



Nassau County Intergroup of Overeaters Anonymous invites you to join us in the

Fellowship Room

December 24th and 25th

Bring your favourite: Story from OA literature to read, a musical instrument to play, your voice, a pen to write, and share your Experience, Strength and Hope with fellows in our breakout rooms. If you are NEW to OA come and learn more about this wonderful fellowship.

And finally (and maybe most importantly) if you're feeling overwhelmed, if the food is calling, or you're HALT (Hungry, Angry, Lonely or Tired)... And you just need a friendly place where everybody understands

WELCOME HOME !

	24 th & 25 th	24 th & 25 th	24 th & 25 th	24 th & 25 th
	UTC	PST	EST	UK/GMT
STARTS:	11:00	3:00 am	6:00 am	11:00 am
ENDS:	04:30 {26 th }	8:30 pm	11:30 pm	04:30 am {26 th }

Join Zoom Meeting
<https://us02web.zoom.us/j/87644559299>
Meeting ID: 876 4455 9299

One tap mobile +16468769923, 87644559299# US (New York)
Dial by your location Meeting ID: 876 4455 9299
Find your local number: <https://us02web.zoom.us/u/kdETDdgP0y>
Join by Skype for Business <https://us02web.zoom.us/skype/87644559299>

Willing and able to give service?

For details, please call
+44 770 751-6458 for GMT
+1 516 509-9926 for any questions
oapipovirtual@gmail.com

Sponsored by:
Nassau County Intergroup #09034
OA Foot Steps VIG #09670

We welcome additional intergroups &/or service bodies participation and collaboration.