

Overeaters Anonymous

Unity Day

2017

"This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 2:30 p.m. EST, OA members pause to reaffirm the strength inherent in OA's unity."

Tradition One

Our common welfare should come first; personal recovery depends upon OA unity.

******* Calling all OA Members Near and Far *******

Join Cape Cod and South Coastal Mass. Intergroups, your 2017 hosts,
as we come together to share our recovery
and to celebrate the worldwide unity of our fellowship.
Bring a friend! ALL are welcome.

At 2:30 (EST) Members worldwide will pause and join hands in an expression of unity.

Saturday, February 25, 2017

1 p.m. to 4 p.m. (Registration opens up at 12:30 p.m.)

Free Admission

**Beth Israel Deaconess Hospital
275 Sandwich St., Plymouth, MA.**

Directions to the hospital:

From Boston:

Take the southeast Expressway (Route 93) south to Route 3 southbound toward Cape Cod. Take Exit 5 (Long Pond Rd.) off of Route 3, and, at the bottom of the ramp, turn left and go under Route 3. Take the first right onto Obery Street. After passing the Registry of Deeds on the right, the Beth Israel Deaconess - Plymouth access road is the next right, directly across from the entrance to Plymouth North High School. Parking in front of the main entrance is available. Inside, follow the Unity Day signs.

From the Cape: Take Route 3 northbound and follow above.

Enter the main entrance take elevators on left to 1st floor and go straight then follow the Unity Day signs.

For info call: Joan T.508-560-5945 or Mary W 508-208-2504



Don't miss it!



Thank you for attending Unity Day

Each of the speakers on the panel will have up to 15 minutes to share on their recovery and the topic of OA Unity and Tradition One. We will have plenty of time later in the workshop where *all* members will have an opportunity to share. Below are some questions that you may find helpful to keep the focus on Tradition One.

Thoughts for focusing on Tradition One:



Tradition One: “Our common welfare should come first; personal recovery depends upon OA unity.”

1. How do we apply this tradition within OA to help resolve situations?

- Sponsorship
- Meetings- intergroup, special meetings, Region, World Service
- Phone calls- relationship with others within OA

2. How do we apply this tradition in everyday life to resolve situations?

- Work
- Family-marriage, children, in-laws, extended family
- friendships- relationships

3. How do the following apply to the program that you work?

- diversity doesn't mean division
- unity doesn't mean uniformity
- common welfare above personal welfare
- being respectful of all people's opinions
- disagreement without destroying unity
- acceptance of an outcome even if it is not what I want
- change in attitudes – ours and others
- focusing on common ground not differences
- my ability to disagree, but still be supportive of friends and others

