

## OVEREATERS ANONYMOUS Phone Marathons:

Sponsored by The 11 PM EST Literature Phone Meeting and The Bensonhurst OA Meeting.

### Sunday 2/28/10: OA's Unity Day Telephone Marathon

Please email Michelle at [OAPhoneMarathons@vahoooqrouos.com](mailto:OAPhoneMarathons@vahoooqrouos.com) or call (646) 492- 3976 EST if you would like to offer anyservice to the marathons. Please see our website: <http://groups.vahoo.com/groups/OAPhoneMarathons>  
*No advance registration is needed. You may join the marathon at any time. You will be muted upon entry.*

Phone (712) 432-3900 Pin 1212811#

Press \*7 to Un-mute to speak, Press\*6 to Mute after speaking.

- 8am: Big Book Study: Stories of Unity
- 9am: Leaders Choice
- 10am Unity Through Traditions
- 11am: Together We Recover
- 12pm 90 Day OA
- 1pm: Hundred Pounder's Meeting Part 1: Those Who Lost 100 Ibs or More. Qualifications and Sharing
- 2pm Hundred Pounder's Meeting Part 2: Those Who want to lose 100 Ibs or More. Qualifications and Sharing.
- 3pm Starting new meetings where and when needed, Supporting and strengthening existing face to face, phone, and online meetings.
- 4pm: Bensonhurst Meeting: Unite 12 Steps /12 Traditions / 8 Tools With Your Life
- 5pm: Qualification
- 6pm: OA Step Study
- 6:30pm: Young People & Young At Heart People's Meeting Unite
- 7:30pm: United We Stand, Divided We Fall
- 8pm: Big Book
- 9-10pm: OA CD and Closing Remarks

Suggested Guidelines For Sharing: Please remember feedback, cross talk and advice-giving are discouraged here. As you share your experience and strength in OA please also share your hope. Please confine your sharing to your own experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease rather than just the events of the day. Cross Talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking/sharing at the time. Please refrain from mentioning specific foods by name as it may trigger food thoughts in other members and that is counterproductive to our purpose. Let us all reach out by phone or email to newcomers, returning members and each other.. Together we get better. Please remember our commitment to honor each other's anonymity. "What you hear here, whom you hear here, when you leave here, let it stay here."The opinions expressed on the marathon are the opinions of individual OA members and do not represent OA as a whole. 7<sup>th</sup> Tradition: There are no dues or fees for these meetings. Please feel free to give double at your next face to face meeting, or give directly to OA World @ [www.oa.org](http://www.oa.org) The marathon sponsor's OA group # is 03363 Bensonhurst OA Meeting, and meeting registration #55070-55076 for the 11 PM EST Literature meeting. You may see a complete list ofOA face to face to face meetings, phone and online meetings at [www.v.oa.org](http://www.v.oa.org)