

Progress not Perfection

Overeaters Anonymous Super Saturday

Mini Retreat in Lansing, Michigan

August 15, 2009, 9:30 - 3:00

Location:

Sparrow Professional Building
1200 E. Michigan Ave., Lansing MI 48912-1811

Free parking is available in the parking tower on the South side of the professional building. Enter the parking garage from the horseshoe driveway off of Michigan Ave. The building and garage are wheelchair and walker accessible.

Please note: Sparrow Professional Building is on the South side of Michigan Ave. across the street from Sparrow Hospital.

Schedule:

9:30 – 11:00	Typical OA meeting, (2 nd floor, Conference Room B) optional separate Men's meeting (2 nd floor, Conference Room A)
11:00 – Noon	Speaker 1: "Early on the Journey" (2 nd floor, Conference Room B)
Noon – 1:30	Lunch and optional craft project (2 nd floor, Conference Room B) Intergroup Meeting (2 nd floor, Conference Room A)
1:30 - 2:30	Speaker 2: "Decades on the Journey" (2 nd floor, Conference Room B)
2:30 – 3:00	Meditation (1st Floor, Meditation Room) Optional outdoor labyrinth (1st Floor)

The meditation room and labyrinth will be available throughout the day. There are lobbies on all three floors with comfortable chairs for private lunchtime conversations.

Bring:

Your lunch
A beverage if you would like something other than water
Your favorite slogan
Suggestion contribution \$5.00
Optional: Literature, journal, daily mediation books, *To the Man who Wants to Stop Overeating* pamphlet for the men's meeting

Also:

Visit LansingOA@gmail.com for information on local OA meetings and our open 1st Sunday of the Month Speaker Series. Questions? Contact Linda A. 517-321-5915 auguianol@juno.com.