

IDEA DAY

International Day Experiencing Abstinence

Join us for IDEA Day! Abstinence can be a deeply personal journey. We invite you to join us to hear from three speakers offering valuable insights and strategies rooted in the OA 12 Step program of recovery that help them embrace and maintain abstinence. Each speaker will be followed by a short writing exercise and open sharing.



Saturday, November 21st

7-9 am Central Time

Zoom ID: 940 5580 8391

Password: Serenity

Call In: 312-626-6799;94055808391#;75183374#



**Hosted by the St. Louis Early Birds
& Any Lengths Big Book Study Groups**

Questions? Contact Tracy V. 843-810-0645



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