Triangle OA Intergroup 12th Step Within Committee invites you to join us for some pre-holiday recovery-focused experience, strength, and hope!

Stepping into the Holidays!



Original Artwork: Margaret C.

Step 1: We admitted we were powerless over food—that our lives had become unmanageable.
Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.
Source: The Twelve Steps of Overeaters Anonymous (https://oa.org/working-the-program/the-twelve-steps/)

Workshop details…

Sunday, December 6, 2026
1:00 PM – 3:00 PM EST
Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

Zoom details:
Meeting ID: 8719 766 3829
Password: 778331

Suggested 7th Tradition donation of $5 to support Triangle Intergroup, SOAR, and OA.

OA Responsibility Pledge. Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Activities include:

- Speakers sharing their experience, strength, and hope
- Question/answer and sharing time

OVEREATERS ANONYMOUS®
TRIANGLE INTERGROUP

For questions, please email: 12stepwithin@triangleoa.org