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

OVEREATERS ANONYMOUS®
Pinellas Traditions Intergroup

STAYING ABSTINENT thru the 53rd HOLI-DAZE Zoom-A-Thon

Saturday, 2/14/26 12-1pm ET

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

Love is in the rooms.

Look: Only one meeting at noon Eastern

(Drop in for a zoom hug at our 6th Valentine love fest)

WE LOVE OA

Look:
Only one meeting
at **NOON** Eastern

WE LOVE OA

HOW TO ATTEND THE EVENT?

JUST CLICK THIS BLUE X on Saturday, FEB. 14th, 2026

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 still only $5 click oagulfcoast.org Please look upper right corner of website, see 7th Tradition ..,,,Please mention this zoomathon
No-one ever turned away.

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 still only $5 thru oagulfcoast.org (new name)
3. **READ: the Steps,** (or ask 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 5 min.: YOUR STORY, (**what it was like/ what happened/what it's like now)
5-**YOU SPEAK 5 minutes: on YOUR TOPIC**
6-**ASK FOR GROUP SHARES**
2-3 minutes each depending on number of members
7-**meeting ends** at the top of the hour with the Serenity Prayer.
8 (meetings may choose a HOST to time and mute)

53rd
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HOLI-DAZE
Zoom-A-Thon