

## HOW TO ATTEND A WHATSAPP MEETING

There are many forms of electronic communication programs and apps and Overeaters Anonymous does not recommend or endorse any specific product. The names used in this article are just ones known to be used by some of our groups and members at this time.

### Virtual Services Conference Committee – Overeaters Anonymous

## WHATSAPP MEETINGS

On this app, people can share through writing or recorded audio speaking and meetings can be held **in real or virtual time**. This app is meant for messaging up to 250 people in the same group (room). These meetings take place via most cellphone.

### HOW CAN PEOPLE ATTEND THIS VIRTUAL MEETING?

After installing the program you need to look for the meeting. At [www.oa.org](http://www.oa.org) you find the meeting by time.

These meetings are in phone meetings (<https://oa.org/find-a-meeting/?type=2>).

One can be invited and enter through a received link or have his/her phone number added to the meeting list. Both tasks to be done by one of the groups Admin.

\* We suggest that the 'join the meeting' invitation not be shared outside the OA fellowship to minimize spam because the admin cannot delete. Only the individual members of the group can delete a message once received. The people who send spam can be blocked and removed from What's App meeting.

## HOW TO ATTEND THESE MEETINGS

**On these meetings, one can share via writing or recorded audio speaking.**

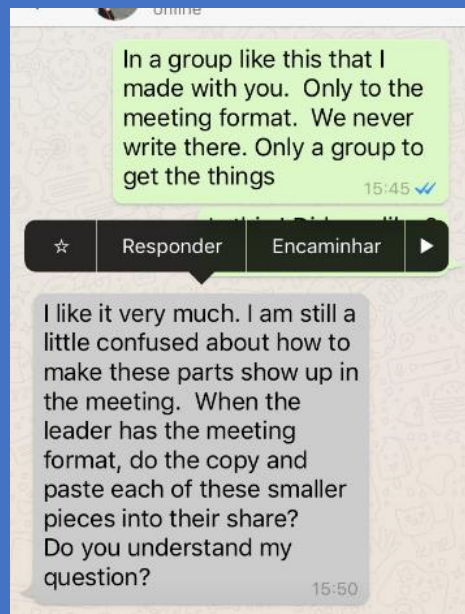
As done in most local meeting groups, the chair person may suggest a theme for the meeting (for instance, some selection of OA Literature) and have something to help moderation such as a group guideline or format.

**Here are some examples of how one can share in these meetings...**

### Written sharing

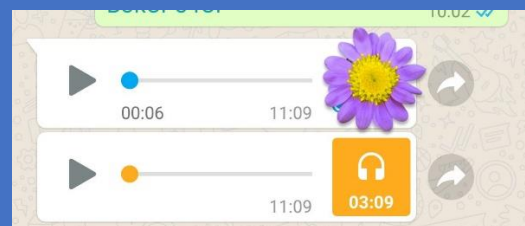
These texts may be sent at once or in parts.

There are experiences with chat meetings that can help.



**Recorded Audio sharing** On top is one recorded directly on the app microphone and sent immediately.

The bottom one is a previously recorded message sent to the group.



### Picture (or PDF) sharing

Useful feature to place invitations to OA events or bulletins.

