

Imperfect Abstinence

Overeaters Anonymous Workshop

Steps 10, 11 and 12 through maintenance. Explore the keys of recovery and maintenance with daily inventory, prayer and meditation, and carrying the message!

Saturday, October 10, 2026

10 AM to Noon

301 Beech Street, Abilene, TX

Join us after the program for an optional lunch experience

Savor Each Bite



Stay after the workshop for an optional eating experience featuring a build-your-own salad bar with organic greens, roasted chicken, fresh fruit, walnuts, dried cranberries, feta, and sugar-free dressings. Together, we will follow a leader's verbal instructions and enjoy the opportunity to slow down and savor each bite.

Prefer to bring your own meal? You're welcome to bring a one-plate meal that fits your food plan, and we'll plate it for you so you can participate with the group.

Provided items

- Prepared meal (or bring your own)
- Dinner plate & salad plate
- Napkin & plastic fork
- Metal serving spoon & tongs
- Aluminum foil
- Pen & paper

Please allow approximately 1½ hours, including set-up and clean-up.
A \$5 suggested donation supports our 7th Tradition of being self-supporting.

Free Parking, Coffee, Water, and Door Prizes