

## **2026-2027 OA Telephone Marathon Schedule**

### **Instructions ONLY**

- The attached list of OA telephone meeting marathons comes from the 2026 VIG Marathon Schedule at the Virtual Intergroup of Overeaters Anonymous OA Marathon Schedule webpage link 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 7 AM - 11 PM (CST), which is 8 AM - 12 Midnight(EST) or 5:00 AM - 9 PM (PST).

### **2026 VIG Marathon Schedule And Additional Information Link**

\* **Please note** - *Although most OA telephone marathons are on, or near major federal holidays, they also occur on unofficially recognized holidays, special days of the calendar such as Winter Solstice, Gay Pride Celebration and/or days that happen to coincide with special days in OA such as OA's birthday.*

- To access the original schedule titled 2026 VIG Marathon Schedule online, to download a copy & to get more information about these telephone marathons, copy and paste the following link into your browser:

[https://oavirtualintergroup.org/?page\\_id=874](https://oavirtualintergroup.org/?page_id=874)