

## Celebrate Unity Day!

**Unity Day 2010 in Pittsburgh**  
**Saturday, Feb. 27, 1-4 pm**  
**Eastminster Presbyterian Church**  
**250 N. Highland Avenue**  
**Pittsburgh, PA 15206-3096**

Ever wondered what Unity Day is? How it is celebrated? Why it is important for you, an ordinary member of Overeaters Anonymous?

Unity Day grew out of our first tradition, “*Our common welfare should come first; personal recovery depends on O.A. unity.*” Unity Day celebrates O.A. as an organization of individuals who share their experience, strength and hope to recover from compulsive overeating, one day at a time. O.A. unity enables us to reach out to those who still suffer and to transmit our powerful message of recovery.

Pittsburgh’s Unity Day program will include an invited speaker who will talk about unity in the history of Greater Pittsburgh Intergroup, a panel and open discussion about individual and group experiences with O.A. unity, time for comments and questions, and time for fellowship. At 2:30 pm (EST), we will join members around the world in a prayer for unity, asking Higher Power to renew our will and our wisdom to work together to carry the message of hope and recovery that we have experienced as members of Overeaters Anonymous.

**DONATION:** A \$5 contribution is requested but not required. *If you can’t pay, don’t stay away!*

**PARKING & AMENITIES:** Free parking behind the church (Penn Circle N at Sheridan Street). Church is handicapped-accessible from the parking lot. Additional free parking at Home Depot across the street. To help members who are seeking sponsors, we will ask available sponsors to identify themselves at the beginning of the event. Water, coffee and tea will be served, and O.A. literature will be available to browse or purchase.

**LUNCH:** We recommend you enjoy an abstinent lunch before the program, perhaps at Whole Foods or one of the many restaurants in East Liberty, Oakland, Shadyside or Point Breeze.

**12<sup>th</sup> STEP WITHIN:** Why not make it a *reunion*? Make it a point in your O.A. group to contact members that you haven’t seen for a while and invite them to join you for Unity Day!

If you have any questions about this event, please contact Cindy at 412-638-4463, Felice at 412-782-6356, Cathy at 412-798-5273, or Madeline at 412-853-3967.

*Unity Day 2010 is sponsored for Greater Pittsburgh Intergroup by Monday, 7:30 pm OA, Calvary Episcopal Church, Shadyside; Friday, 5:30 pm OA, Union Project, Highland Park; and Sunday, 8:30 am OA, Pittsburgh Mennonite Church, Swissvale.*