



NEW YORK CAPITAL DISTRICT INTERGROUP

presents a Zoom workshop to keep us motivated and
connected through the dark winter months

Finding Each Other in the Dark – How to Cope & Stay Connected!

Saturday, March 1, 2025 1:00 – 3:00

Join us and refresh your OA program with:

Speakers!

Sharing!

Guided Meditation!

Writing!

Zoom Information Link:

<https://us02web.zoom.us/j/82672425438?pwd=c05sSVpuLzhUK0xHcXJlV2MvQnN6Zz09>

Meeting ID: 826 7242 5438 Attendee ID: Hit the # key Password: 121212

Dial in: +1 929 205 6099 US (New York)

For more information email:

correspondence.secretary.oacdig@gmail.com

