

# HOW TO ATTEND A PALTALK MEETING

There are many forms of electronic communication programs and apps and Overeaters Anonymous does not recommend or endorse any specific product. These instructions are for 'Paltalk' which is one example that is used in this article and is known to be used by some of our groups and members at this time.

## Virtual Services Conference Committee – Overeaters Anonymous

### KIND OF MEETINGS

These are video calls by text or voice from a computer or cell phone.

- The meetings are conducted like a face to face meeting, with a format and a moderator (leader). People can write or talk.

### HOW PEOPLE CAN ENTER IN A MEETING

After installing the program (see instructions below) 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 online meetings (<https://oa.org/find-a-meeting/?type=1>) and when the meeting isn't in progress, then the room is closed and it won't come up on a search.

### HOW TO ATTEND THIS VIRTUAL MEETING?

You can share by writing or speaking.

On your cell phone or computer, you need to install the program and then **register. It is simple:**

## **HOW TO ATTEND THIS VIRTUAL MEETING BY CELL PHONE**

On your cell phone, you need to install the app and then register.

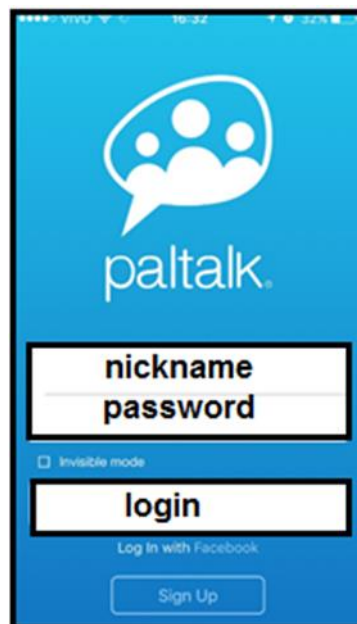
As you install the app, you will be asked for a:

Nickname

Password

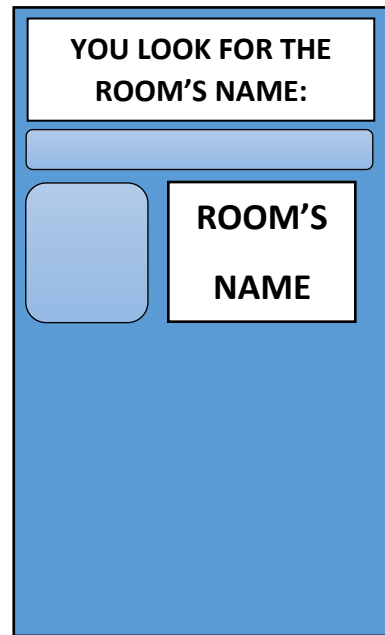
Email Address

Once installed, when you re-join the app, this is how it will look.

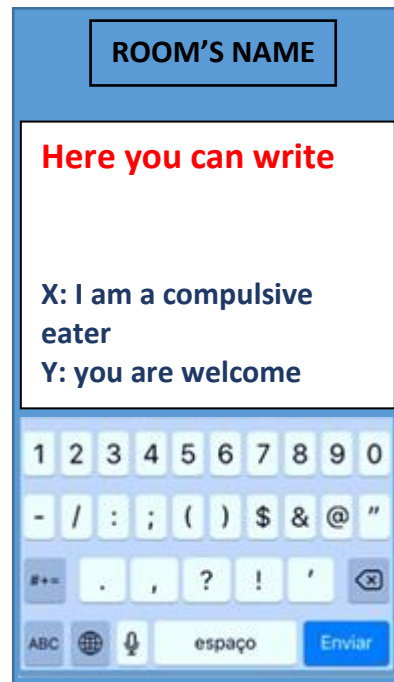
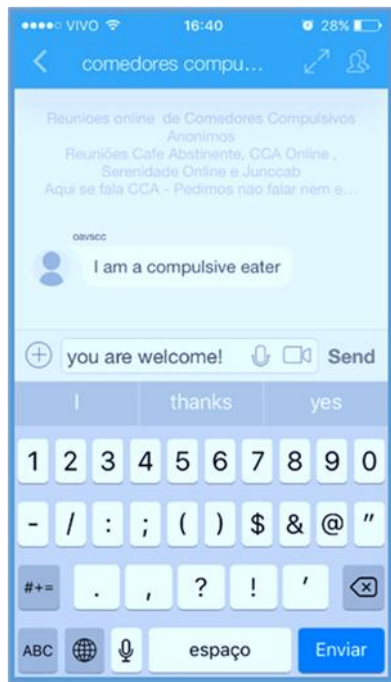


**Look for the room**

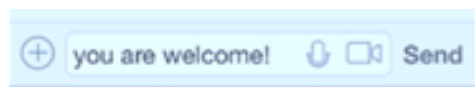
After you log in you look for the room's name:



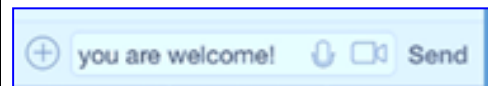
Now you are in the room, you can share by writing or speaking using the microphone.



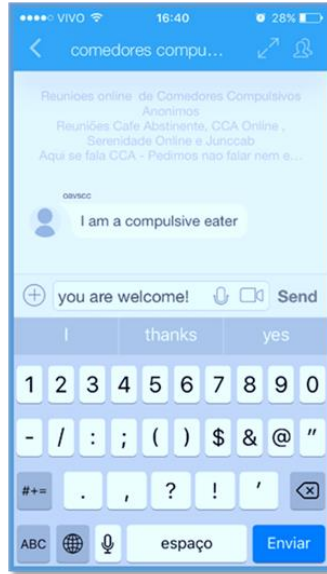
Here you can share by speaking using the cell phone microphone.



HERE YOU USE THE MIC



Now you are in the room, you can share by writing or speaking using the microphone.

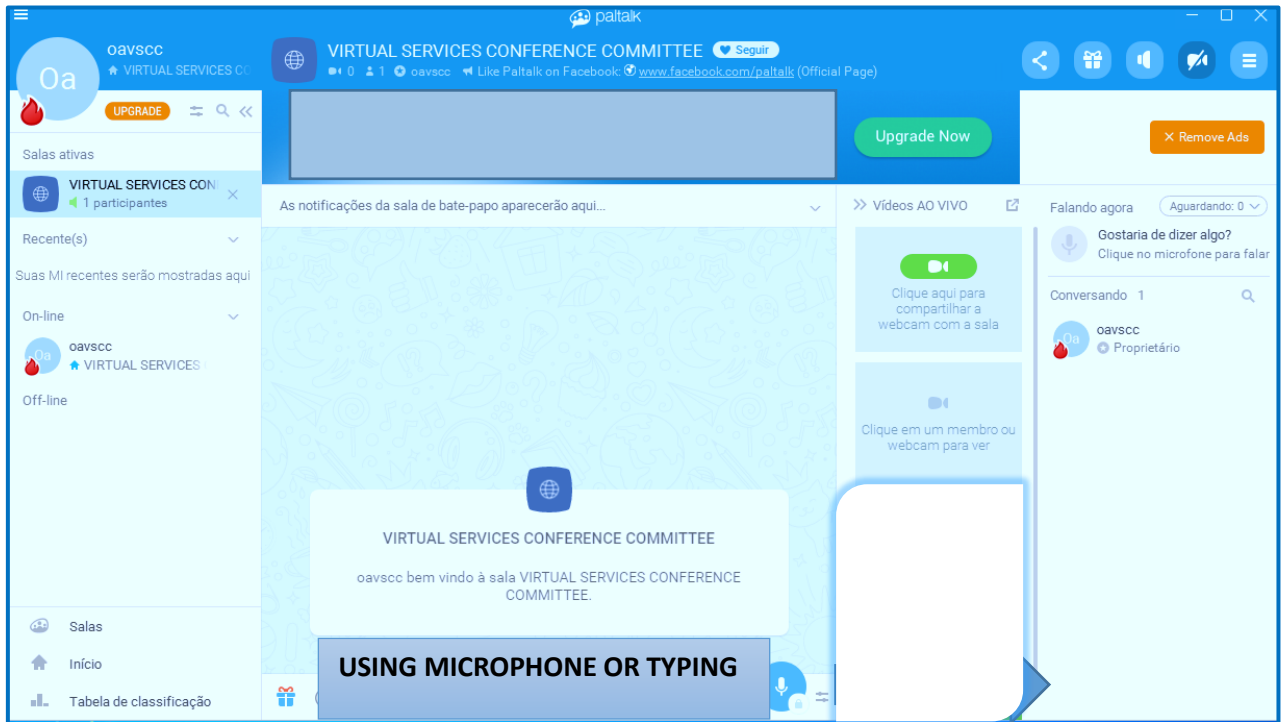


HERE YOU READ

HERE YOU WRITE OR SPEAK

**THIS IS HOW IT LOOKS IF YOU USE - YOUR COMPUTER**

You will need to log in with your Nickname and Password, set up your membership and answer some questions for security. Just follow the instructions on screen.



**AFTER THE MEETING THE ROOM WILL BE CLOSED AND WILL REOPEN WHEN THE NEXT MEETING BEGINS.**