

Experience

**FREEDOM
FROM
BONDAGE**



An interactive one-day retreat!

Break free from the shackles of compulsive overeating. Discover four critical elements that allow us to step into the *freedom* shared in the *Big Book*, where *we no longer yearn for any aspect of our disease*.

We can live free *one day at a time*. At this retreat you will develop an action plan to face the fears, resentments and defects that hold you in bondage to self and to compulsive overeating. Bring your *Big Book*, *AA 12 & 12*, *OA 12 & 12*, pens and your journal. A healthy lunch is included. In small group sharing, writing, meditations, guided visualizations and large group sessions, we will explore the following:

- The importance of letting go of impulsivity
- Separating disease chatter from recovery voices
- Accepting our genetics and chronology
- Identifying and learning to live from Spiritual Principles

Saturday, June 12th from 9 am to 5:30 pm

Granada Hills Masonic Temple, 16535 Rinaldi St., Granada Hills

Early Bird Registration by April 15th only \$45, after April 15th \$55

Please send your check payable to OASFIG and the completed registration form to the Registrar, Chloe Bystrom, 3064 Arlington Avenue, Simi Valley, CA 93063. Email confirmation will be sent upon receipt of your registration. Contact Erin J. at (818) 456-7557 or Miriam S. at (818) 621-5282 for more information or to volunteer at this fantastic event.

Name: _____

Address: _____

Phone: _____

Email address: _____

Check No. _____ Amount enclosed: _____

Check here if you would like to volunteer at this event: _____

