

**CII of Overeaters Anonymous, Inc.  
CII Sponsored Events 2022-23**

Please contact Karen B. if interested in hosting an event. 515-202-0679

Event/Month	Basic Information	Ideas & Resources
<p><b>International Day of Experiencing Abstinence (IDEA)</b></p> <p><b>Month: November</b> <b>Event Day: Nov 19</b> <b>10:30 - 1:00 pm</b></p> <p><b>CII Group(s):</b> <b>Hosting: HOW</b> <b>Wed 5:30 pm</b></p>	<p>International Day Experiencing Abstinence (IDEA), celebrated <u>the third full weekend (Friday included) in November</u>, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.</p>	<p>Document Library OA.Org</p> <p>Click <a href="#">here</a>.</p> <p>This link has ideas from others who have submitted their own workshops on these events.</p> <p>Search for: IDEA</p>
<p><b>12 Step Within</b></p> <p><b>Month: December</b></p> <p><b>CII Group(s):</b> <b>Hosting: Fri 5:15 pm</b></p>	<p><u>December 12 (12/12)</u> each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.</p>	<p>12 Step Within Book</p> <p>Link <a href="#">here</a>.</p> <p>Includes meeting, retreat and workshop formats; skit and promotional flier; reading and writing tool; "Recovery Insurance Policy" for support and accountability.</p>
<p><b>OA Birthday Celebration</b></p> <p><b>Monday: January</b></p> <p><b>CII Group(s):</b> <b>Hosting: Sat 9am</b></p>	<p>The third full weekend (Friday included) of January has been set aside as the annual celebration of the <u>January 19, 1960</u> founding of Overeaters Anonymous.</p>	<p>Idea: At your meeting: find sections/quotes to read from Roseann's <a href="#">Beyond Our Wildest Dreams</a>, do sharing and sing Happy Birthday. .</p>
<p><b>Unity Day</b></p> <p><b>Month: February</b></p> <p><b>CII Group(s):</b> <b>Hosting: Sun 5:30 pm</b></p>	<p>Unity Day is a day to celebrate the connection of all members and groups of OA to one another. It occurs the last Saturday in February in even years and the last Sunday in February in odd years at 11:30 a.m. local time.</p>	<p>Unity Day Resources to help planning: Click <a href="#">here</a>.</p>

**Tips for any event:**

- Attending a Region 4 Convention or Event also provides ideas for events back home.
- If you have speakers, refer them to CII speaker [guidelines](#) to help practice our Traditions.
- Review OA Guidelines: [Guidelines for OA Events](#).

**OA Responsibility Pledge:** Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible