

**2021
TOPICS**



Virtual Region WORKSHOP

"2nd Sunday of the Month"

3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

- Jan 10 "And practice these principles in all our affairs"
~*The spiritual principles of the steps*
- Feb 14 "Sought thru prayer and meditation"
~*Developing a relationship and an ongoing connection with my Higher Power*
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"
~*Losing our ego and re-aligning our will*
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



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Suggested workshop contribution \$5