**Zoom** **Around** **the** **World**

The Central Jersey Twelfth-Step-Within Committee has a challenge for you! Go to a meeting, workshop or convention in 5 of the 11 Regions in the world, keep your records on the sheet below, and email the completed form to oafrank571@gmail.com by December 9, 2020. All completed forms will be entered in a raffle to win a copy of OA’s newly published book, “Body Image, Relationships, and Sexuality”. See the following pages for lists of Regions and the states/countries that comprise and start connecting with our worldwide fellowship today! Together we can… Recover!

Name: Email:

Are you a member of CJIOA? Yes \_\_\_\_\_ No \_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **REGIONS** | **MEETING** **DAY/TIME** | **COUNTRY/STATE** | **TOPIC/SPECIAL** **FOCUS** |
| Region 1 |  |  |  |
| Region 2 |  |  |  |
| Region 3 |  |  |  |
| Region 4 |  |  |  |
| Region 5 |  |  |  |
| Region 6 |  |  |  |
| Region 7 |  |  |  |
| Region 8 |  |  |  |
| Region 9 |  |  |  |
| Region 10 |  |  |  |
| Virtual Region |  |  |  |

To get you started here is a list of all of the OA Regions, as well a link that will direct you to an Intergroup Zoom meeting in that region:

Region 1

1. [http://www.centraloregonoa.org](http://www.centraloregonoa.org/) Oregon

Pacific North West: Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Northwest Territories, Saskatchewan, Yukon

Region 2

1. [http://www.oasf.org](http://www.oasf.org/) San Francisco area

Pacific Southwest: California, Hawaii, Reno/Tahoe area of Nevada, Mexico Region 3

1. <http://oaphoenix.org> Arizona Area

Southwest: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, Utah Region 4

1. [http://www.cii.oaregion4.org](http://www.cii.oaregion4.org/) Central Iowa

West Central: Illinois (except the Greater Chicago area and Central Illinois Intergroup), Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwestern Ontario, the territory of Nunavut.

Region 5

1. [http://www.oagreaterdetroit.org](http://www.oagreaterdetroit.org/) Detroit area

Central: Greater Chicago area and Central Illinois Intergroup, Indiana, Kentucky, Michigan, Ohio, Wisconsin, Southwestern Ontario

Region 6

1. [http://www.oceanandbay.org](http://www.oceanandbay.org/) Rhode Island and S.E. Massachusetts Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, Bermuda

Region 7

1. [http://www.oadelaware.org](http://www.oadelaware.org/) Delaware

Eastern: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia

Region 8

1. [http://www.oapalmbeachfl.org](http://www.oapalmbeachfl.org/) Palm Beach Florida

Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the Virgin Islands, Central America, South America

Region 9

1. [http://www.oagb.org.uk](http://www.oagb.org.uk/) Great Britain

Countries and territories in Africa, Europe, the Middle East, Western Asia Region 10

1. [http://www.oasydney.org](http://www.oasydney.org/) Sydney, Australia

Countries and territories in Australia, New Zealand, South East Asia, the Western Pacific Basin

Virtual Region

1. [http://www.oa12step4coes.org](http://www.oa12step4coes.org/) 12 Step 4 COE's



But if you’re up for a challenge and wish to find your own meetings, we encourage you to explore on your own by doing the following:

**Tips** **on** **How** **to** **Find** **a** **Virtual** **Meeting** **Using** **the** **Zoom** **Platform**

**Go** **to:** OA Online Meetings (Find A Meeting)

<https://oa.org/find-a-meeting/?type=0>

**or**

Search the Internet with these specific words:

**Overeaters** **Anonymous** **Zoom** (don’t put quotes around it)

A multiple of listings will pop-up for Intergroups and Regions with lists of local meetings. If you don’t specific area you want, go to bottom of search and

choose “NEXT.”

Remember: All OA meetings are open to anyone with a desire to stop eating compulsively.

***~Please*** ***note*** ***the*** ***raffle*** ***is*** ***only*** ***open*** ***to*** ***members*** ***of*** ***Central*** ***Jersey*** ***OA*** ***Members,*** ***but*** ***we*** ***encourage*** ***all*** ***members*** ***of*** ***OA*** ***to*** ***Zoom*** ***around*** ***the*** ***world*** ***~***

If you have any questions please email: oafrank571@gmail.com