PLEASE PASS THIS ON (to **Join the mailing list:** email me, CallMeOrText@gmail.com)

OVEREATERS ANONYMOUS®
Pinellas Traditions Intergroup

STAYING ABSTINENT thru the Holi-DAZE 41st Zoom-A-Thon

Thursday Nov. 28, 2024

10am til 2pm EDT USA (NY)

A Happy , Abstinent Thanksgiving

4 HOURS packed with meetings, fellowship, and enjoying abstinence together! Pet shares, karaoke, music, singing, art shares, costumes, & hours fun! Surprises & Solid Abstinence!

Come join us and share your experience, strength and hope! **Together we can** get through this holi-daze abstinently! Invite your friends. Share this flyer please

WE NEED YOU to LEAD A MEETING AND TO TELL YOUR STORY!

Help keep an OA member abstinent on this holiday.

Maybe you. Maybe me.

Please consider offering one hour of your service

HOW TO ATTEND THE EVENT?

JUST CLICK THIS BLUE X

X

ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM
Meeting ID: 959 959 1828 Passcode: 718863
To phone in, Find your local phone number here:
https://us02web.zoom.us/u/kceCgnYl4

Suggested donation only $5 at oapinellas.org No-one turned away ever.

SPEAKERS SIGN UP HERE:

You choose your topic

Please click this big red X to sign up to lead a meeting & tell your story

X

Please LAST INITIAL ONLY

Who signed up already? Click the red X above See the latest updates.

Please email me if you can tech host (time, mute, do security) for one hour or more

CallMeOrText@gmail.com

Questions? **Tech Host Please?:** **Join our email list?**
Be the timer? just email me please CallMeOrText@gmail.com

Leader/Speaker FORMAT for every meeting:

1 **READ** the Serenity prayer

2 **READ THIS**: "According to our Seventh Tradition, we are self-supporting through our own contributions. Please contribute. Give as if your life depends on it. Suggested donation for this OA-a-THON is $5 thru Pay Pal at oapinellas.org

3. **READ: the Steps,** (or ask if someone to read)

4. **READ THIS**: "OA speakers do not represent OA as a whole, but speak from their own experience, strength and hope. OA recognizes there are individual approaches and different concepts of working the Twelve Step program of recovery. We all are reminded that our common disease and our common purpose unite us; differences in approaches to recovery need not divide us. OA is strengthened when we honor and respect all by practicing unity with diversity."

4-**YOU SPEAK 10-15 min.: YOUR STORY, (**what it was like/what happened/what it's like now)

5-**YOU SPEAK 5-10 minutes: on YOUR TOPIC**

6-**ASK FOR GROUP SHARES**
2 minutes each , 30 second warning

7-**meetings end** 15 minutes before the the top of the hour with the Serenity Prayer.

8 (all meetings have a HOST to time and mute)