



3<sup>rd</sup> Quarter 2019 – Vol. 11

## "Growing Our Membership Worldwide: WSBC and Beyond!"

### My Personal Worldwide Membership WSBC, the Virtual Region and Beyond!

A little more than a year ago, the WSBC delegates voted to form a new region for our virtual meeting members, and I was privileged to help with this herculean endeavor. Starting something from scratch like this is exciting and at the same time frustrating, but looking back a year later, so rewarding!

The first assembly took place in January both in real and non-real-time. International representatives were able to listen to the recorded meeting and had twenty-four hours to vote by e-mail on the motions presented. Now, planning our second assembly at the end of July, it's going much more smoothly—we know a little bit more of what we're doing. We in the virtual world are indeed growing membership worldwide!

But how does all this affect me, as an OA member? I found the fellowship in Central Florida, 26 years ago, when face-to-face meetings were our only option. There were meetings every day of the week for me, and my personal recovery flourished. I took the Steps with my sponsor and lost over 100 pounds the first year. I really stayed close to home those early years, but got involved with intergroup in 1998. I had a head for business and boards and was grateful to share my ESH (Experience Strength and Hope) with other members.

Soon I was off to my first Region 8 Assembly and a few years later, the World Service Business Conference. I met OA members from around the world. My service positions took me to South America too. I have lifelong friends from all corners of the world by giving service to Overeaters Anonymous.

My husband and I travel in an RV, and at times can be in rather remote areas, where there are no local OA meetings. I started my virtual recovery journey in the late 90's, by participating in email loops, and then met several of these new friends at the 2000 world convention in Dallas, Texas. How exciting it was to meet people I'd been conversing with for a few years! Today I attend no less than three meetings a day, thanks to the non-real time groups on social media. I 'read' people's shares, and participate by writing (sharing) every day. Maybe it helps someone, but bottom line, it's helping me.



**"OA Virtual News"** is the quarterly newsletter of the Virtual Service Conference Committee 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 or by the VSCC. Comments, suggestions, and articles sharing your personal experience, strength, and hope of recovery in the OA fellowship are encouraged. Articles submitted will not be returned and are subject to editing for clarity, brevity and anonymity.

I bet Rozanne is doing a happy dance in heaven, seeing what we are accomplishing in OA today. Could she have envisioned these virtual opportunities? I think she did, as we added 'other public media of communication' to Tradition Eleven. We were innovative thinkers more than fifty years ago.

Soon I will not be serving as a board member for the virtual region, though there will be other opportunities for me to be a part of growing OA worldwide, but most importantly, remembering that my personal recovery and abstinence must come first. Personal recovery indeed depends on OA unity, so thank you all for being here for me!

—Gerri H., Virtual Region Chair

## CALLING ALL VIRTUAL SPONSORS AND SPEAKERS

THE VIRTUAL REGION SPEAKER/SPONSOR COMMITTEE

IS EXCITED TO ANNOUNCE THE LAUNCH OF OUR PAGE ON THE VIRTUAL REGION WEBSITE!

IF YOU ARE LOOKING FOR OR ARE AVAILABLE TO BE

A VIRTUAL SPEAKER OR SPONSOR PLEASE SIGN UP AT

[HTTPS://OAVIRTUALREGION.ORG/REGION/COMMITTEES/SPEAKER/](https://oavirtualregion.org/region/committees/speaker/)

THIS TRANSLATABLE PAGE WILL BE FORWARDED TO A

CONFIDENTIAL LIST AND WILL BE PAIRED UP WITH

OTHERS WHO ARE SEEKING TO VOLUNTEER AND OFFER

THE SAME LANGUAGE, TIME ZONE, AND MEANS OF

COMMUNICATION (PHONE, E-MAIL, WHATSAPP, ETC.)

THAT YOU REQUEST. THE REGISTRATION FORM ALSO

ASKS FOR ELIGIBILITY REQUIREMENTS SUCH AS LENGTH

OF CURRENT ABSTINENCE AND STEPS COMPLETED

IN ORDER TO COORDINATE COMPATIBLE PARTNERSHIPS.

THE COMMITTEE IS LOOKING FORWARD TO PROVIDING

THIS IMPORTANT NEW VIRTUAL SERVICE!



## e-WORKSHOP series

Every "2nd Sunday of the Month"

3-4:30pm EDT Eastern Daylight Time

(-4HR GMT)

## VIRTUAL REGION WORKSHOP ROOM

- 7/14 Steps 1-6
- 8/11 Steps 7-12
- 9/8 Hybrid Meetings
- 10/13 On-line & non-real time meetings
- 11/10 Recovery through the holidays
- 12/8 Hot Topics

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

One tap mobile:

+17207072699,, 557696207# US or

+16465588656,, 557696207# US (NY)

(Meeting ID: 557696207)



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

### FOR MORE INFORMATION:

[oavirtualregion.org/region/committees/12stepw/](https://oavirtualregion.org/region/committees/12stepw/)

email: (BJ) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org)

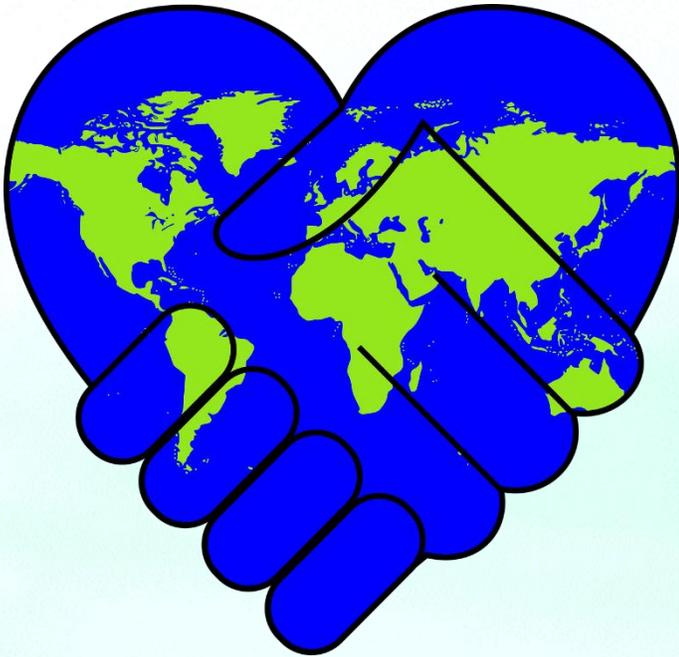
(Carolyn) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

**Suggested workshop contribution \$5**

[oavirtualregion.org/region/seventh-tradition/](https://oavirtualregion.org/region/seventh-tradition/)

Want to share your 'virtual stories' of experience, strength and hope or announce Virtual Events in OA Virtual News?

Email [oavirtualnewsletter@gmail.com](mailto:oavirtualnewsletter@gmail.com) Subscribe to OA Virtual News: <https://oavirtualregion.org/oavirtualnews/>



## Growing Membership Around the World

This year was my sixth WSBC (World Service Business Conference) and my first year giving service as the virtual region trustee.

Service is an important tool for my recovery, I always remember Doctor Bob's words in the Big Book, "I give service because it is a pleasure!" I give service because I am full of gratitude! I give service because this connects me to my recovery, instead of spending my time being connected to my disease.

I am a daughter of OA virtual meetings. In June 2010, I went to a virtual meeting here in Brazil and became abstinent. I need these meetings still today—they are my home meetings, and I know that I need to do my part to keep these meetings and many other virtual meetings alive. Sometimes I feel it would be easier to only give service at the group level and to carry the message *in my own language*, or at my virtual intergroup *in my own language*. Things could be

easier. But I am a compulsive eater and I feel that I need to give more and more service to carry the message and to see other miracles happen.

This year as the Virtual Region Trustee I saw the new region begin. I helped at the first assembly and have come to know many wonderful members doing OA service.

What happened at the WSBC that could be important for us? Everything, because we are one, both virtual and F2F (face-to-face) meetings have one primary purpose, the same purpose. We have a new 'Statement on Public and Social Media' where meetings need to let members know that their anonymity is not fully protected (yes, I know that it is better if I don't give my full name at a meeting, but new members don't know about this) and it is our obligation to help members to protect their anonymity. Another thing that happened was that the Virtual Services Conference Committee (that has given a lot of wonderful service) was disbanded because now there is a Virtual Region. There is still much to be done and we will continue our work in unity. Lots of discussion and many decisions were made; you can see it in the [Wrap Up Report](#) on the oa.org website.

Yesterday we communicated with a member from a place where there is not yet literature in their language and after a try with a virtual translation tool, overeater anonymous was translated into cannibal ☺. This is why the work supported by the Translation Fund is so very important, to help OA begin and to grow in countries where we do not have literature.

Now, it is July and we have a Virtual Region Assembly; we hope to welcome you there.

Let's help OA grow around the world!

—Dora P., OA Virtual Region Trustee  
[virtualregiontrustee@gmail.com](mailto:virtualregiontrustee@gmail.com)

## Growing Our Membership in Worldwide Unity

As one might imagine, when you gather 188 addicts from around the world in one room, you might end up with some differing opinions, and this year's conference had its moments of anguish and triumph. Through hard work, debate, prayer, and trust in our Higher Power we came to group conscience decisions.

Of the past five conferences I've attended, this one had the most standing counts—meaning votes could not be clearly discerned by voice or the raising of hands, but the delegates' votes needed to be individually counted. I found this particularly interesting when we came to the vote on Motion K which was unanimously adopted! What a surprise. How weird, wild, and a worldwide wonder!! I could not have imagined this singlemindedness among the delegates even two years ago, but with this new policy statement there is OA unity, as it addresses the common concerns of both face-to-face and virtual meetings.

### Statement on Public and Social Media

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2019 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous are responsible for maintaining their anonymity and respecting the anonymity of other OA members. When attending an OA meeting, whether face-to-face or virtual, members are encouraged to seek appropriate means to protect their own anonymity and that of fellow members.

All registered virtual meetings shall inform members that their anonymity is not fully protected when attending a virtual meeting.

Find options for protecting anonymity at Guidelines for Anonymity in the Digital World. <https://oa.org/files/pdf/Anonymity-Guidelines-V2-proof.pdf>

Another significant change is to OA's Definition of Abstinence & Recovery. Meeting formats that include this verbiage will need to be updated.

### OA's Definition of Abstinence and Recovery

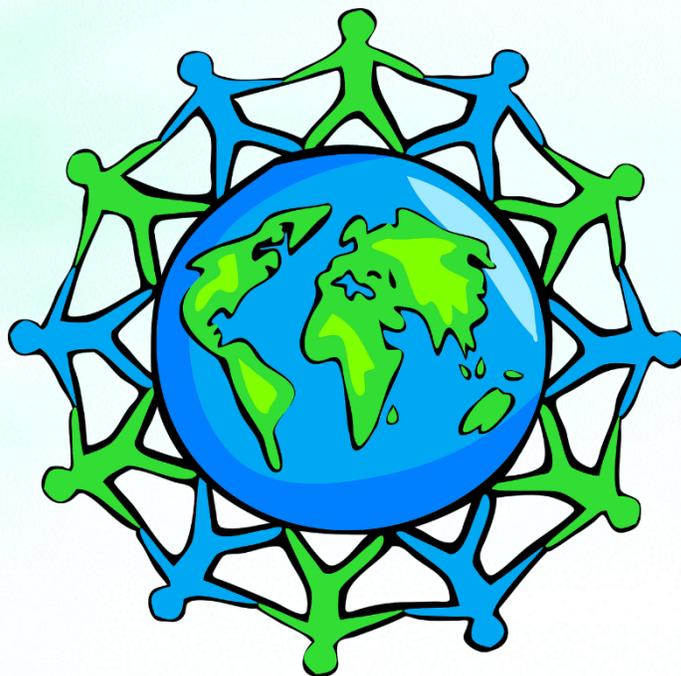
1) Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

2) Recovery: Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.

As I said before, there were some differences of opinion, but much good work was accomplished and will continue to be done as we seek unity.

—Dawn K.



## Growing Membership Worldwide In the Rooms & Beyond

A steep flight of stairs leading up to a dark hallway in a building in an unfamiliar town. Alone, nervous, fearful, and wondering who will be there. Will I be judged by my skin color, my weight? All part of the scenario and how I felt when I attended my first OA meeting 42 years ago.

I had seen a posting for an Overeaters Anonymous (OA) meeting in a calendar of Community Events in my local newspaper. I had never heard of OA until a newly sober family member in Alcoholics Anonymous (AA) while excitedly telling me about his program mentioned that they had a program for “people who eat too much”. That conversation had taken place over a year before I saw the newspaper announcement.

At that very first meeting I was told to get a sponsor; follow the food plan she gave me and to keep coming back. I was told not to eat anything that was not on that food plan. At that time all I wanted to do was lose weight, and I did. It was wonderful until the holidays came and I decided I could have one little thing that wasn't on that sheet. Eventually all the weight, plus some more, came back and then back I came to OA. I am so grateful OA has always been here for me to come back to. I started a pattern that went on for years. Losing and gaining weight. Always thinking that this time I can have “just one”, of my trigger foods and finding one is never enough. I was always made to feel “a part of” the group in those early

meetings. I was always welcomed back and encourage to stay. Thank God I never left OA.

It is good for me to reminisce, remembering what it was like when I came to my first meeting, and realizing that newcomers to the meetings I now attend feel the same way. Whether it's a newcomer at a face-to-face meeting or a virtual meeting it is so important to make that person feel welcome and to see the hope in me and in this program. Since returning from WSBC last month I have made an effort to reach out to newcomers on the phone meetings I attend. Encouraging them to keep coming back. I am so glad I kept coming back despite the difficulty to remain abstinent. Almost eleven years ago my

(Higher Power) HP brought me to the phone meetings and this year I thanked my HP for ten years of Abstinence. A friend just sent me a Gold Coin with the Roman numeral X on it to celebrate. I am so grateful for the gift of Abstinence.

It is so important to me to keep this gift of Abstinence. My connection to my HP through this program keeps

me sane and helps me to lead a useful spiritually fulfilled life. The only way I can keep this is by *doing service* and *carrying the message*. I had two opportunities to carry the message on my trip to and from Albuquerque and World Service. On my way to the conference the gentleman sitting next to me asked where I was headed when we landed in Denver. I told him to an Overeaters Anonymous Conference in Albuquerque. He told me “you don't look like you need that.” I told him “that's because I go to OA”.



He had never heard of OA but knew about AA. I explained that our program was similar to AA but about food instead of alcohol and he said that he probably could use something like that. I told him about oa.org and really wished that I had a pocket card telling about OA to give him. I had brought along the latest Lifeline magazine and had read about half of it. A little voice said “give him your Lifeline”. I replied “no, I want my Lifeline”. The voice persisted and I reluctantly offered it to him. He was happy to take it. The seed has been planted. Hopefully he will take advantage of our program.

The next incident took place returning from WSBC. This involved a lady who sat next to me and asked about my travels. When told where I was coming from, she responded that she had tried OA in the past and it didn't work, and nothing she does helps her to keep her weight off. I was able to give her the Lifeline we had received in our packets at WSBC. This time I was able to put some phone numbers for meetings as well as my own name and phone number. I pray that she will give OA another chance.

I am looking forward to getting more information during the year from those members who participated in the Forum at WSBC. The theme of the Forum was “Each One, Reach One, Every Day”. Delegates and trustees exchanged ideas about attracting new members and retaining those we have. The Region Chairs plan on sharing the information with us that was gathered at the Forum. I am excited about working with my intergroup and phone meetings to increase our fellowship. *Together We get Better.*

—Evangelyn R., Grateful COE

Contribute to Your Virtual Region at

<https://oavirtualregion.org/region/seventh-tradition>



## 2019 OA PHONE MARATHONS

712-432-5200 PIN: 4285115#

Meetings Every Hour from 8 a.m. to 12 Midnight EST  
Sponsored by the 712+ Telephone Intergroup

**Thursday, July 4<sup>th</sup> — Independence Day**  
Step 7 - Humbly Asked Him to Remove Our Shortcomings

**Saturday, August 17<sup>th</sup> — Sponsorship Day**  
The Rewards of Being and Having a Sponsor - Step 8

**Monday, September 2<sup>nd</sup> — Labor Day**  
Recovery is Worth Working For

**Monday, September 30<sup>th</sup> — Rosh Hashanah**  
Step 9 - Doing the Next Right Thing

**Wednesday, October 9<sup>th</sup> — Yom Kippur**  
Forgiving Ourselves and Others

**Monday, October 14<sup>th</sup>**  
**Indigenous Peoples' Day & Columbus Day**  
Remembering Where We Came From - Step 10

**Sunday, October 27<sup>th</sup> — Diwali**  
Believe in Yourself-Let Your Light Shine

**Thursday, October 31<sup>st</sup> — Halloween**  
Take Off the Mask! (It's OK to Be Vulnerable)

No abstinence requirement to serve as a moderator  
[2019oamarathons@gmail.com](mailto:2019oamarathons@gmail.com)



## Growing OA Membership Worldwide So How Do We Do This?

In my area we don't put up billboards, or advertise on TV or radio. My face to face intergroup has had listings in the phone book in our area for years and that does bring in a few people, but mostly it is person to person contact, or seeing a notice in a church or senior center or hospital that OA meets there at a certain day and time. Some people come to us through recommendation of a doctor or therapist. Can we reach people around the world and still keep our anonymity?

Technological advances have made the world smaller in a sense. Now we can see people across the country or on another continent where before we had to pay for expensive long-distance calls or wait for international air mail. Being in OA we can find people to talk to at any hour of the day (and for those across the Pacific, it may already be tomorrow), but how do we reach the people we don't know? How can we bring OA to other cultures and other languages, where foods we might not consider abstinent are dietary staples and not eating them possibly considered a rejection of local custom? Food holds a special place in many cultures and changing one's food, even for health reasons, may be viewed with suspicion.

We do it one day at a time, one person at a time. An old adage I heard is that each one, teach one. Translating OA literature into other languages (maybe pamphlets first, then books) is one way to reach people and spreading the word through social media is another.

How 'not to do it' is represented by the guy I see on the bus sometimes who carries a bag from a commercial diet program and wears a button that shows how much weight he has lost on that program, that invites people to ask him how he did it. I haven't seen anybody ask him. He doesn't look happy.

I'm abstinent and grateful and glad that I found OA, where I not only lost the weight, but gained a better spiritual connection. I don't have to wear a button. I smile.

—Jean B., Mass Bay Intergroup and the soon to be 90 Day Telephone Meeting Intergroup

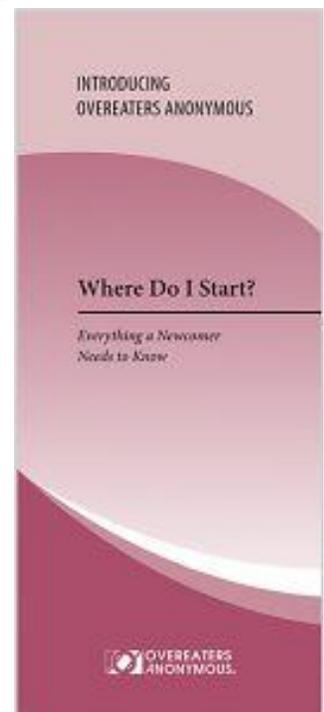
### OA's NEWCOMER PAMPHLET:

[Where Do I Start? Everything a Newcomer Needs to Know](#)

**Available in Eight More Languages!**

OA's new pamphlet for newcomers has been a great success in 2019 thanks to its low cost and comprehensive guidance. The International Publications and Translations Committee has had our new newcomer pamphlet *Where Do I Start?* professionally translated into eight languages to further carry the message into non-English-speaking regions of the world. Now, registered groups and service bodies can request professionally translated text in eight languages:

- Arabic
- Bahasa Indonesia
- Chinese (Simple)
- Finnish
- Japanese
- Korean
- Norwegian
- Persian/Farsi



To request a translation or licensing for *Where Do I Start?* in one of these languages, contact the World Service Business Office or your region trustee.

# OA Virtual Region Assembly



## Service Opportunities for Growing OA's Membership Worldwide Virtual Region & Beyond!

Service grows OA and also contributes to the individual's personal recovery. There are many opportunities for you to help the new Virtual Region by participating in committees. Perhaps you have talent in these areas or want to learn more about how you can help, maybe you've contributed to a geographic region and would like to help the new Virtual Region. Whatever your motivation, we need you!

Here are the current committees:

- **Bylaws**—Carries the message of recovery and helps the Virtual Region maintain internal consistency and congruity with OA Inc. Bylaws, Subpart B in all official VR documents and makes changes as require adjusting to decisions made at VR Assemblies and the WSBC.
- **Finance**—Promotes the Seventh Tradition, prepares an annual budget, does periodic audits of the treasurer's accounting procedure and makes recommendations. Ensures timely reports are filed.
- **Unity with Diversity**—This new committee is comprised of those who served with the Virtual Services Conference Committee. Their present focus is helping all groups with hybrid meetings.

- **Newsletter**—Produces the Newsletter to carry the message of recovery to the Virtual Region and beyond. Like this issue? Help us with the next one!
- **Speaker/Sponsor**—Maintain a speaker list. Provide and maintain a method to help members get a sponsor or become a sponsor through the Virtual Region website.
- **Workshops**—Suggests and produces a series of monthly workshop to help carry the message and provide support to groups, with relevant topics.
- **12<sup>th</sup> Step Within**—Coordinates efforts of groups and Intergroups to carry the message of recovery to the public and professional community through print, broadcast, social media and other public means. Also strengthen OA by sharing ideas with members, groups, and IGs that help generate recovery within the Fellowship and encourage membership retention.
- **Intergroup Outreach (IGOR)**—Welcomes and offers help to unaffiliated groups. It encourages Intergroups to send Reps to VR Assemblies and Delegates to the WSBC. It encourages the formation of new groups and helps if they wish to affiliate with an IG or create their own. By supporting the Intergroups it helps the VR carry the message and strengthen the fellowship.

The committees will be meeting at the next Virtual Assembly, held the weekend of July 27<sup>th</sup>. Learn more, ask questions, and by all means, volunteer to help!



**OVEREATERS  
ANONYMOUS®**  
VIRTUAL REGION

**Assembly  
Jul 26-28, 2019**

**SAVE THE DATE**

## **‘Virtually Growing OA Membership Worldwide’**

**REPRESENTATIVES & VISITORS WELCOME**  
Go to the Virtual Region Website for more info:  
<https://oavirtualregion.org/>

**PACKETS WILL BE AVAILABLE BY JULY 1**

### **BUSINESS MEETING**

**SATURDAY – ZOOM**  
(JULY 27, 2019 10 AM – 4PM ET)  
Real-Time, Online & Phone Meeting

**BUSINESS SESSSION #1**

- BREAK 12-1PM ET

**BUSINESS SESSION #2**

**WRAP UP / VOTING INSTRUCTIONS**

- BREAK 3-3:30PM ET

**COMMITTEE INFORMATION**

- ADJOURNMENT

**SUNDAY – ZOOM**  
(JULY 28, 2019 10-12 AM ET)

**COMMITTEE MEEETINGS**  
**BALLOTS DISTRIBUTED**

- ASSEMBLY IS OVER

### **RECOVERY MEETINGS**

**FRIDAY PM**  
(JULY 26, 2019 7-8:30 PM ET  
CCA ONLINE & CAFÉ ABSTINENTE  
IN PORTUGESE)

**SATURDAY AM**  
(JULY 27, 2019 - OA / HOW VIG)

**SUNDAY AM**  
(JULY 28, 2019 - R9 WhatsApp)

### **FUN**

**ENTERTAINMENT**  
(SATURDAY 7-8 PM ET)

## Upcoming Virtual Region Assembly

**Mark your calendars!** The fun starts on Friday night, July 26. We are combining recovery events and Saturday evening entertainment along with the business sessions and committee meetings. If you are the representative for your intergroup, we hope you are already registered. Guests may also attend, but do not have a voice in the business meetings.

Virtual assemblies are different from our geographic counterparts. Our members span the world and our meetings happen in both real and non-real time. All are available on the OA website under the categories of telephone, online and non-real time.

With respect to this, voting is a little different for us. We celebrate all our virtual intergroups in all time zones by not only meeting in ‘real time’, but also recording the business sessions, so reps can listen during their ‘day’, which may be the middle of the night for the actual event. Following the meeting, all reps

receive a ‘ballot’ and vote over the following twenty-four hours after the close of business.

In order for everyone to view motions, ask questions and understand what they are voting for, each registered rep will receive a link on the virtual region to each motion. So, our discussion actually comes before, not after, pro’s and con’s. In order to speak pro or con to a motion, the rep must be present at the assembly. Other than that, all efforts are made to allow full participation in both real and non-real time.

There are also candidates for Chair, Vice Chair, Secretary and Treasurer of the Virtual Region Board, with their applications in the assembly packet. They will be available by email to answer questions for representatives who intend to use the non-real time options for attendance.

The Virtual Region board is making every effort to ensure that all members can participate fully at our assemblies. It is exciting to take advantage of all technologies that help our region grow worldwide!



# OA VIRTUAL INTERGROUPS

| NAME & NUMBER  | WEBPAGE, E-MAIL & FIND-A-MEETING LINK   | LANGUAGE                  |
|--|---|---------------------------|
| The Non-Real-Time Virtual IG (#09656)                                  | <a href="http://www.facebook.com/groups/1027489100760210/?ref=br_rs">www.facebook.com/groups/1027489100760210/?ref=br_rs</a><br><a href="#">Find-A-Meeting Link</a>                                     | English<br>(Translatable) |
| Perseverancia IG<br>(#09658)   | <a href="mailto:anasofiaavelez@gmail.com">anasofiaavelez@gmail.com</a><br><a href="#">Find-A-Meeting Link</a>   | Spanish                   |
| 12 Step 4 COEs IG<br>(#09659)  | <a href="http://www.oa12step4coes.org">http://www.oa12step4coes.org</a><br><a href="mailto:marianne.praise.him3@gmail.com">marianne.praise.him3@gmail.com</a><br><a href="#">Find-A-Meeting Link</a>    | English                   |
| OA HOW Two-Hour Format<br>Phone Meeting IG (#09660)                    | <a href="http://oahowmeetings.squarespace.com">http://oahowmeetings.squarespace.com</a><br><a href="mailto:oahowmeetings@gmail.com">oahowmeetings@gmail.com</a><br><a href="#">Find-A-Meeting Link</a>  | English                   |
| 712 IG of Overeaters Anonymous<br>(#09661)                             | <a href="http://oaphonemeetings.org">http://oaphonemeetings.org</a><br><a href="mailto:chair@oaphonemeetings.org">chair@oaphonemeetings.org</a><br><a href="#">Find-A-Meeting Link</a>                  | English                   |
| Ebony Overeaters Anonymous IG<br>(#09662)                              | <a href="mailto:surfsupnowgirl@yahoo.com">surfsupnowgirl@yahoo.com</a><br><a href="#">Find-A-Meeting Link</a>   | English                   |
| Spiritual Fitness & Serenity IG (#09663)                               | <a href="http://www.spiritualfitnessandserenity-oa.com">www.spiritualfitnessandserenity-oa.com</a><br><a href="mailto:sfsvsboa@gmail.com">sfsvsboa@gmail.com</a><br><a href="#">Find-A-Meeting Link</a> | English                   |
| CCA Online IG<br>(#09664)  | <a href="http://www.ccaonline.com.br">www.ccaonline.com.br</a><br><a href="mailto:doramap@hotmail.com">doramap@hotmail.com</a><br><a href="#">Find-A-Meeting Link</a>                                   | Portuguese                |
| Despertar Abstinente IG<br>(#09665)                                    | <a href="http://www.ccaodespertarabstinente.com.br">www.ccaodespertarabstinente.com.br</a><br><a href="#">Find-A-Meeting Link</a>   | Portuguese                |
| Café Abstinente IG<br>(#09666)   | <a href="http://www.ccaodespertarabstinente.com.br">www.ccaodespertarabstinente.com.br</a><br><a href="#">Find-A-Meeting Link</a>   | Portuguese                |
| R9 WhatsApp Group Conscience<br>Committee (GCC) Virtual IG<br>(#09668) | <a href="#">Find-A-Meeting Link</a>   | Varies                    |

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