



## OA-HOW Live Video Meeting is Here!

Tuesdays, 7:00pm Central Time

There are OA-HOW fellows all over the world who finally have an opportunity to see a live meeting full of joy, a Sponsor Line, a Step Up Ceremony, Medallions, their Sponsors, Sponsees and phone contacts.

**These OA-HOW members have amazing recovery and need to be seen!**

**We need local members** in order to create a strong local meeting to share with members around the world and the still-suffering compulsive overeater. What an amazing opportunity for service!

**You will see** the worldwide community share the Tools every week and tell their stories on a large 100 inch screen. Our in-person, 2 hour format meeting is broadcast in high definition video. It is a teleconference with OA members and newcomers by invitation only. The meeting is always live and not posted online after it's over.

**This meeting strives to boost recovery** of existing members and bring the message of hope to the next generation of young people with food problems who might not otherwise attend a physical meeting.

**Please join us...**We need a strong face to face meeting experience to be attractive to remote attendees. We are meeting our fellows across the country face to face! You don't want to miss this!

**For info...**email: [mnhowlive@gmail.com](mailto:mnhowlive@gmail.com) or visit [mnhowlive.org](http://mnhowlive.org).

---

# YOU ARE INVITED!

Valley Community Presbyterian Church,  
**3100 Lilac Drive Golden Valley, MN 55422**

# Frequently Asked Questions

- **How would I receive the meeting access details and instructions?** You will need the link, login and instructions. Email: [mnhowlive@gmail.com](mailto:mnhowlive@gmail.com) or visit [mnhowlive.org](http://mnhowlive.org).
- **How will my anonymity be protected?** The meeting access information is not publicly distributed, published or advertised. It is not search-able via the web. The login is to be distributed between one member to another or to a new person with a desire to stop eating compulsively. The video will never be uploaded to YouTube for example.
- **My face to face meeting feels safer.** Perhaps, but a physical meeting is advertised and open to the public, usually in a shared space where there is always a possibility of running into someone who may know you from outside. The Tuesday night virtual meeting is a closed meeting and is not open to non-members or the public. Our virtual meeting is not listed in any public OA site unlike our Intergroup's meeting list which is widely distributed. This actually may be the most protected meeting available to HOW members!
- **Will this be the first OA video meeting?** Yes! However, Alcoholics Anonymous has already made use of this technology and has approximately 60 weekly video meetings. Some are signed to reach out to the deaf community. As our meeting establishes itself, we also want to provide a signer and possibly closed captioning.
- **I follow another OA format, am I welcome?** Many people attend the meeting that do not work the OA-HOW plan of recovery. It is a strong meeting format which emphasizes and demonstrates Abstinence and long term recovery. The added factor of live streaming makes it a much more engaging, personal experience.
- **Why is this so important?** Many people are adverse to walking into a new situation. Many more do not have local access to OA HOW. So many of us can remember back to the moment we SAW the sponsor line and heard their stories. That was the moment we were inspired to join in and find our own miracles of recovery. We believe if people attend virtually to learn about OA, it will be easier to attend locally since they will be familiar with the meeting.
- **Who will be watching?** Our fellow members and friends. As remote members participate, read tools, and pitch, you will quickly see that they are recovering addicts just like us. You may even see faces of those you have been talking to on the phone for years! We believe that the comradery we feel when we connect with someone on the phone or in the phone meetings will be present in this meeting as well.
- **What are the tech details?** We have a pro audio setup with two microphones: one on the Leaders table and the other on a stand. The microphones are controlled through an audio mixer which connects to a laptop. A high definition camera points to the front of the room at those speaking. We set up a high definition video projector and high quality speakers to see and hear remote members who participate with readings and pitches. We utilize web cast software from the laptop and members can access the meeting through any computer or mobile device that has downloaded the app. We broadcast via the church's high speed WiFi network.
- **How will this help people get introduced to OA-HOW?** This meeting provides a low barrier of entry to the program. It is hoped that it will make it easier for people to be introduced or reintroduced after being away from the program and especially young people who are used to checking things out on their computers.
- **May I bring my meal?** Yes. There is an attached kitchen with a microwave. We are even welcomed to arrive early and utilize the beautiful outdoor space which is adjacent to the meeting room.
- **Where is it located?** Valley Community Church is located in a beautiful residential area that is surrounded by parks, community gardens and a nature center. They are very welcoming and are committed to reaching out to the recovery community.
- **How do I get there?**  
From the South: Hwy 100, exit Duluth Street, eastbound. Turn left on Regent (head north) at the four way stop. Turn left (go west) at Lowry Terrace and follow Lowry two blocks to the church.  
-From the North: Hwy 100, exit 36th Avenue North, eastbound. Turn right on Regent (go south). Turn right (go west) on Lowry Terrace to the church.
- Please enter the building from the parking lot side. The meeting room will be directly ahead when you enter. There will also be a sign.