



1st Quarter 2020 – Vol. 13

Keeping My Abstinence

The question could be how using virtual meetings to keep my abstinence? I am Dora, a compulsive eater from Brazil and abstinent because I attend virtual meetings inside my house and that reminds me that I am not alone.

Today I was reading *Beyond Our Wildest Dreams* and Rosanne wrote “when I walked out of the meeting room that night, my life changed forever.” Virtual meetings had changed my life since the first Friday in 2010. They are here for me during holidays or bad moments. These meetings have become my home meetings and no matter the time, the day, or the language, virtual meetings are there for me.

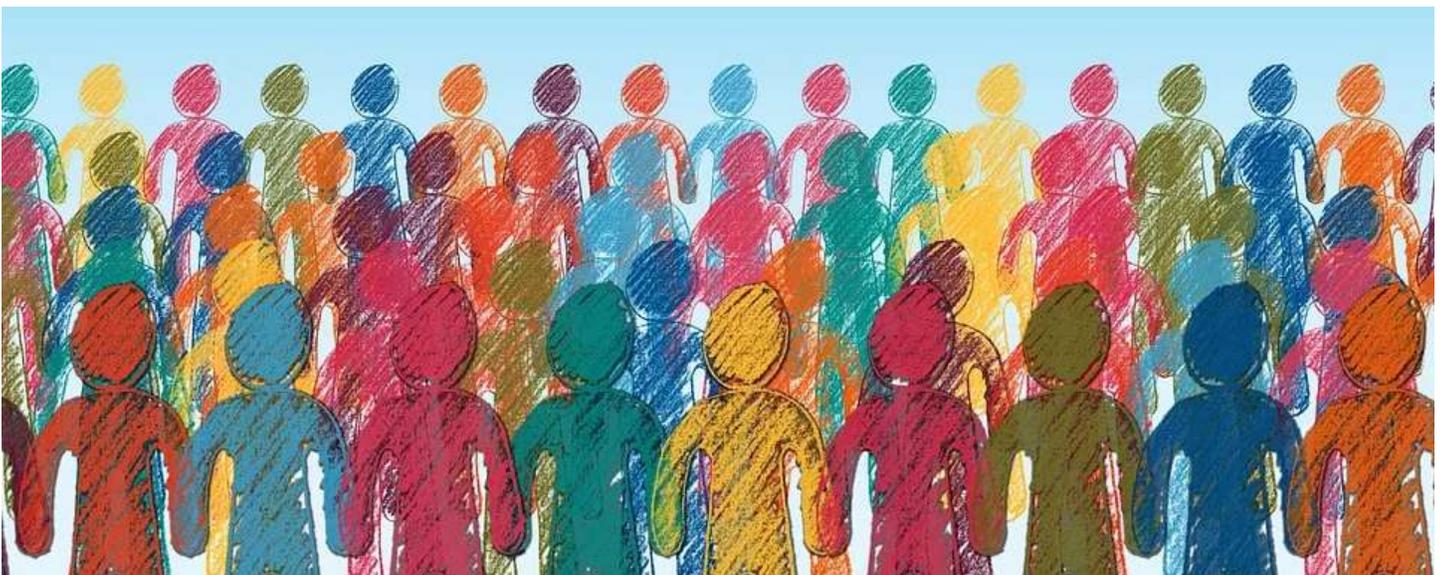
The first thing is, when I am on holidays it is important for me remember that my disease can travel with me and NEVER will rest. No matter where I am my disease will be there with me and if I don't work the tools of our program my disease will become stronger. Of course, it is easier for me attend a home meeting.

Going to my virtual meetings makes me more comfortable when I travel with my daughter for holidays and it is easier being with her while I'm working my program.

Two months ago, I went to a professional event and there were lots of foods there, and this food wasn't for me. I brought foods from my plan of eating and went to the virtual meetings while at the hotel. Were there meetings in that place? Yes, but I could attend all the classes for the professional event and at night I attended my OA virtual meetings.

Virtual meetings are only one of the tools. When I am not on my routine, I need to call my sponsor, write, read, give service, and meet my OA friends. Virtual meetings are blessed doors that are there and open for me, and for that I am very thankful.

—Dora P., OA Virtual Region Trustee
virtualregiontrustee@gmail.com



“OA Virtual News” is the quarterly newsletter of the Virtual Region of Overeaters Anonymous. The newsletter presents experiences and opinions of individual OA members and is not to be attributed to Overeaters Anonymous as a whole, nor does publication of any article imply endorsement by Overeaters Anonymous. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the OA fellowship are encouraged, as well a technical expertise. Articles submitted will not be returned and are subject to editing for clarity, brevity and anonymity.

'Twas Two Weeks before Christmas

Hello I'm Dawn, I'm compulsive and I used to overeat. I've come to believe that I, like many of my fellows in these rooms, was not well socialized as a child due to the life issues and addictions of the adults in my life. My childhood holidays were not the sort of events written about in storybooks. Many times, in the rooms I've heard the refrain "I wish I had the rule book." But no, there is no rule book, but there is modeling and mentoring, and where I failed as a mother, I am now better equipped as a grandmother. I suppose it's better late than never.

Where I am today? Two weeks before Christmas I was laid off from my job of 23 years. I need not go into the details here, but suffice it to say, it was very poorly done. No respect, regard or kindness was shown to me.

I felt rejected and alone. Lost. But rather than reaching for food, I reached out. And one of the places that I found comfort was in Non-Real-Time-Meetings on Facebook. In the beginning I mostly read the things other people were sharing finding comfort in their Experience, Strength and Hope. I listened to podcasts and other meditations to fill the deep void in my soul and leaned strongly on our literature and prayers. The Holidays have always been hard for me, but this one was a doubly so. I've had many sleepless nights and tearful days, but through it all, I did not eat. In the midst of the worst storm of my life, I have found strength in my fellows both in face-to-face meetings and in the virtual world.

AND, due to the many things I have learned these past 7 years in OA, and the modeling and mentoring of my sponsor and many others, I have had the ability to finish well. Even with people telling me I should walk away; I knew that in order to honor God I needed to finish well. So even in the midst of the chaos and drama, and this being the busiest time of the year with the heaviest workload, my HP gave me the grace to finish the things I had started, and to finish well. So, at 5pm on New Year's Eve I logged out of all of my business accounts, and left with my head held high.

Others bad behavior need not be followed by anything but actions that honor my Higher Power.

Thank you for letting me share.

—Dawn K.



The Twelve Steps to a Better Holiday Season

(Throughout the Year)—*Reprinted from Lifeline November 2007*

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

Contribute to Your Virtual Region at <https://oavirtualregion.org/region/seventh-tradition>



**OVEREATERS
ANONYMOUS®
VIRTUAL REGION**

e-WORKSHOP series

Every "2nd Sunday of the Month"
3–4:30pm EST (-5HR GMT)

VIRTUAL REGION WORKSHOP ROOM

1/12	Newcomers
2/09	Men in OA
3/08	Body Image
4/12	Spring Cleaning: Inventory & Appraisal
5/10	Utilizing an OA Toolkit in a Virtual World
6/14	Recovery through Grief and Traumatic Times

<https://zoom.us/j/557696207>
One tap mobile:
+17207072699,, 557696207# US or
+16465588656,, 557696207# US (NY)
(Meeting ID: 557696207)
Arrive 10 min. early for basic
zoom online orientation tips!



*Come together once a month for
rotating topics, speaker qualifications,
brainstorming and sharing ideas that WORK!*

FOR MORE INFORMATION:
oavirtualregion.org/events/workshops/
(BJ) workshop@oavirtualregion.org
(Carolyn) vicechair@oavirtualregion.org

Suggested workshop contribution \$5
oavirtualregion.org/region/seventh-tradition/

A Message from IGOR

The IGOR (Intergroup Outreach) committee met on December 7th—five of our eleven intergroups were represented. It seems to be a sign of the times for all of us who attended, that most OA members really aren't interested in serving the fellowship. We talked about different venues which would promote more participation from the intergroups, especially those who were not in attendance.

I know that not everyone aspires to serve at the intergroup, region or world service level, but it also seems like pulling teeth to get help even at the meeting level.

Sadly, some long-timers see virtual OA as a segue for face-to-face meetings, but that is not the case for many of us. I love face-to-face meetings, but my life as an RV'er now doesn't afford much of that. Most local meetings are often at least an hour away, and as a senior, driving at night has become problematic. RV parks are remote, not in city centers.

So, if you have local meetings close by, count your lucky stars. If you are like me, and attend virtual meetings, we need your help for service at all levels—meetings, intergroups, region and world service.

*'Always to extend
the hand and heart of OA
to all who share my compulsion,
for this I am responsible.'*

OA Responsibility Pledge

—Gerri H.
Virtual Region Ex-Officio Chair
Intergroup Outreach Liaison



Starting A Virtual Intergroup An Adventure in Service

My name is Jean B. from Massachusetts. I came into OA in July of 2004 by attending face-to-face meetings in my local area. I have over 15 years of continuous abstinence. Those meetings were part of what is called 90-day OA. I learned about intergroups by attending meetings of the local intergroup MBI (Mass Bay Intergroup) and later Region 6 assemblies. I also discovered phone meetings in 2005 and started attending them and doing service. I had wondered why phone meetings didn't have the same service structure as face-to-face meetings (intergroup and region) and had talked about starting an intergroup for the 90-day phone meetings after I found out that there were some existing phone meeting intergroups. The problem was, if we had an intergroup, what would we do with it?

For those who are not familiar with 90 day, it is a meeting format that suggests (as OA has told us, we can't limit who is sharing, but we can suggest who shares) that shares be from those who have at least 90 days of continuous abstinence. The purpose of this format is to have those at the meeting hear experience, strength, and hope from those who are working the program. We understand that people can have problems, but if you were a newcomer, would you rather hear from someone who says that they have challenges but don't eat over them, (and how they used tools, instead) or somebody who says they broke their abstinence again because something didn't go their way? If I was that newcomer I wonder if I would stay with a program that didn't work... I used

to go to a non-90-day meeting near where I lived and most of the people were not abstinent. If they asked me how I stayed abstinent and I told them I went to 90-day meetings, they said it was too hard. If you want what I have, do what I do.

But back to virtual intergroups. I found out about the Virtual Services Conference Committee (VSCC) a few years ago and was able to become a non-delegate member. When the Virtual Region was formed (and the VSCC eventually disbanded by WSBC) a request went out to phone meetings to either join an existing phone intergroup or to start one. I was contacted by someone from another phone intergroup asking if my meeting wanted to join their intergroup and I told her that no, we were planning to start our own. I started getting the word out on meetings that I wanted to start an intergroup and initially a few people responded. One helpful thing we have in our 90-day community is someone who publishes a meeting list on email and she was willing to list our upcoming organizational meetings each month as a service. So why an intergroup? Our meetings are autonomous and getting information out can be difficult. An intergroup can be a conduit between meetings and between meetings and region and WSO. We can share ideas and do things that one meeting can't do. I learned from MBI that intergroups do service for their meetings and learning what the meetings want (workshops, for example) is how intergroups do that service.

So, the first thing to do is outreach. Ask meetings to hold a business meeting and choose a representative to attend the intergroup meeting and vote to join the intergroup. Next set up an organizational meeting (phone or online). Have an agenda. To get recognized by WSO, you need to start with a Summary of Purpose document. There is a sample on oa.org that you can use as a template. You need at least 3 meetings to sign on as supporting your intergroup and you should elect interim officers (or at least a secretary as a contact for WSO). Our first organizational meeting had 4 people and I was the only one willing to be an officer (the others had other commitments), so I became the secretary. We agreed to the SOP and I submitted it to Dora, our Virtual Trustee, and to WSO. Dora approved it and WSO gave us our IG number. We were now a real intergroup.

We continued to meet monthly and had more meetings join our intergroup. We held elections for interim officers, and I became interim chair. Two of us worked on bylaws and we will review them and ideally approve them at our next meeting at which point they will be submitted to Dora and then WSO for approval. There is a template on oa.org for suggested bylaws. Our new interim secretary is doing outreach to meetings, the vice-chair and I worked on bylaws, and our treasurer is looking into getting non-profit status and banking. I am also looking at starting an IG website.

This is an ongoing adventure and I will write additional articles to discuss how we are doing. My intention is to encourage meetings that aren't part of an intergroup to think about starting one if they don't want to join an existing one. You are not alone, there are people who have done this and can help you with suggestions, the Virtual Region has an IGOR committee (intergroup outreach) that can help.

—Jean B., 90 Day Phone Meeting Intergroup



OA Virtual Region Assembly 

March 28, 2020
Spring Business Assembly
The Assembly is open to Representatives & Visitors

All materials will be available to download on the VR Website. <https://oavirtualregion.org>

- Deadline for submission of motions is January 14th.
- Registration will begin on January 28, 2020.
- All documents will be available for representatives on the VR Website.
- Cut off for registration is Thursday, March 26, 2020.

This Assembly will be a business only Assembly. We are planning a Virtual Recovery Convention, later in the year. Times of the Assembly and Committee Meetings TBA.

Virtual Region Step Studies

Our Virtual Region Twelve Step Within Committee is planning to use the zoom room to host Step Studies. We plan to start after the first of the year. We are looking at doing two different types of step studies. One would use the Big Book only. The other one would use the OA Twelve Step Study Workshop Guide. Look for upcoming information about times and dates for each. We will also continue our Monthly E-Blasts as well as Quarterly Twelve Step Within Workshops. The committee could use some extra help. Currently we only have 4 members. If you can help please contact Lee R.

Hope you have a beautiful, blessed & abstinent day,
—Lee R., Virtual Region Secretary
secretary@oavirtualregion.org



2020 OA PHONE MARATHONS

712-432-5200 PIN: 4285115#

Meetings Every Hour from 8 a.m. to 12 Midnight ET
Sponsored by the Virtual Intergruop of OA

Wednesday, January 1—New Year's Day
Awareness is the First Step

Sunday, January 19—OA's 60th Birthday
Beginning with Step 1—Spiritual Principle: Honesty

Monday, January 20—Martin Luther King Jr. Day
Be a Champion for Your Recovery

Saturday, January 25—Chinese New Year
Spiritual Principle of Tradition 1: Unity
Together We Can Do What We Cannot Do Alone

Sunday, February 2—Super Bowl Sunday
It Is A We Program—It Takes Fellowship to Work the Steps

Friday, February 14—Valentine's Day
Follow Your Heart—Choose Abstinence

Monday, February 17—President's Day
Step 2 Spiritual Principle: Hope—Higher Power and Food Cravings

Saturday, February 22—OA Unity Day
Spiritual Principle of Tradition 2: Trust—Trusting the Solution

Tuesday, March 17—St. Patrick's Day
Step 3 Spiritual Principle: Faith—The Gift of Desperation and Surrender

Wednesday, April 8—Passover Begins
Spiritual Principle of Tradition 3: Identity—You Are Not Alone

Friday, April 10—Good Friday
Searching for Forgiveness with Step 4—Spiritual Principle: Courage

Sunday, April 12—Easter
The Power of a Spiritual Awakening

There is no abstinence requirement to moderate
For more information contact Padma at 2020oamarathons@gmail.com
To sign up www.signupschedule.com/oamarathons

2020 Is The Year To Go To Convention!



Miss this one and you'll have to wait until 2025! Plan to join more than a thousand OA members from around the world to celebrate OA recovery and revel in our Fellowship.

Convention registration opens in January 2020, but you can sign up now to receive Convention updates!

Send an email to conventioninfo@oa.org with your full name, email address, state/province/territory, and country to start receiving updates. Your information will be kept confidential to the World Service Office.

Want to share your 'virtual stories' of experience, strength and hope or announce Virtual Events in OA Virtual News?
Email oavirtualnewsletter@gmail.com Subscribe to OA Virtual News: <https://oavirtualregion.org/oavirtualnews/> Page 7

OA VIRTUAL INTERGROUPS

NAME & NUMBER	WEBPAGE, E-MAIL & FIND-A-MEETING LINK	LANGUAGE
The Non-Real-Time Virtual IG (#09656)	www.facebook.com/groups/1027489100760210/?ref=br_rs Find-A-Meeting Link	English (Translatable)
Perseverancia IG (#09658)	anasofavelez@gmail.com Find-A-Meeting Link	Spanish
12 Step 4 COEs IG (#09659)	http://www.oa12step4coes.org marianne.praise.him3@gmail.com Find-A-Meeting Link	English
OA/HOW Two-Hour Format Virtual Meetings Virtual Intergroup (HVIG) (#09660)	https://www.oahowphonemeetings.com oahowvsb@gmail.com Find-A-Meeting Link	English
Virtual Intergroup of Overeaters Anonymous (#09661)	http://oaphonemeetings.org chair@oaphonemeetings.org Find-A-Meeting Link	English
Ebony Overeaters Anonymous IG (#09662)	surfsupnowgirl@yahoo.com Find-A-Meeting Link	English
Spiritual Fitness & Serenity IG (#09663)	www.spiritualfitnessandserenity-oa.com sfsvsboa@gmail.com Find-A-Meeting Link	English
CCA Online IG (#09664)	www.ccaonline.com.br doramap@hotmail.com Find-A-Meeting Link	Portuguese
Despertar Abstinente IG (#09665)	www.ccadespertarabstinente.com.br Find-A-Meeting Link	Portuguese
Café Abstinente IG (#09666)	www.ccadespertarabstinente.com.br Find-A-Meeting Link	Portuguese
R9 WhatsApp Group Conscience Committee (GCC) Virtual IG (#09668)	Find-A-Meeting Link	Varies
The 90 Day Phone Meeting Virtual IG (#09669)	Find-A-Meeting Link	English

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