

World Service news:

WSBC is all virtual this year and we are trying to get that status every year. Motion #6 on the proposed agenda questionnaire for WSBC 2025 would change the schedule from alternating years of virtual and Albuquerque to virtual every year, thus allowing more intergroups to have representation as they would not have to travel (airfare and hotel, even with assistance funds, are too expensive for many). If your intergroup gets the voting ballot, please ask them to vote yes to include #6 for consideration at WSBC. Deadline for returning the questionnaire is March 5th. WSBC dates are May 4-10. You can see more info on OA.org website under news & events.

OA90 for All Meeting

The second Sunday of each month there is a Zoom meeting on Community Conversation: Compassion, Discipline, and Equity where all perspectives are welcome.

The next meeting is Sunday, Feb. 9th. Time is 4:30-5:30PM EST

Zoom meeting ID 875 1073 1879 passcode: 2020

Can also be accessed by phone like other Zoom meetings

If you need a Zoom invitation or want more info, email Nimita nimitala@gmail.com

Upcoming OA90 Workshops

Use the meeting ID and passcode below for all of these workshops. All are 1-3:30PM EST

You can also use any Zoom phone number to access by phone. Fliers attached, also on oa90.org

Zoom ID 837 1100 7258 Passcode: 202590

Saturday Feb.1 **Exercise is not a four-letter word**

Sunday Feb. 23rd **Honesty - the Spiritual Principle of Step One (for Presidents Day)**

Saturday March 22nd **March Madness (don't fall into the food trap)**

Stay warm and well!!

In Service, Jean B.

Your OA90 Virtual Intergroup Presents a Workshop on:
Exercise is not a Four Letter Word
But Do I Have To? Do I Want To?

WHEN? Saturday February 1st
10 am to 12:30 pm Pacific /
1 pm to 3:30 pm Eastern

WHERE? ZOOM No Registration Required
Zoom ID 837 1100 7258 Passcode 202590

Hear our stories with and without exercise.

Visit OA90.org for more info

In Honor of Presidents' Day
Your OA90 Virtual Intergroup
Presents a Workshop On:
Honesty
The Spiritual Principle of Step One

WHEN? Sunday February 23rd
10am - 12:30pm Pacific /
1pm - 3:30pm Eastern

WHERE? Zoom - no registration required
Zoom ID 837 1100 7258
Passcode 202590

WHY? Checking my recovery...
Does it HOWL? (based on)
Honesty, Openmindedness,
Willingness and Laughter

HEAR: experience, strength
and hope, Q&A and shares

ALL ARE WELCOME!

Visit OA90.org for more info

Your OA90 Virtual Intergroup Presents
A Workshop On:
March Madness
(Don't Fall Into the Food Trap)

WHEN? Saturday March 22, 2025
10am to 12:30pm Pacific / 1pm to 3:30pm Eastern

WHERE? Zoom ID 837 1100 7258
Passcode 202590 No Registration Required

WHAT will I hear? How our fellows with
long-term abstinence navigate the March Madness
waters, unexpected occurrences, preparation for
whatever might come next!
Q&A and sharing to follow

ALL ARE WELCOME

Visit OA90.org for more info

Is Your Food There?