


From: Lynne Silbernack abundantmercy1010@gmail.com 
Subject: Electronic OA Newsletterette #2
Date: May 9, 2020 at 4:54 PM
To: undisclosed-recipients;
Bcc: tomoa@gmx.com

LS

Several things coming up that I wanted to pass along...

Intergroup Zoom Account - the Intergroup now has a Zoom account, and can accommodate multiple meetings as long as they are not at the same time. **If you are currently HOSTING a Zoom OA meeting, please reply to this email and let me know** who you are, what meeting(s) you host, and if you would like to switch to the Intergroup Zoom account. I would like to make the switch all at the same time - and soon! - so we don't have to keep updating meeting lists. I would like to hear from each meeting even if you don't want to switch to the Intergroup site so I know I have reached everybody. Thanks so much!

OA Virtual Region - with the switch to Zoom meetings, I suddenly became aware that OA has a virtual region! My first experience was attending a workshop they offered to help with the transition to virtual meetings. I haven't fully checked out their offerings, but I do know that they have several opportunities coming up, which I will describe below. If you want to explore further, their website is <https://oavirtualregion.org/>

- Second Sunday e-Workshops - The Overeaters Anonymous Virtual Region hosts "**The Second Sunday of the Month**" e-WORKSHOP series on the second Sunday of each month. Come together the second Sunday of the month for rotating topics, brainstorming and sharing ideas that WORK! Second Sunday is TOMORROW. The topic is "**Utilizing an OA Toolkit in a Virtual World**". A list of upcoming e-workshops and a flyer with information on tomorrow's workshop is attached.
- First Annual Virtual Region Workshop - Mark your calendars for the weekend of June 20-21, a full weekend of virtual recovery from around the world! A Flyer with information is attached.

Intergroup Website - please check out the new Intergroup website at <http://heartlandoa.org/>. Please send Tom items for the website as well as feedback.

New OA Materials - descriptions below and a flyer attached.

- NEWLY UPDATED with references to the OA *Twelve and Twelve, Second Edition* — the *Twelve Step Workshop and Study Guide, Second Edition* (#960-2) is our most in-depth resource for leading groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature. Also available on Apple iBooks, Amazon Kindle, and Barnes & Noble Nook devices.
- NEWLY AVAILABLE, the *Participant Guide for Twelve Step Workshop and Study Guide, Second Edition* (#965) has the important pages attendees and sponsees need in order to participate in the *Twelve Step Workshop* and follow along with the leader. The *Participant Guide* includes Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. With the *Participant Guide*, workshop attendees and sponsees can focus on the Step work, without the distraction of the leader's script.

Newsletter Items - I would really like to do a real newsletter by late May or early June. I am looking for items (reflections, poems, ideas, etc.) related either to the coronavirus (e.g. how to stay abstinent and sane) or our new experience of Zoom meetings (other contributions will be accepted as well!). Also let me know if you have "news" to be added... If you are reading this, you have my email address!!

Lynne S
Your Humble Newsletter Editor

"I have come that they may have life, and have it more abundantly." Jn 10:10



e-WORKSHOP series
Every "2nd Sunday of the Month"
3-4:30pm EST Eastern Time

UPCOMING TOPICS

4/12 Spring Cleaning: Inventory & Appraisal
5/10 Utilizing an OA Toolkit in a
Virtual World

- 6/14 Recovery through Grief and Traumatic Times
 7/12 ACCEPTANCE is the answer to all my problems today
 8/9 New Sponsor Workshop
 9/13 19 Symptoms to Relapse
 10/11 Demystifying the OA Service Structure
 What is the inverted Pyramid?
 11/8 Abstinence and Keeping It - the difference between abstinence and a plan of eating
 12/13 Young persons in OA



**NEW
 PASSWORD
 120912**

VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

One tap mobile:
 +17207072699,, 557696207# US or
 +16465588656,, 557696207# US (NY)
(Meeting ID: 557696207)



FOR MORE INFORMATION:

oavirtualregion.org/events/workshops/
 email: (BJ) workshop@oavirtualregion.org (Carolyn) vicechair@oavirtualregion.org
 Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition/



**New
 Password
 120912**

"2nd Sunday of the Month"
e-WORKSHOP Series
**Utilizing an OA Toolkit
 in a Virtual World**



Join in to hear how members in Overeaters Anonymous utilize the nine tools of recovery to assist their Twelve-Step program. The tools suggested to help our abstinence and recovery are: Plan of eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action plan, Anonymity and Service. Today's speakers will share experience, strength and hope on how these tools work in their virtual program.

VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

**Sunday
 May 10th**
 3-4:30pm EDT
 Eastern Daylight Time
 (GMT-4/ UTC-4)

One tap mobile:
+17207072699,, 557696207# US or
+16465588656,, 557696207# US (NY)
(Meeting ID: 557696207)
(Password: 120912)

Arrive 15 min. early for basic zoom online orientation tips!

For international dial in numbers:
<https://zoom.us/join>



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

“We are all one. We are OA”

For More Information:

oavirtualregion.org/events/workshops/
(Lisa) workshop@oavirtualregion.org (Carolyn) vicechair@oavirtualregion.org



Virtual Region of Overeaters Anonymous invites the OA fellowship from around the world to join with us in our

1st Annual Virtual Region Convention

Many Languages One Virtual Recovery

-  Featuring Keynote Speakers with multi lingual translation
-  Meditation Room
-  Sponsor / sponsee speed match
-  Writing workshops
-  Virtual Region tools search

SAVE THE DATE

Saturday, June 20th

11am-11pm EDT (GMT-4)

Sunday, June 21st

6am-6pm EDT (GMT-4)

Recovery celebrations

Newcomer Meetings

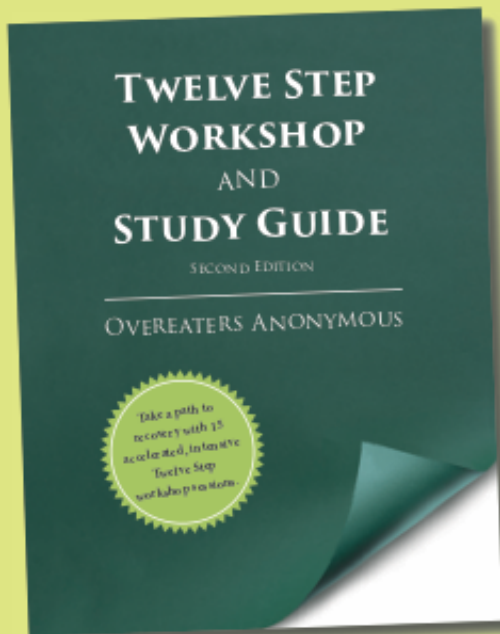
Workshops will be led and supported by multiple InterGroups around the globe
Virtual Region special focus

Virtual Region seeks service volunteers in the following areas

Translators, zoom dashboard co-hosts, WhatsAppHosts, speakers, greeters, room monitors, graphic artists, workshop leaders, registration, outreach within and entertainment.

Please contact vrconvention@virtualregion.org

NEW in the OA Bookstore



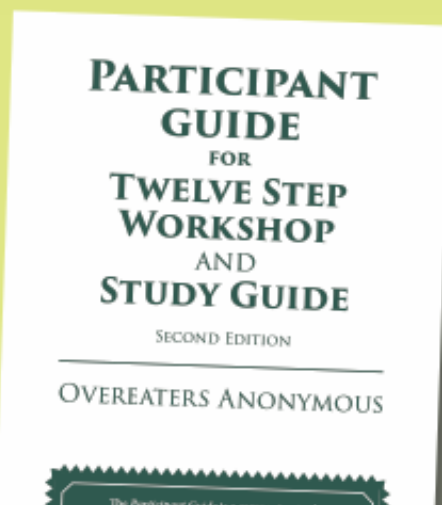
Twelve Step Workshop and Study Guide, Second Edition

NEWLY UPDATED with references to the OA *Twelve and Twelve, Second Edition*, this *Workshop and Study Guide* is our most in-depth resource for leading groups or individual sponsees on a journey through OA's Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature.

162 pages. Softcover print edition available at oa.org. Search item #960-2 (US\$13.50 each). Shipping not included. E-books available for US\$9.99 each from Amazon, Apple, and Barnes and Noble.

Participant Guide for Twelve Step Workshop and Study Guide

NEWLY AVAILABLE, this *Participant Guide* has the important pages attendees and sponsees need in order to participate in the *Twelve Step Workshop* and follow along with the leader. The *Participant Guide* includes Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. **NOTE:** *The Participant Guide is not the complete Workshop and Study Guide; it is a companion volume for attendees and*



sponse es.

60 pages. Softcover print edition available at oa.org. Search item #965 (US\$7 each) or #966 (\$US157.50, case of 25). Shipping not included.

Three-Step Workshop and Study Guide, Second Edition.
Included are benchmark assignments and worksheets
for workshop attendees. This Guide is not the
complete workshop guide.

To order: bookstore.oa.org
