



Please join us on Unity Day, 2026

# TOUGH QUESTIONS IN OA RECOVERY WORKSHOP

Saturday, February 28th, 2026  
12 to 2:00 PM ET

This workshop emphasizes OA's commitment that everyone is welcomed at our meetings.

We find that such an honest look at ourselves helps to enhance our recovery and better enable us to carry the message of spiritual growth."

**Presented by the Virtual Region Workshop Committee**

**TOPICS WILL INCLUDE:**

What is an outside issue?

In OA meetings, why is there a need to discuss how social issues and current events affect our compulsive eating?

What is the purpose of Specific Focus meetings?

This workshop will be offered in English, and interpreted into Spanish, Portuguese, Greek, and French..Additional languages may be available via translated captions in Zoom.

**Zoom ID 813 2949 0352 • password 121212**

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