

2021 Telephone Meeting Marathons

Instructions ONLY

- Eventhough the attached list of telephone meeting marathons is sponsored by the Virtual Intergroup of Overeaters Anonymous it comes from the 2021 Holiday Marathons Schedule link on the Pacific Sunrise OA Marathons webpage listed at the bottom of this page.

The telephone number & quick instructions for the marathons:

Telephone Number (712) 432 - 5200 PIN(Meeting) Number: 4285115#
*1 to unmute/*1 to mute

Directions: To listen to a meeting simply dial the phone number & enter the PIN number when the prompts ask for the meeting number. When you enter the meeting your phone will be muted. To be able to speak at the meeting simply hit *1 to unmute your phone. Hit *1 to then mute your phone again.

Note: Meetings run every hour from 5:00 AM - 9 PM(PST). That is 7 AM - 11 PM (CST - Kansas City, MO metro are time zone) or 8 AM - 12 Midnight(EST).

2021 Holiday Marathons Schedule

* Please note - *Although most telephone marathons are on or near major federal holidays, they also occur around unofficially recognized holidays and/or special days in OA.*

- To access the list titled 2021 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous online go to the following Pacific Sunrise OA webpage and click on the 2021 Holiday Marathons Schedule:

<https://pacificsunriseoa.wordpress.com/marathons/>