

TRIAD INTERGROUP RECOVERY EVENTS EACH MONTH

The Triad Intergroup is a service body serving the needs of its affiliated groups and members in an area reaching from N. Wilkesboro to the triad cities of North Carolina.

Each month, the Triad Intergroup sponsors a Recovery event, including frequent spirit-nurturing Workshops with both in-depth study and newcomer friendly sessions, special Visitor-hosted events, and our bi-annual Serenity Days.

Our Recovery Events offer fellowship, education, and inspiration...an opportunity to *clear the bats from your belfry!*

All proceeds go to the Triad Intergroup for use in keeping with Tradition 7 and Step 12.



Clear the bats from your belfry!

OA Program of Recovery

Overeaters Anonymous offers a program of recovery from compulsive eating using the **Twelve Steps** and **Twelve Traditions** of OA. Worldwide meetings and **other tools** provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

OA is not just about weight loss, weight gain or maintenance, or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

OA members differ in many ways, but we are united by our common disease and the solution we have found in the OA program. We practice **unity with diversity**, and we welcome everyone who wants to stop eating compulsively.



OVEREATERS ANONYMOUS SERENITY DAY

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**WE ARE NOT
A GLUM LOT!**

October 15, 2011

Presented by Triad Intergroup
Web site: triadig.oagroups.org



SERENITY DAY

Have fun this holiday, starting with an OA Halloween-themed Serenity Day!

**COSTUMES!
COSTUMES!
COSTUMES!**

The *sillier*, the better...



....FOR WE ARE NOT A GLUM LOT!

BOOTIQUE!

Bring your used items!

Questions about the boutique?

Call Linda at 336-669-8747.

CLOTHES

BOOKS

GAMES

DECORATIONS

PLANTS

FRAMES

JEWELRY

TOOLS

Griffith Baptist Church
1987 Old Salisbury Rd.
Winston-Salem, NC
27127

1:30 - 4:30 pm

WE ARE NOT A GLUM LOT!

Have fun without eating compulsively this holiday season!

1:30 - 2:00

Registration, fellowship, Boutique

2:00-3:45

Panel, games, and skit:
*The Tri-legacy League
of OA Superheroes vs.
The Menacing Meeting Killers*

3:45-4:30

Meeting