

OA Meeting

H.O.W. Format with Speaker

Thursday evenings ~ 6:30 to 8:00 PM
Beginning Nov. 5, 2009

Church of the Holy Spirit Episcopal
129 S. Tamiami Trail, Osprey, FL 34229

(Directions: Immediately north of Wal-Mart, turn east
at the M&D restaurant, turn left towards the sanctuary.
Enter first door on the right at NW corner of building.)

HONESTY **O**PEN-MINDEDNESS **W**ILLINGNESS

The Overeaters Anonymous H.O.W. format offers the compulsive overeater a disciplined and structured approach. The OA-H.O.W. group supports the belief that our disease is absolute and therefore only absolute acceptance of the OA program will offer any *sustained abstinence* to those of us whose compulsion has reached a critical level.

We share our experience, strength and hope.

For information, contact:
Mary F. at 941-342-4939 or Linda S. at 941-484-9373

All are Welcome!

"The only requirement for OA membership is a desire to stop eating compulsively."
OA Tradition 3