



FEBRUARY 24, 2019

6:30-8:00PM

**UNITY DAY SPEAKERS
MEETING**

On Unity Day members of Overeaters Anonymous remember their need and the gift of Unity! At the same time, across the globe, members will join hands, remember this worldwide shared fellowship, and share a prayer together.



Why is Unity Important?

The first tradition of unity reminds us of an important truth: we are not alone. We are connected to our fellow human beings. Our emotional and spiritual health depends upon the health of our relationships. The disease of compulsive eating which once isolated us has now let us to OA. Here...we are learning to connect with other people in ways that will nurture them and nurture us as we recover together.

(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg. 117)

**PEACE LUTHERAN
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