

UNITY DAY FLYER HOW-TO

OA HOLIDAY WORKSHOP: UNITY DAY UNITY DAY FLYER CHECKLIST

- ____ “OA Unity Day Celebration” or similar title
- ____ Workshop title or theme
- ____ Optional customized OA logo approved by the WSO as detailed on the Copy Requests page on oa.org: <https://oa.org/guidelines-meetings/copy-requests/>
- ____ Date and time/length of workshop
- ____ Optional Unity Day sample explanations:
 - “As we extend the heart and hand of the OA Fellowship to those who still suffer, let us be mindful of OA’s Unity with Diversity Policy, which respects our differences, yet unites us in the solution to our common problem. Whatever problem you may have with food, you are welcome at this meeting, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute.”—*Suggested Meeting Format*
 - “Our symptoms may vary, but we share a common bond.”—*Many Symptoms, One Solution*
 - Unity Day is a worldwide celebration of the strength we find in the diversity within the Fellowship of Overeaters Anonymous.
 - OA members all over the world come together the last weekend of February to join hands and recognize the strength inherent in OA’s unity.
 - Today, worldwide, in over fifty countries, members of Overeaters Anonymous are meeting to celebrate the importance of unity within the OA Fellowship. Tradition One tells us, “Our common welfare should come first; personal recovery depends on OA unity.”
 - Tradition One: “Our common welfare should come first; personal recovery depends on OA unity.”
 - “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”
- ____ Brief description of workshop special activities or format (number of speakers, “fun” draisers, etc.)
- ____ Online map link to location of workshop
- ____ Host service body
- ____ Contact info for questions
- ____ Unity Day graphics, such as a colorful banner or illustration
- ____ [*Suggested donation*]: “If you can’t pay, don’t stay away.”

UNITY DAY FLYER TEMPLATE LAYOUT 1

[Optional banner graphic: “OA Unity Day Celebration” or similar title]

[Workshop title or theme]

[Date and time]

[Optional Unity Day explanation: see previous page]

[Optional OA logo or graphic]

[Optional brief description of workshop activities or format]

***[Workshop address with optional link to location of workshop via
online location provider]***

[Host service body]

[Suggested donation: “If you can’t pay don’t stay away”]

UNITY DAY FLYER TEMPLATE LAYOUT 2

[Optional customized OA logo]

**Unity Day [year]
[Day and date]
[time] to [time],
with a moment of silence
for the still sick and suffering at [time].**

Sponsored by *[name of service body]* of *[service body location]*.

[name and address of location]

No matter what our differences may be,
WE ARE ALL OA.

UNITY DAY is a worldwide celebration
of the STRENGTH we find in the DIVERSITY
within our FELLOWSHIP of OVEREATERS ANONYMOUS.

We come together simply as compulsive eaters
seeking the common solution found in the TWELVE STEPS of OA
and sharing in the healing power of love within this diverse Fellowship.

UNITY DAY FLYER TEMPLATE LAYOUT 3

OA Unity Day Celebration

[Day and date]

[Time]

OA members all over the world come together the last weekend of February to join hands and recognize the strength inherent in OA's unity!



Speakers tell their stories and what unity means to them!
***[Speaker's position within OA]* speaks on what contributes to unity in OA!**
Opportunities for all to share on gratitude, unity, and recovery!

[LOCATION NAME]

[LOCATION ADDRESS]

Hosted by *[name of service body]* of Overeaters Anonymous

NEED MORE INFO?

Call *[contact name]* at *[phone number]* OR call/text *[contact name]* at *[phone number]*

SEVENTH TRADITION WILL BE TAKEN