

Dear [Newcomer's Name],

Welcome to our Overeaters Anonymous Zoom meeting! We're so glad you're here. [if this is being sent after the meeting ends, we may want to say "We're so glad you joined us."] Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively.

Here's some information about other Richmond-area meetings and some links that may provide more information about our organization.

### **Our meetings:**

We offer Zoom meetings at 11:30 AM ET Monday-Friday and at 9 AM ET Saturday in this [Zoom room](#) (Meeting ID: 368-705-321, Password: 951-753-2460). On Sundays we meet at 1:00 PM ET in this different [Zoom room](#) (ID: 898 1871 1615, Password: 506 370). Each meeting is centered in OA principles, but may feature a speaker, the study of OA literature, or a different format. We recommend trying several different meetings before deciding if OA is for you.

Many meetings offer a newcomer question-and-answer session after the meeting closes. We hope you'll stay after the meeting.

### **Other helpful links for you:**

[Central VA Intergroup Newcomer Page](#) - for more information

[OA Bookstore](#) - we recommend the following: *Alcoholics Anonymous* Fourth Edition (Big Book), *Overeaters Anonymous* Third Edition (Brown Book), and *The Overeaters Anonymous 12 Steps and 12 Traditions* Second Edition.

If you have questions or just want to talk more about OA, please contact me [name] at [phone, e-mail]. During the Zoom meetings, members often provide their contact information in the Chat Box - feel free to reach out to them too.

Logging into our Zoom meeting was a first step on the road to recovery. We hope you'll come back to learn more about our program.

Welcome to Overeaters Anonymous. Welcome home!