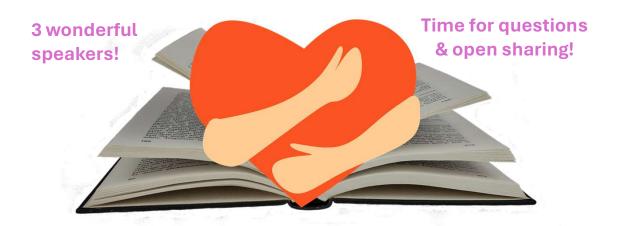
North Jersey Intergroup of Overeaters Anonymous

invites you to a Zoom Workshop

Self-Forgiveness: A 12 Step Perspective

Sunday September 22nd, 2024 3:00-5:00 PM EST



It is only through the process of discussing our shortcomings out loud with an understanding person that we can finally begin to know ourselves and accept ourselves. Nothing in us can be changed unless we first accept it. Step 5, by helping us to know and accept ourselves makes it possible to change and recover. ~OA 12 & 12, 1st Edition, pg. 48

Join Zoom Meeting

https://us02web.zoom.us/j/ 85862185342?pwd= MVJIM3VRY3VVYkgyNIM2bVYyZIBMQT 09

> Meeting ID: 858 6218 5342 Passcode: 202410

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Contact person: Judy L. 201-615-4955 / gratefuljudy@yahoo.com

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