



Upcoming Events/Workshops

To Add An Event Or Announcement [Click Here](#)

Virtual Region Events

Service Body Renewal Workshop Series



July 27, 2025

10:00 AM – 12:30 PM EDT (UTC-4)

(English, French, Greek, Polish, Portuguese, Spanish)

or

5:30 PM – 8:00 PM EDT (UTC-4)

(English, Spanish)

Twelfth Step Within Renewal Focus July Workshop

Sponsorship, Step Study Literature and formats, membership retention, relapse prevention, outreach to members in relapse, and missing members.

Zoom Link: <https://us02web.zoom.us/j/81329490352?pwd=Y1ZsQmV3b0xXYzFoQlFjZHVwb1BoQT09>

Meeting ID: 813 2949 0352

Who Would Benefit from Attending?

Any member who wants to carry the message, improve personal recovery, and support their meeting or OA service body.

Most especially:

- Meeting leaders
- Meeting secretaries
- Committee members
- Committee chairs
- Representatives
- Service board and intergroup board members

Why Attend?

Discover the wealth of OA recovery resources available at [OA.org](https://www.oa.org)

- Strengthen your personal recovery
- Abstinence, relapse prevention resources, recovery from relapse
- Explore resources for sponsors and sponsees
- Get questions answered:
 - How to carry the message
 - How to manage Zoom security
 - How to deal with a disruptive member
 - How to support abstinence
- Share what's working for your groups and what you need help with
- Understand OA service structure
- Explore opportunities to serve our primary purpose: to carry the message in many ways
- and much more

We need you!

[Additional Information](#)



2025 World Service Convention

Walking in the Sunlight Together

[Registration is OPEN!](#)

Meet your Fellows

***Come and give your Virtual Region friends a big hug!
Meet your fellows, possibly your sponsor, trustees and others in sunny Orlando***

OA is hosting a recovery Convention for the first time since 2016.
Come, join hundreds of fellow members in celebrating OA recovery at face-to-face event.

- * The Convention is NOT a business event; it IS a recovery-focused global gathering.
- * Over 50 OA meetings, great and varied topics.
- * Open to all – members, newcomers, visitors, family, and friends.
- * Three keynote speakers, several workshops.
- * Banquet and dance Saturday night!

Dates: August 21-23, 2025

Location
Renaissance Orlando at SeaWorld®
Orlando, FL , USA

[Registration is Open](#)
[\(click here\)](#)

[Flyer/Info](#)

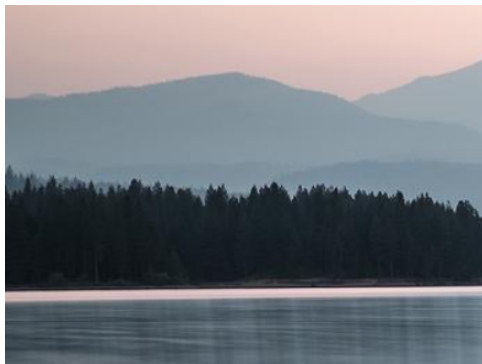
Virtual Region Service Body Events

Phone Marathons

Mon., Sept. 1, 2025 Labor Day 9th Step Promises: We Will Suddenly Realize That God Is Doing for Us What We Could Not Do Alone.

Meetings every hour from 8:00 am to 12 midnight ET (UTC -5)
Phone: 712-432-5200 Conference ID: 4285115#

Sponsored by The Virtual Intergroup.
[More info](#)



AD4L Speaker Step Series 2025

A Design for Living (AD4L) – Big Book OA Intergroup hosts a monthly Speaker Series 2025

Join us EVERY SECOND WEEKEND OF THE MONTH!

Monthly Speaker Meeting focusing on the 12 Steps as outlined in the Big Book of Alcoholics Anonymous.

Every month we study one Step and how to apply the wisdom of the Big Book to our recovery from food and food related behaviours.

A Design for Living is a daily Big Book meeting based out of Australia. Whatever problem you may have with food, you are welcome at this meeting

August 9, 2025 | 5:30–7:00 PM EST — Steps Eight & Nine

September 13, 2025 | 5:30–7:00 PM EST — Step Ten

October 11, 2025 | 4:30–6:00 PM EST — Step Eleven

November 8, 2025 | 3:30–5:00 PM EST — Step Twelve (Part 1)

December 13, 2025 | 3:30–5:00 PM EST — Step Twelve (Part 2)

Zoom ID: 200 540 624 (no password required) or join: <https://us02web.zoom.us/j/200540624>

For your local dial in number visit: https://us02web.zoom.us/join?m=p_-D8fxCl3gSWiYz0Ellrg6_KLMTd6ye&x_zm_rtaid=Ms7SLsWxQJqjipX2WX0ECA.1662330918954.93018a7aba82fabbfa4006ee5214ed88&x_zm_rhtaid=687

For more information or future events please visit: <https://ad4l.info/>

We look forward to welcoming you!

[Flyer](#)

A Design For Living Intergroup of OA

[General OA Events](#)

[General Events](#)



SaveThe Date! 180th San Diego OA Serenity Retreat

JULY 25-27, 2025

Mission San Luis Rey

Oceanside, CA

The leader is an experienced keynote speaker and interactive retreat leader. She came to OA on January 19th, 1984, having hit rock bottom as a desperate and demoralized compulsive overeater. Since that time she has lost weight, but more important is the amazing life she now lives – thanks to the twelve steps and twelve traditions. She has a design for living that REALLY WORKS and she WORKS IT!

Registration opens May 1st!

Questions? Contact

Retreats@OASanDiego.org

[Info/Flyer](#)



15-Week 12 Step Study Workshop

Tuesdays, Sept 2 – Dec 16, 2025

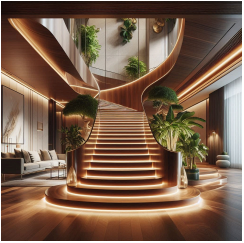
7:30-9:30 pm EDT

On Zoom. Registration opens in June

This 15-session workshop is designed to help participants achieve and maintain abstinence through working all Twelve Steps.

[Info/Flyer](#)

Sponsored by The Oregon Intergroup



Step One The Only Step We Need to Get Down Perfectly!

We admitted we were powerless over food —that our lives had become unmanageable.”

Webinar format with speaker’s motivational experience, strength, and hope, followed by Q&A and shares.

Sunday 8/10/2025 1-3pm ET (UTC-4)

Zoom ID: 840 8195 8572

Passcode: 803054

[Flyer](#)

specialeventsoa@gmail.com

Workshop presented by Greater NY Metro IG



[**Go to the OA Event Calendar ->**](#)

Thanks to your 7th Tradition contributions,
we can spread the message of recovery. [Contribute Online](#)

[Privacy Policies](#)

Responsibility Pledge

@ 2025 Virtual Region of
Overeaters Anonymous

“Always to extend the hand and heart of OA
to all who share my compulsion;
for this I am responsible.”