

Get Plugged Into Recovery!

2010 *IDEA Day*

November 20th
1pm - 5pm

\$5 Suggested
Donation

OA

Come take part of OA's International day of experiencing abstinence on November 20th from 1 to 5 pm. There is a suggested donation of \$5 for those who are able which is payable on the day of the event. Hot coffee and tea will be provided.

The day's events will include:
Incredible Speakers
An OA recovery gallery
Fantastic breakout groups:
Guided meditations
Collage activities
Tech in recovery
& Recovery in a suitcase
Activities will start at the top of each hour so come for the whole time or just an hour

Held at Bethany Lutheran Church 4330 NE 37th Ave
Portland, OR 97211 For info contact Emily 503-239-4979