



7th tradition
donation

speakers
&
writing

IDEA WORKSHOP

Maintaining Our Gift of Abstinence

co-sponsored by:
North Shore & New Hampshire Intergroups

International Day Experiencing Abstinence (IDEA),
celebrated in November, encourages OA members
worldwide to begin or reaffirm their abstinence
from compulsive eating. Join us for this
in-person workshop

fellowship &
lunch after
**BRING YOUR
OWN**



SATURDAY, NOVEMBER 14, 2026
WORKSHOP 10AM - NOON
REGISTRATION STARTS AT 9:30AM

(PRIOR REGISTRATION NOT REQUIRED)

door prizes

book covers
& literature
for sale

TRIUMPHANT CROSS LUTHERAN CHURCH

171 ZION HILL ROAD
SALEM, NH 03079



ADA
ACCESSIBLE

[CLICK HERE FOR DIRECTIONS](#)

water
provided

FOR MORE INFO

[North Shore Intergroup
Website
\(click here\)](#)

[Email North Shore Intergroup](#)
[Email New Hampshire Intergroup](#)

[New Hampshire Intergroup
Website
\(click here\)](#)

or call [351-215-9074](tel:351-215-9074)