

OA 90 Telephone and Zoom meetings Eastern Time (USA)								5/2/2023
<u>Group #</u>	<u>DAY</u>	<u>TYPE</u>	<u>TIME</u>	<u>PHONE #</u>	<u>PIN#</u>	<u>Contact Name / Tel.#</u>		<u>Add'l info</u>
55610	Sunday	Spkr/Disc	6am	1-717-908-1930	226348#	Lynn	1-404-314-1683/est	(MA)
55623	Sunday	Big Book	8am	1-605-313-5146	616525#	Mardie	1-727-501-3949/est	Discussion
89118	Sunday	Men's mtg	8:30AM	1-669-900-9128	88360650133	Neil R.	1-410-318-6737/est	use # for pw
45497	Sunday	spkr/disc	8:30AM	1-425-436-6310	853478#	Ginger	1-781-435-4385/est	hybrid MA
53288	Sunday	relapse/recov	10AM	1-929-205-6099	678611404	Jason	1-617-818-0246/est	pw:213703
45156	Sunday	Spkr/Disc	4pm	1-605-475-4700	464366#	Beth	1-413-320-2401/est	(MA)
800698	Sunday	Spkr/Disc	5PM	1-646-931-3860	see Zoom page	Ina	1-603-459-4552/est	81893028281
55012	Sunday	Spkr/Disc	8pm	1-681-999-0125	152802#	Cheryl E.	1-972-849-1884/cst	(TX)
52823	Sunday	Spkr/lit	10PM	1-669-900-6833	pw:277229	Richard	1-408-940-6278/pst	86195938957
55500	Monday	Spkr/Disc	7am	1-605-313-5146	212416#	Joanne S.	1-978-204-6037 /est	
55560	Monday	Trad/Disc	9:30AM	1-605-472-5430	143951#	Georgeann1	623-341-0001/pst/mst	OA 12&12
45662	Monday	Big Book lit	9:30AM	1-929-436-2866	169398975	Judy	1-774-215-0907/est	call Judy for pw
55003	Monday	'For Today'	10am	1-240-591-0217	361336#	Carol S.	1-919-985-1959/est	Discussion
45063	Monday	Spkr/Disc	6PM	1-929-436-2866	856164689	Cathy	1-978-866-9454/est	pw:413661
53025	Monday	OA90'BBSS	6:30PM	1-646-558-8656	pw:371377	Sue	978-996-9116/est	85241422955
57284	Monday	Spkr/Disc	7pm	1-609-746-1094	964781#	Grn Mtn IG	802-863-2655/est	hybrid/(VT)
800776	Zoom	meeting ID		82953773581				
800776	Monday	Spkr/Disc	7pm	1-312-626-6799	82953773581	Stephanie	1-727-641-3437 / est	pw:008551
55276	Monday	Big Book lit	8pm	1-605-313-4488	235224#	Jean B.	1-617-767-9134 /est	Discussion
50401	Monday	various	8:30PM*	1-346-248-7799	none	Fran	1-480-510-0389/pst/mst	85873651894#
89478	Monday	Spkr/Disc	10PM	1-929-205-6099	pw:132465	Leah	1-408-857-6123/pst	86065736073
89080	Monday	Spkr/Disc/Zoom	11pm	1-669-900-9128	764584118	Chris	1-408-892-3188/pst	use # for pw
55245	Tuesday	Women's mtg	9:30am	1-605-313-5149	964221#	Carol S.	1-919-985-1959 /est	Spkr/Disc
55386	Tuesday	Spkr/Disc	4:30pm	1-667-770-1476	318539#	Cathy C.	1-978-590-6831/est	
55358	Tuesday	Spkr/Disc	7pm	1-646-876-9923	72909580027	Al S.	1-617-592-3715 /est	pw:052020
89095		Zoom mtg link:	https://us02web.zoom.us/j/75404375924			Mtg Id#	754 0437 5924 / Pass code: 796870	
89095	Tuesday	Spkr/Disc	7:30pm	1-301-715-8592	754 0437 5924	Neil R.	1-410-318-6737 /est	pw:796870
56511	Tuesday	OA/AA lit	8:30PM*	1-681-999-0228	374341#	Chris	1-602-573-6804/pst/mst hyl	AZ time mst/pdt
55547	Wednesday	Spkr/Disc	7am	1-605-313-5149	138973#	Joanne S.	1-978-204-6037 /est	
800801	Wednesday	Spkr/Disc	9:30AM	1-929-436-2866	pw:350772	Linda	1-978-430-4485/est	81354119513
800623	Wednesday	various	10AM*	1-929-205-6099	PW:5T9f1C	Georgeann1	623-341-0001/pst/mst	3988846841
55244		Recorded speakers:	https://wedspeakers.wixsite.com/oa90/1st & 3rd Wed /			Playback tel	el#717-908-1015#	pin106702#
55244	Wednesday	Spkr/Disc	10am	1-540-792-0084	106702#	Barbara	1-760-638-3995 /pst	Keeping Spiritually Fit
55018	Wednesday	Spkr/Disc	1pm	1-605-313-5144	494591#	Marcie	1-303-805-1881/mst	
55641	Wednesday	Spkr/Disc	5:30PM	1-646-876-9923	82135878895	Jean R.	1-603-566-4791/est	pw:2021
54559	Wednesday	Spkr/Disc	7PM	1-646-558-8656	call or email Jean B for passcode			83994109391
55385	Wednesday	Spkr/Disc	8pm	1-681-999-0125	152802#	Jean	1-617-767-9134/est	
55319	Thursday	Voices of Recovery	7AM	1-605-475-4777	505284#	April D.	1-724-987-0582/est	Discussion
55462	Thursday	Spkr/Disc	10am	1-605-472-5278	153663#	April D.	1-724-987-0582 /est	Discussion
800553	Thursday	For Today/VOR	10:30AM	1-929-205-6099	meditate	Norma	1-602-380-6208/pst	82943834677
55305	Thursday	Spkr/Disc	11am	1-605-313-5149	964221#	Karl Y.	1-727-244-8976 /est	Health issues
800155	Thursday	OA/AA Steps/	5:30PM	1-646-558-8656	pw:429187	Stephanie D	1-727-641-3437/est	89215306669
89278	Thursday	OA BBSS	5:30pm	1-646-876-9923	82135878895	Jean R.	1-603-566-4791/est	pw:2021
88839	Thursday	Spkr/Disc/Zoom	7pm	1-253-215-8782	82870771507	Maggie	1-814-494-1572/est	pw:895164
55002	Thursday	Spkr/Disc	8pm	1-412-924-7121	419032#	Lori	1-210-829-4195 /cst	Basic Focus
800759	Thursday	various	8:30PM*	1-346-248-7799	use # for pw	Jackie W.	1-602-770-2320pst	88592044388
55157	Friday	Spkr/Disc	9am	1-717-908-1834	156173#	Bruce G.	1-408-655-0407 /pst	
800713	Friday	various	10AM*	1-669-900-9128	991102	Karen F	1-602-690-8440pst/mst	88671008856
55320	Friday	Spkr/Disc	11am	1-605-313-5149	964221#	Karl Y.	1-727-244-8976 /est	Health issues
55044	Friday	Spkr/Disc	6pm	1-605-313-5143	713226#	Sally S.	1-617-429-9411 /est	
34970	Saturday	Spkr/Disc	7:15am	1-302-202-1102	277158#	Jay	1-617-699-2233 /est	MA
55023					For meeting format see -	Website: 90DayOA.weebly.com		
55023	Saturday	'For Today'	8am	1-605-313-5149	242083#	Laura	1-802-885-1099/est	Discussion
46006	Saturday	Spkr/Disc	8AM	1-929-436-2866	708604467	Cathryn	1-603-661-6712/est	pw:502545
800564	Saturday	Spkr/Disc	8:30AM	1-646-558-8656	pw:342407	Kathy D.	1-617-921-6674/est	89374109422
35175	Saturday	Spkr/Disc	9AM	1-425-436-6310	853478#	Sally	1-617-429-9411/est	(MA)

800160	Saturday	Spkr/Disc	10AM	1-646-558-8656	4017106603	Darian	1-508-272-8896/est	PW:123123	
89357	Saturday	Spkr/BB/12+12	10am	1-301-715-8592	87510731879	Mandy	1-303-915-6188 /mst	pw:2020	
51442	Saturday	various	11AM	1-346-248-7799	use # for pw	Rebecca1-480-318-0299pst 88592044388#			
89595	Saturday	spkr/disc	noon	1-669-900-6833	81577583251	Richard W	1-650-814-3009/pst	pw:339347	
55204				For Format see this website: https://oa90sat4pmmmeeting.wixsite.com/phonemeeting					
55204	Saturday	Spkr/Disc	4pm	1-434-300-4186	911188#	Velma	1-602-500-9055 /mst		
	New List Contact: Jean B. 617-767-9134 email: jeanfloa@gmail.com								
								5/2/2023	
		ZOOM MEETINGS		Zoom ID#	pin or password	contact			
89118	Sunday	Men's mtg	8:30AM	88360650133	sundaymen	Neil R.	1-410-318-6737/est		
89118	link	https://us02web.zoom.us/j/88360650133?pwd=VDRN3Bwb05XQIA3QkwwNmIEZzBtZz09							
53288	Sunday	relapse/recov	10AM	678611404	213703	Jason	1-617-818-0246/est	relapse ok	
53288	link	https://us02web.zoom.us/j/678611404?pwd=YUZKaXl2cVdyTWp2MUUVU2pZNFcvQT09							
800698	Sunday	spkr/disc	5PM	81893028281	see below	Ina	1-603-459-4552/est		
800698	Sunday	https://us02web.zoom.us/j/81893028281 email SunOA5PM@gmail.com or text contact for passcode							
52823	Sunday	speaker/lit	10PM	86195938957	277229	Richard	1-408-940-6278/pst		
52823	link	https://us02web.zoom.us/j/86195938957?pwd=ejRhNmZuaTFUTjIzQkQ0dFJ1aFZzUT09							
45662	Monday	Big Book Lit	9:30AM	169398975	call contact	Judy	1-774-215-0907/est		
45662	link	https://zoom.us/j/169398975							
45063	Monday	Spkr/Disc	6PM	856164689	413661	Cathy	1-978-866-9454/est oambi.org		
45063	link	https://us02web.zoom.us/j/856164689?pwd=SG5rVytXMUJiYW2jTXpieEZKVHlZldz09							
53025	Monday	BBSS OA90	6:30PM	85241422955	371377	Sue	1-978-996-9116/est see oambi.org		
53025	link	https://us02web.zoom.us/j/85241422955?pwd=dGhQSnB6SWszbnNHAmRTRWFUSUJ1UT09							
800776	Monday	spkr/disc	7PM	82953773581	008551	Stephanie 1-727-641-3437 /est FL			
800776	link	https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlIDLzdDYjZlQ1dINnowdz09							
50401	Monday	various	8:30PM*	85873651894	none	Fran	1-480-510-0389/pst/mst		
50401	link	no Zoom link listed call for log in info							
89478	Monday	spkr/disc	10PM	86065736073	132465	Leah	1-408-857-6123/pst		
89478	link	https://us02web.zoom.us/j/86065736073?pwd=MVMiVVFwa05wYOpqMkbZiZPaEiMZZ09							
89080	Monday	spkr/disc/newc	11PM	764584118	newcomers	Bob L.	1-314-256-9574/cst		
89080	link	https://us02web.zoom.us/j/764584118?pwd=bnVSV2NQVkyYwLy9BZHZBdUhyR3QrUT09							
55358	Tuesday	spkr/disc	7PM	72909580027	052020	Al S.	1-617-592-3715/est MA		
55358	link	https://us04web.zoom.us/j/72909580027							
89095	Tuesday	spkr/disc	7:30PM	75404375924	796870	Neil R.	1-410-318-6737 /est		
89095	link	https://us02web.zoom.us/j/75404375924							
800801	Wednesday	spkr/disc	9:30AM	81354119513	350772	Linda	1-978-430-4485/est		
800801	link	https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJVMUxLVFRrdXFKQT09							
800623	Wednesday	various	10AM*	3988846841	5T9f1C	Georgeann 1-623-341-0001/mst/pst			
800623	link	https://zoom.us/join							
55641	Wednesday	spkr/disc	5:30PM	82135878895	2021	Jean R.	1-603-566-4791/est		
55641	link	https://us02web.zoom.us/j/82135878895?pwd=UTNKVVkzb1JOSGxaRkVESzRhYnFIUT09							
54559	Wednesday	spkr/disc	7PM	83994109391	email walthamwednesdayoa@gmail.com for passcode				
54559	link	invite link and one touch dialing will not work, enter mtg ID and passcode manually							
800553	Thursday	lit/meditation	10:30AM	82943834677	meditate	Norma	1-602-380-6208/pst		
800553	link	https://us02web.zoom.us/j/82943834677?pwd=TFM3bDA0VG83VjZDNzAxSIFGQVRhQT09							
800155	Thursday	Step/Trad	5:30PM	89215306669	90days	Stephanie 1-727-641-3437 /est			
800155	link	https://us02web.zoom.us/j/89215306669?pwd=MG1FREdyTGVUVjNTMTBmTWZjQzE4Zz09							
89278	Thursday	OA BBSS	5:30PM	82135878895	2021	Jean R. 1	1-603-566-4791/est		
89278	link	https://us02web.zoom.us/j/82135878895?pwd=UTNKVVkzb1JOSGxaRkVESzRhYnFIUT09							
88839	Thursday	spkr/disc	7PM	82870771507	895164	Maggie	1-814-494-1572/est		
88839	link	https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcd0FmRWJWQnMwOHRzdz09							
800759	Thursday	various	8:30PM*	88592044388	none	Jackie	1-602-770-2320pst/mst		

800759	link	no link given						
800713	Friday	various	10AM*	88671008856	991102	Karen F	1-602-690-8440	pst/mst
800713	link	no link given						
46006	Saturday	spkr/disc	8AM	708604467	502545	Cathryn	1-603-661-6712	est
46006	link	https://us02web.zoom.us/j/708604467?pwd=ekd3dEpFbUFTUDNmQ2RnbkdIQWZVQT09						
800564	Saturday	spkr/disc	8:30AM	89374109422	342407	Kathy D.	1-617-921-6674	est
800564	link	https://us02web.zoom.us/j/89374109422?pwd=NmNKRCtLWW01YUdtK1VHRVJ3STgvdz09						
89357	Saturday	spkr/BB/12&12	10AM	87510731879	2020	Mandy1	303-915-6188	mst
89357	link	https://us02web.zoom.us/j/87510731879?pwd=YVFIRWxNRWVSektXeHD1MUNvcTNQQT09						
800160	Saturday	90 minute mtg	10AM	4017106603	123123	Darian	1-508-272-8896	est
800160	link	https://us02web.zoom.us/j/4017106603?pwd=a0c2N0FnMzllYmpobDJROXd1WVB1dz09						
51442	Saturday	various	11AM*	88592044388	none	Rebecca	1-480-318-0299	pst/mst
51442	link	https://us02web.zoom.us/j/88592044388						
89595	Saturday	spkr/disc	noon	81577583251	339347	Richard	W1-650-814-3009	pst
89595	link	https://us02web.zoom.us/j/81577583251?pwd=a0xvdklsdjR5ajRRK1A5bENqSC9NUT09						
You can use any of these phone numbers to access a Zoom meeting if you don't have web access.								
1-929-205-6099, 1-301-715-8592, 1-312-626-6799, 1-669-900-6833, 1-253-215-8782, or 1-346-248-7799. and more.								
You can use these phone numbers and the Zoom meeting ID to access a Zoom meeting by phone if you don't have web access.								
If you don't have a passcode (or you can't enter letters if it is a word) try using # instead.								
A note about Arizona time: There is a Tuesday night meeting held at 5:30PM Arizona time. That is 8:30PM EDT (March-November) and 7:30PM EST (November-March). March and November will be change months. Arizona is on Pacific Time starting in March and on Mountain Time starting in November (they change time zones instead of clocks)								
Because this is a hybrid2f/phone meeting, they want to keep it on their local time. Additional AZ meetings are on M								
Tuesday, Wednesday, Friday, Saturday. Time is marked with * to show it will change.								
5/2/2023								
Arizona meetings that will change to Pacific time from Mountain time (time one hour later for EST, so 8PM will be 9PM EST								
starting Sunday March 12th time corrections will be seen starting on April list, they will also be visible on OA90.org								
Monday 8:30AM will be 9:30AM Eastern								
Monday 7:30PM Zoom will be 8:30PM EDT								
Tuesday 7:30PM phone meeting will be 8:30PM EDT								
Wednesday 9AM Zoom meeting will be 10AM EST EDT								
Thursday 7:30PM will be 8:30PM Eastern								
Friday 9AM Zoom meeting will be 10AM EDT								
Saturday 10AM Zoom meeting will be 11AM EDT								

