

**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**

**3 wonderful
speakers!**



**Time for questions
& open sharing!**

*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=MVJlM3VRY3VYkqyNlM2bVYyZlBMQT09>

Meeting ID: 858 6218 5342

Passcode: 202410

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