

Hi Everyone,

Only one change in meeting info: the contact person for the Thursday 7PM Zoom meeting has changed. New contact is Heather 954-793-8765.

As many of you are aware, the OA90 Virtual Intergroup is having a series of workshops. Tomorrow, Saturday 9/23, we are having a travel workshop called Have Abstinence, Will Travel! which has generated a lot of interest.

Time is 1-2PM Eastern which is 10-11AM Pacific. It will be on Zoom, with the Zoom meeting ID # 837 1100 7258 and the passcode is the word workshop but if you are coming on by phone you can use any of the Zoom phone numbers (they all go to the same place, you can see some on the OA90 phone meeting list) and you will hear "welcome to Zoom" and you will enter the Zoom meeting ID when requested. Instead of a passcode, it will ask you to enter # and that should connect you.

I have heard from some folks who can't attend and wanted to know if it will be recorded. YES! There will be an audio recording (no video) which will be posted on the OA90.org website along with some written material. Exactly when this will happen, all I can say is that it will be some time after the workshop because I've never posted this type of material before (I'm the webmaster along with other hats) and I will be offline Sunday evening to Monday evening, so please bear with me. I'm hoping it will be done Sunday afternoon as I know people are looking forward to it. I would also mention, since audio will be recorded, that people only leave contact info in the chat function and not say their phone numbers since we have no control over who might hear the recording in the future. This warning will be repeated in the workshop. Also requesting people to put questions in the chat for the presenters to answer, this saves time and allows more questions. I realize this means people on the phone may not get to ask questions during the workshop but we may have a way to do that afterwards.

Upcoming workshops:

We have more ideas for workshops!

Oct. 22nd: Resisting the lure of holiday treats (just before Halloween, how to avoid the "just try one" or not buy stuff for the kids who won't show up...) techniques you can use throughout eating season to stay abstinent

November 22nd 12-3 Thankathon the day before Thanksgiving - the attitude of gratitude

December 10th 1-3 Prepare for 12th step within day - celebrating an OA holiday with outreach - who will you call?

December 24th 12-3-Holiday spirit

December 31 - 12-3 Holiday spirit continued - enjoying the season without indulgence for a sane and sober New Year

We are looking for people who want to speak on these workshops or help out on the Zoom. Please respond to this email and we (Jean, Gayle, Aleta) will get back to you.

In gratitude and service,

Jean B.

Please respond to this email