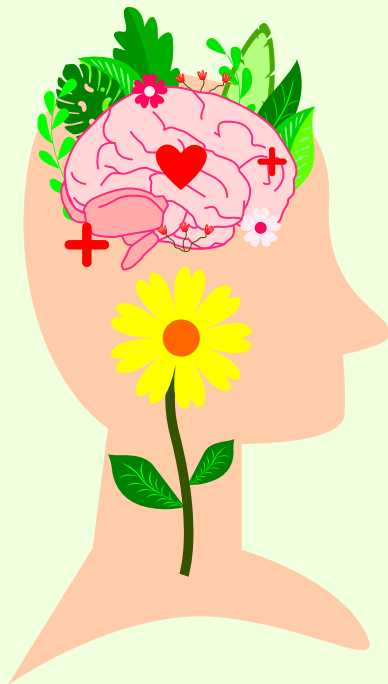


F . E . A . R .

FACE EVERYTHING

AND
RECOVER



THE TWELFTH STEP WITHIN COMMITTEE OF TIDEWATER INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS: A WORKSHOP ON FEAR

When: Saturday, March 29

Time: 1-3 p.m.

In person: Kings Grant Presbyterian
Church

745 Little Neck Road, VB

Zoom Option: Please text

Jill C. 757-332-0930 for the link



Is fear a problem that triggers you to seek comfort in food or act out in self-defeating ways? Fears, big and small, seen or hiding under the surface can control us if left unchecked. Most of us who have worked the steps have experienced the miracle of a fear being removed, and most of us know that regular housecleaning is needed as stubborn old fears or new fears arise in the drama of life!

We get our daily reprieve as we remain in the steps every day. Please bring a little courage, a Big Book (if you do not have one—no worries! that would defeat our aim here!) and readiness to do some writing and sharing in a safe anonymous environment. In Overeaters anonymous, no one has to face fear alone!

*“At once, we commence to outgrow fear.”
Big Book of Alcoholics Anonymous, p. 68*