

[Ελληνικά](#) [Español](#) [Dansk](#) [Deutsch](#) [Français](#)
[Italia](#) [Nederlandse](#) [Polski](#) [Português](#) [Svenska](#)
[українська](#) [فارسی](#) [عربي](#) [עברית](#)

Greetings, members and friends of the Virtual Region:

This weekend's events include **Relapse Prevention**, **Juneteenth**, and **Father's Day** workshops. Bring OA friends and consider starting, or joining, a Relapse Prevention small group. Join the OA BIPOC (Black, Indigenous, and People of Color Intergroup) Juneteenth workshop. Celebrate Father's Day with the OA Men's Intergroup in a Father's Day workshop.

You are invited to attend the **Region 2 Convention** in person or online, July 7-9, Recovery: Putting the Pieces Together.

We invite you to accept a call to service for our **Virtual Region 2024 Convention**. Save the date for March 1-3, 2024. Last year, our convention reached thirty-four countries in five languages, and was attended by 150 first-time newcomers! We welcome you to join our convention committee in the planning of carrying the message. Call for service meetings: Saturday, June 17, 12:00 pm ET (UTC -4) or Sunday, July 9, 1:00 pm ET (UTC -4).

Virtual Region applications are now being accepted for the **open board positions** of Digital Content Coordinator and Secretary. We are the youngest OA region. If your interest is sparked and/or if you have questions, please call. We will train, mentor, and learn from each other. Two years of abstinence is required. Click here for the [Secretary Application](#) and [Digital Content Coordinator Application](#).

Save the dates: Saturday, August 26 at 6 pm ET (UTC -4) and Sunday, August 27 at 12 noon ET (UTC -4) for the **Carry the Message Workshop** (same workshop repeated twice). This multi-regional hands-on event will supply how-to information for social media and professional outreach.

Stay in the know with the Virtual Region by checking back here often. We hope to see you on the **road to happy destiny!**

Relapse Prevention Workshop

Saturday, June 1
8:30-10:30 am ET (UTC -4)

Learn how to form relapse prevention groups. Relapse is a process, not an event. Over time, we may change how we work our program in subtle ways, doing fewer of the tools that help us stay abstinent. This works for a while, but eventually, we may find ourselves in relapse. When a compulsive overeater has a relapse, food is typically the last thing to go. The purpose of this workshop is to help OA members prevent possible relapses. Hosted by OA Virtual Region 12 Step Within Committee. [**More Info**](#)

Convention Planning Meeting

Saturday, June 17, 12:00-1:00 pm ET (UTC -4)
Meeting ID: 867 462 73223 | Passcode: 101112

Call for service! OA Virtual Region 2024 Convention -
There is a Solution: The Joy of our Diverse
Membership United in Recovery. March 1-3, 2024

The time to start planning for the OA Virtual Region
2024 Convention is now! We are organizing our
subcommittees. Please join us. Interpretation
provided to members willing to serve on our
committee. (Please contact us in advance with
requests.) [Email for more info.](#)

Juneteenth Workshop: Freedom from Bondage

Saturday, June 17, 2023
3:30 pm - 5:00 pm ET (UTC -4)

Come celebrate Juneteenth with the BIPOC OA
community.

[More info](#)

Father's Day Special Speaker Meeting

Sunday, June 18
2 pm ET (UTC -4)

Let us honor and affirm the fathers and grandfathers among us, and remember the men who fathered us. 75-minute meeting for men in recovery, with sharing after the speaker. Join the Men's Virtual Intergroup on this special day. [More info](#)

Virtual Intergroup Phone Marathon

Sunday, June 18
8:00 am - 12 midnight ET (UTC -4)
Phone meetings every hour
9th Step Promises: We will suddenly realize that God is doing for us what we could not do alone.
Note: U.S. phone number; charges may apply. [More Info](#)

A Design for Living: Into Action

Sunday, July 9

7:30 am - 9:00 am Melbourne, Australia time zone

Saturday, July 8

5:30 pm - 7:00 pm ET (UTC -4)

Speaker Series. The second Sunday of every month. [More info](#)