

# Living Abstinently

## *How did you do it?*

Share your lived recovery experiences for a  
new OA publication.

From special occasions to every day living.

***Be specific.***

What would you tell your sponsee worked for you?

Share tips, tools, slogans, affirmations, insights,  
turning points, resources.

## WRITE-IN

Join together for a writing session

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**FEBRUARY 15 NOON – 2 PM**

IMMANUEL LUTHERAN, 1700 WESTPORT RD, KCMO 64111

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Doors on the west side will have a sign. Writing pads, pens and pencils, outlets for laptops, coffee and tea will be provided.

It's encouraging to write when others are with you. We will help you submit your story if you wish. OA's deadline is March 3, 2025.