

**2023-2024 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous
712-432-5200 Conference ID 4285115#**

**Meetings every hour from 8:00 a.m. to 12 midnight ET with regularly scheduled meetings
To moderate a meeting go to <https://signupschedule.com/oamarathons>**

DATE	Event	Topic
Monday, October 9, 2023	National Indigenous Peoples Day / Canadian Thanksgiving Day	Forgiving Ourselves and Others, Live in the Freedom of Recovery
Tuesday, October 31, 2023	Halloween	Nothing Changes If Nothing Changes - How Have I Surrendered in My Recovery?
Saturday, November 11, 2023	Veterans Day / Armistice Day	9th Step Promises - Are They Extravagant Promises or Not?
Sunday, November 12, 2023	Diwali	How Does Self Discipline Lead to Recovery?
Sunday, November 19, 2023	International Day Experiencing Abstinence (IDEA)	How Do I Define My Purpose as a Member of OA?
Thursday, November 23, 2023	Thanksgiving Day	Face Your Stuff or Stuff Your Face - How Do I Keep My Recovery Strong?
Thursday, December 7, 2023	Hanukkah	What Is the Condition of Your Spiritual Recovery?
Tuesday, December 12, 2023	Twelfth Step Within Day	What Are the Gifts of the Program for Me?
Tuesday, December 19, 2023	Winter Solstice	Finding a Higher Power That I Can Believe In
Sunday, December 24, 2023	Christmas Eve	What Does Easy Does It Mean to You?
Monday, December 25, 2023	Christmas Day	Miracles of Recovery. How Has My Life Changed in OA?
Tuesday, December 26, 2023	Boxing Day and Kwanzaa	Fail to Plan, Plan to Fail. How Am I Protecting My Recovery?
Sunday, December 31, 2023	New Year's Eve	Have an Attitude of Gratitude - Setting the Pace for the New Year
Monday, January 1, 2024	New Year's Day	Every Day is a Fresh Start with Step 1
Saturday, January 6, 2024	Epiphany	More Will Be Revealed
Monday, January 15, 2024	Martin Luther King Jr Day	Finding Wisdom in My Recovery
Saturday, February 2, 2024	Chinese New Year	Nurturing Myself and Others in Recovery
Sunday, February 11, 2024	Superbowl	The Courage to Change the Things I Can
Tuesday, February 13, 2024	Mardi Gras	Together We Defend Our Abstinence
Wednesday, February 14, 2024	Valentine's Day	Maximum Usefulness to Others Leads to Hope
Sunday, March 10, 2024	Ramadan Begins	What Does Responsibility Look Like with the Tool of Sponsorship?
Sunday, March 17, 2024	St. Patrick's Day	Gratitude for the Past, Hope for the Future
Sunday, March 31, 2024	Easter	This is a WE program
Tuesday, April 9, 2024	Ramadan Ends	Being Fully Authentic and True to Myself, in OA and in My Life
Monday, April 22, 2024	Passover	Carry the Message to Those Who Still Suffer
Sunday, May 5, 2024	Orthodox Easter & Cinco de Mayo	How Has My Ability to Trust Changed?
Sunday, May 12, 2024	Mother's Day	Compulsive Eating is Not Who We Are
Monday, May 29, 2024	Memorial Day	Finding a Higher Power I Can Believe In
Sunday, June 16, 2024	Father's Day	How Making Amends to Others Supports My Recovery
Sunday, June 19, 2024	Juneteenth	HP's Will Over My Will
Thursday, June 20, 2024	Summer Solstice	The Courage of a Fearless Moral Inventory Leads to Abstinence
Saturday, June 29, 2024	Gay Pride Celebration	Faith Without Works is Dead. What is my Action Plan?
Friday, July 4, 2024	Independence Day	Gratitude for the Past, Hope for the Future
Monday, September 4, 2024	Labor Day	How Does the Serenity Prayer Lead to Recovery?
Wednesday, October 2, 2022	Rosh Hashanah	How Do I Keep the Light of My Recovery Burning?
Friday, October 11, 2024	Yom Kippur Begins	Spiritual Principles is the Structure That Holds Gratitude
Friday, October 14, 2024	National Indigenous Peoples Day / Canadian Thanksgiving Day	We Are Not Our Disease
Thursday, October 31, 2024	Halloween & Diwali	Remembering Where We Came From
Monday, November 11, 2024	Veterans Day / Armistice Day	How Do I Know If I Am Hearing My Voice or HP's
Thursday, November 23, 2024	Thanksgiving Day	Cleaning My Side of the Street, Minding My Own Business is Setting My Boundaries
Saturday, December 21, 2024	Winter Solstice	Face Everything and Recover
Tuesday, December 24, 2024	Christmas Eve	Acceptance is the Answer to All My Problems Today
Wednesday, December 25, 2024	Christmas Day & Hanukkah	Food Is Not My Real Problem
Thursday, December 26, 2024	Boxing Day and Kwanzaa	Let Go and Let God, How am I Letting Go Today?
Sunday, December 31, 2024	New Year's Eve	Recovery is Worth Working For
Monday, January 1, 2025	New Years Day	Are You Sharing Your Gratitude?