sanity.

The experience of many in the OA Program is that there are as many pathways to a Higher Power (HP) as there are human beings on the planet. You are not alone. This workshop is a safe place to begin or expand your relationship with your HP.

Speakers will share the experience, strength and hope of their personal journeys. You will have opportunities to write, meditate and share with your fellows about your pathway to your HP. We hope you join us.

Attendance is limited to 50. Walk-ins will be admitted if space allows.

General Information

\$25 registration fee

All pre-convention activities are virtual, on Zoom. Join by computer, smartphone or telephone. Telephone participants are encouraged to attend.

Materials provided in advance by mail to each participant registered by April 1. Those registering later will receive event materials by email.

You may attend the Pre-Convention Workshop only.

Register online:

To register online, please visit
<https://oamilwaukee40convention.eventbrite.com>
(a small surcharge is added)

Register by mail:

Please print, complete, and submit the Convention Registration Form as instructed

Register by phone:

To register by phone, please call OA at
(414) 259-0640

Event Program Central time

Hour 1: 1 pm to 2 pm

Welcome
Writing Activity
Keynote Speaker
Movement/Music

Hour 2: 2 pm to 3 pm

Panelists share their stories of
*Stepping into the Sunlight
of the Spirit*
Questions and Answers

Hour 3: 3 pm to 4 pm

Guided Meditation
Writing Activity
Individual sharing
Closing

