



## Welcome To News From the Virtual Region

Welcome to edition two of the monthly email from the Virtual Region. As part of our ongoing commitment to keep you better informed on what is happening in the Virtual Region we plan to send a monthly email around the 15th of each month. If you would prefer to not receive this but would still like to hear of major events like convention simply email us [data@oavirtualregion.org](mailto:data@oavirtualregion.org) and we will remove you from the distribution list for this email type.

Please feel free to share this information with others. We now have a registration link for our distribution list. You can access on our website at <http://oavirtualregion.org/> and then click on the 'sign up' button.

## Letter From The Virtual Region Chair

Thank you to all our Intergroups, members, and the support of OA fellows around the world. The Virtual Region continues to move forward on Carrying the Message. This past month we focused on our business at hand in our Virtual Assembly; we passed revised by-laws via a unanimous vote of 100 percent. We move forward with a special assembly to focus on our policy, procedures, and region plans. Guests are welcome to join us. (See information in next section)

So many of you have been part of helping OA's youngest region grow. I want to acknowledge the support from all OA regions, intergroups, service bodies, and members worldwide. The unity has brought fellowship, recovery and Carried the Message around the globe. Now the Virtual Region stands ready to collaborate in Carrying the Message to the hundreds of millions of people worldwide who are impacted by compulsive eating and compulsive eating behaviours through our social media

campaigns and specially developed hybrid-linked outreach workshops. If your service body is interested in working with us, please reach out to [chair@oavirtualregion.org](mailto:chair@oavirtualregion.org)

Love, Service & Unity  
Claire M Virtual Region Chair

## Virtual Region Assembly (Session 2)

**May 14th, 2022**

### **VISITORS WELCOME**

**Register  
Here**

#### **Assembly is Coming!!!**

The second Assembly of 2022 is coming on May 14th. We welcome and encourage every VR Intergroup to send representatives to this Assembly. Click on the big green button to register. Everyone including voting representatives and visitors alike needs to register (even if you registered for Assembly 1).

We have a bunch of work to do as the Bylaws Committee has been very busy. At Assembly 1, we approved the Bylaws and standing rules. We still have the revised policy manual to approve. Thanks to all of you we are growing! Together we get better. Thank you for your participation at the May 14th Assembly for the love of OA.

The originally printed pack of all resources for our March 26th Assembly plus additional Recovery Resources is still available to purchase, for more information please email [data@oavirtualregion.org](mailto:data@oavirtualregion.org) You can find all needed resources for the May 14 assembly on our website.

## New Features Coming Soon

After feedback from our last issue we plan to make some refinements to future editions of this newsletter. These upgrades include:

- Heard at a meeting - Short Quotes to inspire recovery
- Service Body Highlight - Each month we will plan to highlight one of our intergroups, special focus service boards, or committees so you can learn more about them and how they can help your recovery.
- Longer articles - Links to longer articles on our website. In future months we hope to bring you three such articles
  - An article on the importance of our committees and how you can join a committee
  - An article on how one member has been blessed by belonging to a special focus intergroup
  - An article on the benefits of serving both in service bodies in both land based and Virtual Regions
  - If you have an idea for an article you would like to see, or if you would like to submit an article for review, then please send us an email to [submissions@oavirtualregion.org](mailto:submissions@oavirtualregion.org)

If there is something you would like to see in a future issue please make sure you fill in the feedback form at the bottom of this email

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How should we publish this newsletter?

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Website Only

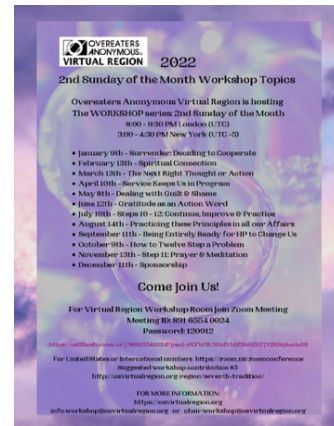
Email and Website

Email with link to website

## News and Service from The Virtual Region Workshop Committee

### Workshops In 2022

Did you know that the Workshop Committee Deliver a Workshop Every Month in English? To the right, you will find a poster of all the upcoming workshops in 2022 and below you find the poster for the coming workshop. For more information please email **[chair@workshop.oavirtualregion.org](mailto:chair@workshop.oavirtualregion.org)**



**Download**

### YOUR COMMITTEE NEEDS YOU

Did you learn some Zoom skills during the recent convention? Would you like to put this knowledge to use? Or would you like to learn these skills?

Each month we need assistance with the following roles:

- Leader
- Tech Host
- Moderator for Q&A
- Timer
- Chat monitor

Don't worry if you need training or a refresher. We will gladly provide training.

Look forward to hearing from you.

In gratitude,  
Virtual Region Workshop Committee  
info@workshop.oavirtualregion.org

## News From Our Intergroups

### Marathons from Virtual Intergroup

Virtual Intergroup of Overeaters Anonymous holds regular marathons throughout the year. You can find a schedule to the right. Meetings in the Marathon are held every hour from 8:00 to 12 midnight EST. The marathons before our next monthly mailing will be:

**Friday, April 15th (Passover Begins and Good Fri)** From Disease to Recovery- Breaking the Bonds of Self-will

**Sunday, April 17th (Easter):** Tradition 4. Spiritual Principle - Autonomy - Do I Take Responsibility for My Actions and Avoid Trying to Control Others?

**Sunday, April 24th (Orthodox Easter):** Which Tools Do I Want to Refresh?

**Sunday, May 1st (EID al-Fitr: Ramadan):** What Makes Me Feel Nourished and Satisfied?

**Thursday, May 5th (Cinco De Mayo):** How Do You Practice Diversity in Your OA Program?

**Sunday, May 8th (United States Mother's Day):** Step 5. Spiritual Principle - Integrity - Admission of Our Wrongs to Keep Integrity Strong

2022 Marathons Sponsored by  
Virtual Intergroup of Overeaters Anonymous  
713-432-5250 Conference ID 4285158  
Meetings every hour from 8:00A to 12:00 midnight EST with regular scheduled meetings

Date	Feast/Day	Spiritual Principle and Topic
Tue, Jan 4	Euphrates	Tradition 1 Spiritual Principle-Unity- Together We Can Succeed
Sat, Jan 15	Our Lord's Birthday	Tradition 1 Spiritual Principle-Unity- Together We Can Succeed
Mon, Jan 17	Martin Luther King Jr. Day	Be A Champion For Your Recovery
Tues, Feb 1	Chinese New Year	Tradition 1 Spiritual Principle-Unity- Together We Can Succeed
Sun, Feb 13	Super Bowl (Sat)	Common Welfare Comes First
Mon, Feb 14	Valentine's Day	Keep 5 Simple Sweethearts
Mon, Feb 21	President's Day	Step 2 Spiritual Principle- Hope- How Is Hope Different From Craving?
Sat, Feb 26	CA Unity Day	Tradition 2 Spiritual Principle- Trust- I Put My Hand In Yours Trusting Each Other in OA
Tues, March 2	March 2nd	Tradition 3 Spiritual Principle- Identity- How Do You Identify Your Membership in OA?
Thurs, March 17	St. Patrick's Day	Step 3 Spiritual Principle- Faith- 3 Guides to Faith Bible, Traditions and Concepts
Sat, April 2	Ramadan Begins	Step 4 Spiritual Principle- Courage- How Do I Find the Courage to Change?
Fri, April 15	Passover Begins Good Fri	From Disease to Recovery- Breaking the Bonds of Self-will
Sun, April 17	Easter	Tradition 4 Spiritual Principle- Autonomy- Do I Take Responsibility for My Actions and Avoid Trying to Control Others?
Sun, April 24	Orthodox Easter	Which Tools Do I Want to Refresh?
Sat, May 1	EID al-Fitr: Ramadan	What Makes Me Feel Nourished and Satisfied?
Thurs, May 5	Cinco De Mayo	How Do You Practice Diversity in Your OA Program?
Sat, May 8	Mother's Day	Step 5 Spiritual Principle- Integrity- Admission of Our Wrongs to Keep Integrity Strong
Mon, May 20	Memorial Day	Tradition 5 Spiritual Principle- Purpose- How Do I Define My Purpose As A Member of OA?
Sat, June 11	Gay Pride Celebration	Step 6 Spiritual Principle- Willingness- What Ways Do I Practice Willingness in My OA Program?
Sun, June 19	Jumadeh, Father's Day and Summer Solstice	Tradition 6 Spiritual Principle- Solidarity- Together We Can Do What We Cannot Do Alone
Mon, July 4	Independence Day	Step 7 Spiritual Principle- Humility- Finding the Humility to Accept Help From Others
Sun, Aug 21	Sponsorship Day	Tradition 7 Spiritual Principle- Responsibility- How Do I Extend the Heart and Hand of OA to Those Who Share My Commitment? For This I Am Responsible.
Mon, Sept 5	Labour Day	Step 8 Spiritual Principle- Self-Discretion- A Part of Our Labor Is Going From Isolation to Fellowship
Sun, Sept 25	Rosh Hashanah	Tradition 8 Spiritual Principle- Fellowship- New Beginnings, New You, New Friends

**Download**

### A Design for Living Monthly Workshop

The Intergroup A Design for Living holds a monthly workshop. This month's topic will be Traditions 9 & 10.

You can find a flyer to the right as well as a download link [here](#).

**OVEREATERS ANONYMOUS**  
A DESIGN FOR LIVING

**Concepts & Traditions**

Sunday 8th May 2022  
7:30-9:00AM MELBOURNE, AUSTRALIA TIME ZONE\*  
NOTE: THIS IS SATURDAY 27th MAY, 5.30PM IN USA (EST)

This month topic:  
**TRADITION 9 & 10**

Zoom ID: 200 540 624 (no password)

[www.ad4info](http://www.ad4info)

Hosted by A Design for Living (Big Book OA)  
\*You can find your time zone on [www.timeanddate.com](http://www.timeanddate.com)

## 90-Day Virtual Intergroup Presents Spring Into Action

Workshop with sharing on building a Plan of Action for Abstinence!

Plus time for Newcomer Q&A's

Saturday, April 16th

One hour-long. 9 AM Pacific – 10 AM Mountain  
11 AM Central - Noon Eastern – 6 PM Europe

Zoom ID 825 9900 9165 / passcode: workshop

Maintaining Abstinence in all seasons



## BEFORE YOU GO

**We Would Love Your Feedback (Please Fill in  
This Feedback Form)**

**Visit our Calender and Website for Further Events and Information**

OA Virtual Region | 163 Highland #1301, Needham, MA 02494

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