

INTERNATIONAL DAY EXPERIENCING ABSTINENCE



WHAT CAN YOU DO?

- Be abstinent yourself.
- Make a commitment to abstinence, or reaffirm your commitment – on this day, one day at a time.
- Become a sponsor for someone struggling to become abstinent.
- If you don't have a sponsor, ask someone who has what you want.
- Make a phone call to someone in relapse or who is isolating.
- Share about the joys and difficulties of maintaining abstinence through the challenges of life.
- Focus on abstinence at your home meeting.
- Give thanks to your HP for granting you abstinence.

SATURDAY 20TH NOVEMBER 2010

NEWCOMER & PUBLIC INFORMATION SESSION

10.00 AM – 10.30 AM

OPEN IDEA DAY MEETING FOCUSING ON ABSTINENCE AND CELEBRATING OA'S 50TH BIRTHDAY

10.30 AM – 12.30 PM

Bring your lunch and stay on to enjoy an abstinent meal and fellowship. Tea, coffee etc provided



Trinity Uniting Church Hall
172 Doncaster Road, North Balwyn
Melways Ref: 46 E3 - Tram Stop 50
Tram 24 from Latrobe Street
Tram 48 from Flinders Street

No entry cost

Usual 7th Tradition basket will be passed

Contact person: Diane 0432 111 251

