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# Step 11 Workshop

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*



Overeaters Anonymous is a spiritual program of action. Prayer and meditation are an important part of our recovery. We will practice various meditation techniques and share ideas on how to expand your prayer life.

- DATE:** Sunday, July 17, 2016  
**TIME:** 2 – 4 PM  
**LOCATION:** OA Office, 20121 Ventura Blvd, #315, Woodland Hills, 91364  
**BRING:** Big Book and Writing Materials  
**COST:** FREE (We will practice the 7<sup>th</sup> Tradition)  
**MORE INFO:** Call Joanne S. at 818-939-4105 or Carla N. at 818-642-8543

*Presented by the Overeaters Anonymous San Fernando Valley Intergroup Workshops Committee*