



OA VIRTUAL REGION

How to attend the zoom meeting at the Virtual Region Assembly

There are many forms of electronic communication programs and apps and Overeaters Anonymous does not recommend or endorse any specific product. These instructions are for 'ZOOM' which is one example that is used in this article and is known to be used by some of our groups and members at this time.

You can join a Zoom meeting with your computer, tablet, or smartphone. You can also dial in just like any other conference call if you do not have video capabilities or do not wish to be seen.

You can join OA meetings on Zoom by clicking on the URL for the meeting.

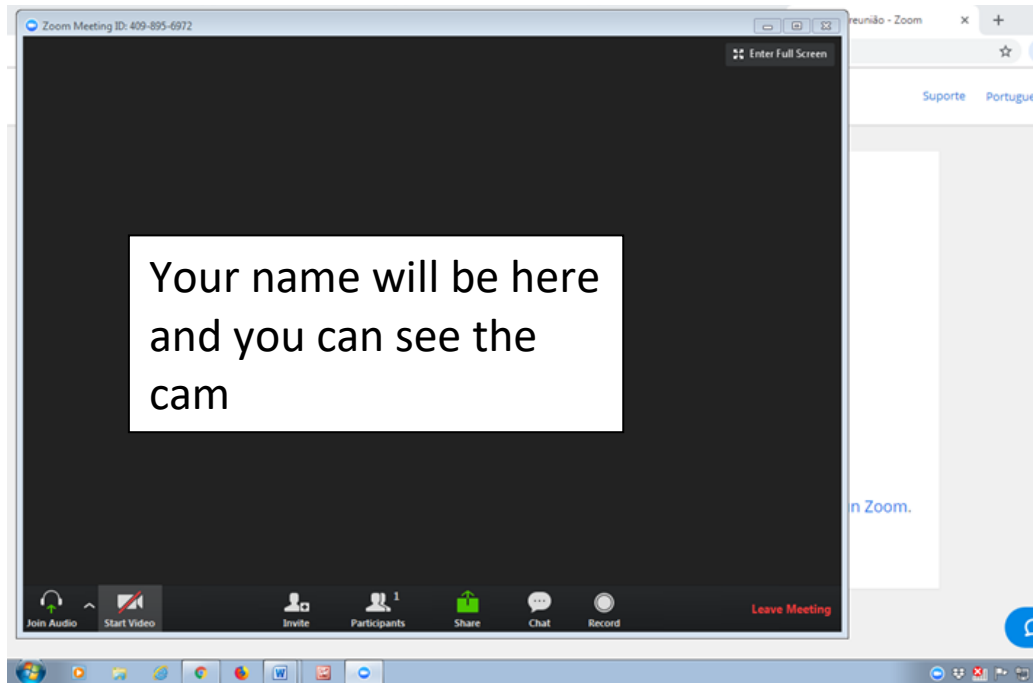
ZOOM

You will need to install this program at your computer.

When you click on the URL, Zoom may prompt you to load any needed software to run the application.

If you aren't connected to the internet via a computer or smartphone, you can still dial in to an OA meeting on Zoom as if it were a regular phone meeting. They have phone numbers in many regions around the world.

Once in the meeting, you may mute your video if you do not want to be seen. It is good to mute your audio except when speaking so that background noise does not disturb the meeting.



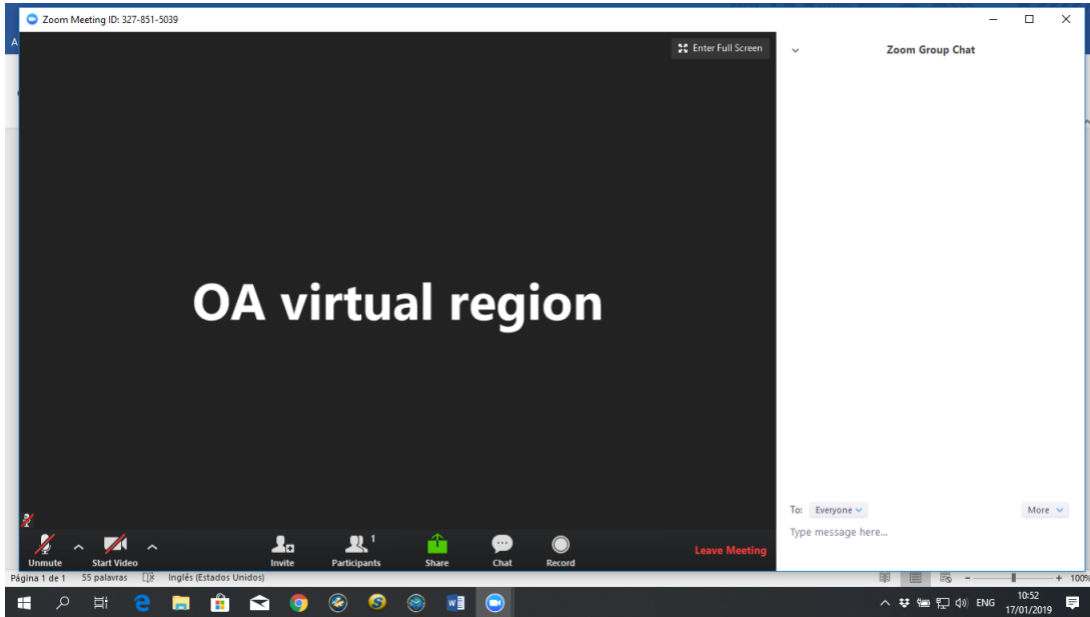
HOW TO MUTE, UNMUTE, RISE HANDS AT THE ASSEMBLY BY PHONE

Phone controls for all dial-in participants

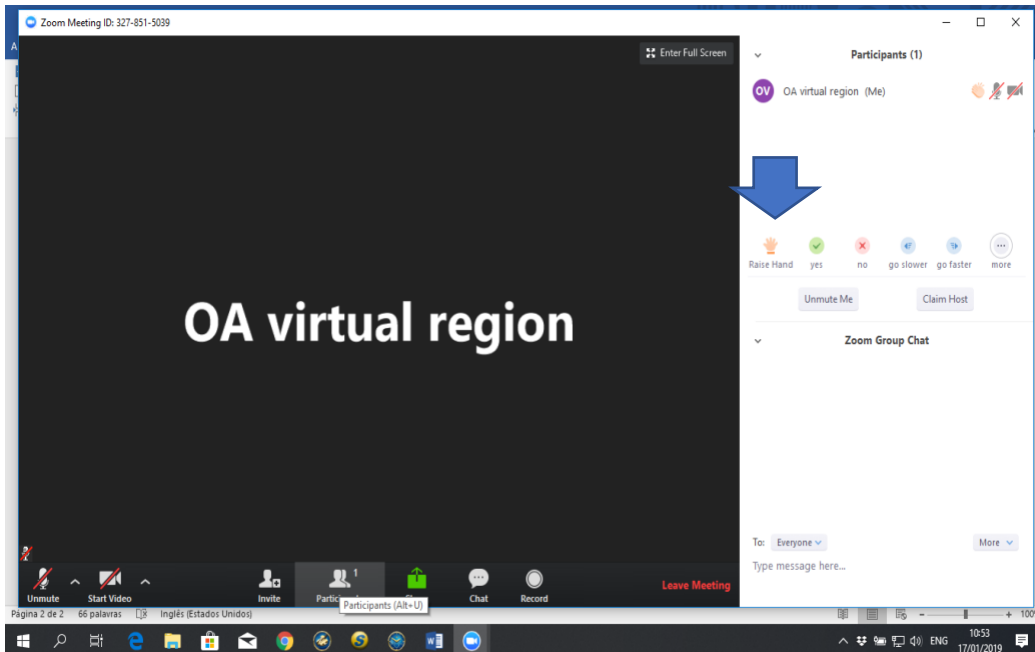
The following commands can be entered via DTMF tones using your phone's dialpad while in a Zoom Meeting:

- ***6** – Toggle mute/un-mute
- ***9** – Toggle raise/lower hand

HOW TO MUTE, UNMUTE, RISE HANDS AT THE ASSEMBLY
• **ONLINE ATTENDANCE**

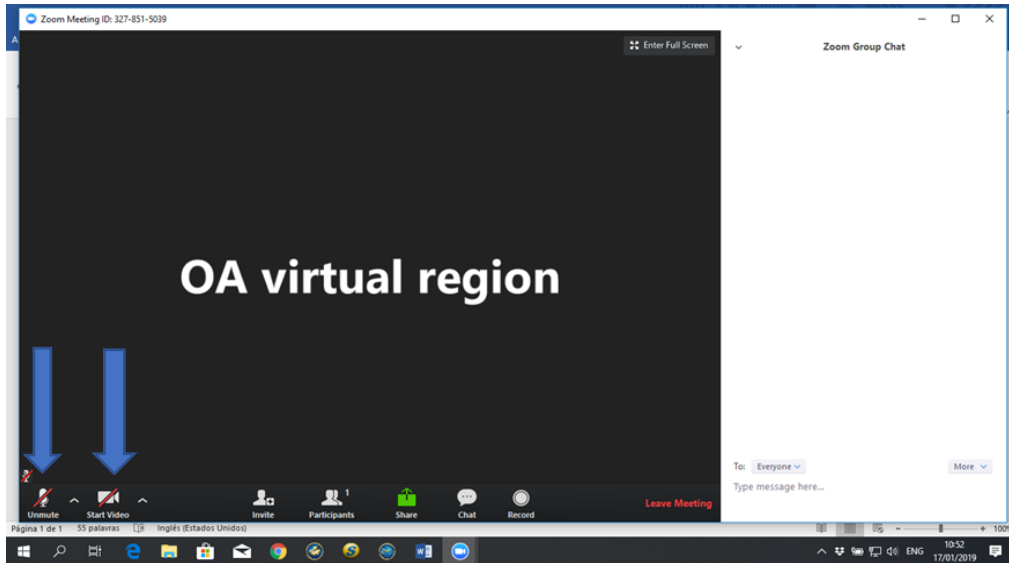


CLICK PARTICIPANT AND YOU WILL SEE THE CHAT AND THE HAND



YOU CAN RAISE HAND

AND TO MUTE, UNMUTE AND WRITE ?



Zoom also has a text-based chat feature so that you can send chat messages to others in the meeting. However, those on the telephone will not see them.

As with all OA meetings, members need to be careful to protect their anonymity and the anonymity of everyone else in the meeting. The video will show the name you used when you signed on along with your video

This is a help to join the recovery meetings and the business meeting at our REGION .

Please feel free to contact me if you need any help.

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