

The 11pm EST Literature Phone Meeting and The Bensonhurst OA Meeting are Sponsoring:
FOUR Overeaters Anonymous Phone Marathons!

Please join us in celebration of Overeaters Anonymous on these 4 special dates.
Please share in 12th Step service by spreading the word of OA and these marathons!
The program will consist of many types of OA meetings following various interesting OA formats.

International Day Experiencing Abstinence: 11/21/09

Twelfth Step Within Day: 12/12/09

OA's 50th Birthday Party: 1/17/2010

Unity Day Celebration: 2/28/2010

Note: ALL Meetings are listed in Eastern Time.

8 AM - 10:00 PM	EST	Sat. 11/21/09
8 AM - 10:00 PM	EST	Sat. 12/12/09
8 AM - 10:00 PM	EST	Sun. 01/17/10
8 AM - 10:00 PM	EST	Sun. 02/28/10

If you would like to offer service to the marathons please email Michelle at
OAPhoneMarathons@Yahogroups.com
<http://groups.yahoo.com/group/OAPhoneMarathons>

You may join the meeting at anytime while the marathon is on.
To participate call

(712) 432-3900 Enter Pin 1212811#

Please press *7 to un-mute your line to share. Press *6 after sharing to mute your line.

Long distance phone charges may apply as per your long distance carrier plan
The pin is easy to remember as it stands for 12 Steps, 12 Traditions, 8 Tools, 1 Day At Time, 1 Minute At A Time!
No advance registration is necessary. There are no dues or fees to join.

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 this may stimulate food thoughts in other members and that would be counter-productive 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 others anonymity. "What you hear here, whom you hear here, when you leave here, let it stay here." The opinions expressed on the marathon are those of the individual OA members and do not represent OA as a whole. 7th 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 by going to www.oa.org The marathon sponsor's OA group # is 03363 Bensonhurst OA Meeting, and meeting registration #55070-55076 for the 11PM EST Literature meeting. You may go to www.oa.org for a complete list of face to face, telephone and online OA meetings and to order OA literature, cds and tapes.

#1) Sat. 11/21/09: OA's International Day Experiencing Abstinence Phone Meeting Marathon

- 8am: Brief Opening Remarks then New Beginners & Beginning Anew:
12 Steps 12 Traditions and 8Tools
 - 9am: Commit To or Recommit To A Day Experiencing Abstinence Today.
 - 10am: Lifeline Meeting: Stories About Abstinence.
 - 11am: Literature & Sharing.
 - 12pm: 2 Speakers & Sharing.
 - 1pm: Qualification & Speakers Meeting.
 - 2pm: 100 Pounder's Meeting. Qualifications and Sharing
 - 3pm: Abstinence, Body Image & Sexuality.
 - 4pm: Seeking The Spiritual Path.
 - 5pm: For Today & Voices of Recovery.
 - 5:30pm: 90 Day OA.
 - 6:30pm: Abstinence Is A Family Affair.
 - 7:30pm: The Great International Abstinent Way Out!
 - 8-10pm: OA H.O.W. (to be confirmed or changed). Closing Remarks
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#2) Sat. 12/12/09: Twelfth-Step-Within Phone Meeting Marathon

- 8am: Big Book Study for New Comers & Seasoned Old Timers.
 - 9:30am: Working The Steps From Recovery from Relapse.
 - 10:30am: New Comers Meeting: A Program of Tools Not Rules.
 - 11am: Anorexic, Bulimic & Compulsive Eating Recovery is a Process.
 - 12pm: Sponsorship Workshop
 - 1pm: 12th Step Within Recovery Meeting. A New Beginning: Recovery From Relapse.
 - 2pm: Relapse: An Opportunity To Begin Anew*
 - 3pm: Favorite OA Slogans and Sayings, Positive 12th Step Pitching*
 - 4pm: OA's Twelfth -Step Within Road Show: "A Twelfth -Step Mystery" Skit
Performed by The Bensonhurst Meeting, Sharing
 - 5pm: Big Book Study
 - 6:30pm: 12th Step and 12th Tradition: Caring For Each Other
 - 7:30pm: How Did I get into The Food Again?*
 - 8pm: If You Slip, Get Up*
 - 9-10pm Keep Coming Back It Works If You Work It. Work It You Are Worth It! Closing Remark*
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#3) Sun. 1/17/10: OA's 50th Birthday Celebration Telephone Meeting Marathon

- 8am: Qualification Meeting.
 - 9am: Reading from Lifeline's 50th Birthday Edition
 - 10am: Celebrating 50 years of OA, Hopes OA's Next 50 Years
 - 11am: Came To Believe, Beyond Our Wildest Dreams.
 - 12pm: OA Step Study.
 - 1pm: OA Tradition Study.
 - 2pm: Open Sharing
 - 3pm: A Retrospective: Lifeline Articles from Over The Decades
 - 4pm: Bensonhurst's OA Meeting Celebrates Its 40+ Yr History: Members Share Their OA Experiences
 - 5pm: Leaders Choice
 - 5:30pm: 90 Day OA
 - 6:30pm: The Value of Tradition and Carrying The Message Forward.
 - 7:30pm: REACHING OUT To Fellow Sufferers Around the World Through OA
 - 8pm: Roseanne's Story: OA's Co-Founder
 - 9-10pm: AudioTapes From Roseanne, OA's Co-Founder, The Promises
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#4) Sun. 2/28/10: OA's Unity Day Telephone Marathon

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: Tradition 1

10am: Tradition 2
11am: Together We Recover
12pm: 90 Day OA
1pm: Hundred Pounder's Meeting Part 1: Those Who Lost 100 lbs or More. Qualifications and Sharing
2pm: Hundred Pounder's Meeting Part 2: Those Who want to lose 100 lbs 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