

2021 Marathons Sponsored by Virtual Intergroup of Overeaters Anonymous

712-432-5200 Conference ID 4285115#

Meetings every hour from 8:00AM to 12 midnight EST with regular scheduled meetings

Date Holiday Spiritual Principle and/or Topic		
Friday, January 1	New Year's Day	Every Day is a Fresh Start with Step 1
Saturday, January 16	OA's 61st Birthday	Step 1 Spiritual Principle- Honesty ~ Celebrating Honesty
Monday, January 18	Martin Luther King Jr. Day	Recovery is Worth Working For
Sunday, February 7	Super Bowl Sunday	It Is A We Program - It Takes Fellowship to Work the Steps
Friday, February 12	Chinese New Year	Spiritual Principle of Tradition 1~ Unity – Together We Can Do What We Cannot Do Alone
Sunday, February 14	Valentine's Day	The Sweetness of Recovery
Monday, February 15	President's Day	Step 2 Spiritual Principle - Hope ~ How Do I Sustain My Hope?
Tuesday, February 16	Mardi Gras	What Are You Craving?
Saturday, February 27	OA Unity Day	Spiritual Principle of Tradition 2 - Trust ~ How Am I Willing to Act on Faith?
Wednesday, March 17	St. Patrick's Day	Step 3 - Spiritual Principle Faith ~ What Does Letting Go of MySelf-Will Feel Like?
Saturday, March 27	Passover Begins	Spiritual Principle of Tradition 3- Identity~ How Has My Identity Been Transformed in OA
Friday, April 2	Good Friday	Step 4 Spiritual Principle – Courage~Do I Have the Courage to Be Me?
Sunday, April 4	Easter End of Passover	What Does Renewal Look Like in My OA Program?
Tuesday, April 13	Ramadan Begins	Is Every Day A New Beginning for Me?
Sunday, May 2	Orthodox Easter	Spiritual Principle of Tradition 4- Autonomy~ How Am I Taking Responsibility For My Own Actions?
Sunday, May 9	Mother's Day	Step 5 Spiritual Principle – Integrity~ How Does Integrity Show Up In My Program?
Tuesday, May 11	EID al-Fitr: Ramadan Ends	Day to Day Living in Steps 10, 11 and 12

There is no abstinence requirement to moderate

For more information contact

Padma at VIGOAMarathons@gmail.com or call 828-620-0521

To sign up go to www.signupschedule.com/oamarathons

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Monday, May 31	Memorial Day	Spiritual Principle of Tradition 5- Purpose~How Do I Carry the Message of Recovery?
Sunday, June 6	Gay Pride Day	Spiritual Principle of Tradition 6 – Solidarity~ What Does “First Things First” Mean To Me Today?
Saturday, June 19	Juneteenth	Let Go, Let HP. How Do I Work Step 6?
Sunday, June 20	Father's Day	Step 6 Spiritual Principle -Willingness~ What Am I Willing To Do To Go to Any Lengths Necessary To Work My Program?
Sunday, July 4	Independence Day	Step 7 Spiritual Principle – Humility~ What Do You Do When Food Thoughts And Cravings Occur?
Saturday, August 14	Sponsorship Day	Step 8 Spiritual Principle – Self Discipline~ The Rewards of Being and Having a Sponsor.
Monday, September 6	Labor Day	Spiritual Principle of Tradition 7 – Responsibility Am I Contributing My Share At My OA Meetings?
Tuesday, September 7	Rosh Hashanah	Step 9 Spiritual Principle: Love How Do I Show I Care About Myself and Others?
Wednesday, September 15	Yom Kippur	Tradition 8 Spiritual Principle – Fellowship~ How Does My Participation In the Fellowship Help My Program and Others?
Monday, October 12	Indigenous Peoples' Day and Canadian Thanksgiving	Step 10 Spiritual Principle Perseverance~ Keep Coming Back
Sunday, October 31	Halloween	It's Not What You Are Eating, It's What's Eating You
Tuesday, November 2	Election Day	Tradition 9 Spiritual Principle – Structure~ When Was The Last Time I Read The Twelve Traditions?

Thursday, November 4	Diwali	Celebrating Recovery- Happy, Joyous and Free
Thursday, November 11	Veteran's Day/Armistice Day	When Doing OA Service, Do I Trust the Results to HP?

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Saturday, November 20	International Day of Experiencing Abstinence (I.D.E.A. Day)	Tradition 10 Spiritual Principle – Neutrality~ How Do I Care For, Share, Protect and Carry the Message of The Precious Gift of Abstinence?
Thursday, November 25	Thanksgiving Day	Step 11 Spiritual Principle -Spiritual Awareness~ What is the State of My Spiritual Condition?
Sunday, December 12	12 Step Within Day	Step 12 Spiritual Principle- Service~ Am I Reaching Out To Fellows Who Have Stopped Coming To Meetings?
Friday, December 24	Christmas Eve	Have I Learned There Is Happiness in Helping Others?
Saturday, December 25	Christmas	In What Direction Is HP Guiding You?
Sunday, December 26	Boxing Day and Kwanzaa	What Promises Have I Received By Working the 12 Steps?
Saturday, December 29	Hanukkah	What Gifts Of The OA Program Am I Celebrating?
Friday, December 31	New Year's Eve	Placing Principles Before Personalities with Tradition 12 Spiritual Principle- Spirituality~ What Acronyms And Slogans Do You Utilize to Enhance Your Spiritual Awareness?
Saturday, January 1, 2022	New Year's Day	Step 1 Spiritual Principle- Honesty~ Surrender is Winning

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