

OA 90 Telephone and Zoom meetings Eastern Time (USA)								
Group #	DAY	TYPE	TIME	PHONE #	PIN#	Contact Name / Tel.#	8/2/2023	
							Add'l info	
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	786329	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)
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/hyt	AZ time mst/pdt
#00734	Tuesday	lit/spk alt	10PM	1-669-900-6833	81459102776	Bruce	1-408-655-0407/pst	pw:610995
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#	Peggy	1-719-661-9941/mst	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	<b>Saturday</b>	Spkr/Disc	<b>10AM</b>	<b>1-646-558-8656</b>	<b>4017106603</b>	Darian	1-508-272-8896/est	PW:123123	
89357	<b>Saturday</b>	Spkr/BB/12+12	<b>10am</b>	<b>1-301-715-8592</b>	<b>87510731879</b>	Mandy	1-303-915-6188 /mst	pw:2020	
51442	<b>Saturday</b>	various	<b>11AM</b>	<b>1-346-248-7799</b>	<b>use # for pw</b>	<b>Rebecca1-480-318-0299pst 88592044388#</b>			
89595	<b>Saturday</b>	spkr/disc	<b>noon</b>	<b>1-669-900-6833</b>	<b>81577583251</b>	oasv.org	1-408-940-6278/pst	pw:339347	
55204				For Format see this website: <a href="https://oa90sat4pmmmeeting.wixsite.com/phonemeeting">https://oa90sat4pmmmeeting.wixsite.com/phonemeeting</a>					
55204	<b>Saturday</b>	Spkr/Disc	<b>4pm</b>	<b>1-434-300-4186</b>	<b>911188#</b>	Velma	1-602-500-9055 /mst		
		New List Contact: Jean B. 617-767-9134 email: <a href="mailto:jeanfloa@gmail.com">jeanfloa@gmail.com</a>							
								<b>8/2/2023</b>	
		<b>ZOOM MEETINGS</b>		<b>Zoom ID#</b>	<b>pin or password</b>	<b>contact</b>			
89118	<b>Sunday</b>	<b>Men's mtg</b>	<b>8:30AM</b>	<b>88360650133</b>	<b>sundaymen</b>	Neil R.	1-410-318-6737/est		
89118	link	<a href="https://us02web.zoom.us/j/88360650133?pwd=VDRN3Bwb05XQIA3QkwwNmIEZzBtZz09">https://us02web.zoom.us/j/88360650133?pwd=VDRN3Bwb05XQIA3QkwwNmIEZzBtZz09</a>							
53288	<b>Sunday</b>	<b>relapse/recov</b>	<b>10AM</b>	<b>678611404</b>	<b>213703</b>	Jason	1-617-818-0246/est	<b>relapse ok</b>	
53288	link	<a href="https://us02web.zoom.us/j/678611404?pwd=YUZKaXl2cVdyTWp2MUUVU2pZNFcvQT09">https://us02web.zoom.us/j/678611404?pwd=YUZKaXl2cVdyTWp2MUUVU2pZNFcvQT09</a>							
800698	<b>Sunday</b>	<b>spkr/disc</b>	<b>5PM</b>	<b>81893028281</b>	<b>786329</b>	Ina	1-603-459-4552/est		
800698	link	<a href="https://us02web.zoom.us/j/81893028281">https://us02web.zoom.us/j/81893028281</a>							
45662	<b>Monday</b>	<b>Big Book Lit</b>	<b>9:30AM</b>	<b>169398975</b>	<b>call contact</b>	Judy	1-774-215-0907/est		
45662	link	<a href="https://zoom.us/j/169398975">https://zoom.us/j/169398975</a>							
45063	<b>Monday</b>	<b>Spkr/Disc</b>	<b>6PM</b>	<b>856164689</b>	<b>413661</b>	Cathy	1-978-866-9454/est	<b>oambi.org</b>	
45063	link	<a href="https://us02web.zoom.us/j/856164689?pwd=SG5rVytxMUJiYW2jTXpieEZKVHZldz09">https://us02web.zoom.us/j/856164689?pwd=SG5rVytxMUJiYW2jTXpieEZKVHZldz09</a>							
53025	<b>Monday</b>	<b>BBSS OA90</b>	<b>6:30PM</b>	<b>85241422955</b>	<b>371377</b>	Sue	1-978-996-9116/est	see oambi.org	
53025	link	<a href="https://us02web.zoom.us/j/85241422955?pwd=dGhQSnB6SWszbnNHamRTRWFUSUJ1UT09">https://us02web.zoom.us/j/85241422955?pwd=dGhQSnB6SWszbnNHamRTRWFUSUJ1UT09</a>							
800776	<b>Monday</b>	<b>spkr/disc</b>	<b>7PM</b>	<b>82953773581</b>	<b>008551</b>	Stephanie 1-727-641-3437 /est FL			
800776	link	<a href="https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlIDLzdDYjZlQ1dlNnowdz09">https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlIDLzdDYjZlQ1dlNnowdz09</a>							
50401	<b>Monday</b>	<b>various</b>	<b>8:30PM*</b>	<b>85873651894</b>	<b>none</b>	Fran	1-480-510-0389/pst/mst		
50401	link	<a href="#">no Zoom link listed</a>							call for log in info
89478	<b>Monday</b>	<b>spkr/disc</b>	<b>10PM</b>	<b>86065736073</b>	<b>132465</b>	Leah	1-408-857-6123/pst		
89478	link	<a href="https://us02web.zoom.us/j/86065736073?pwd=MVMiVVFwa05wY0pqMkbZiZPaEiMZZ09">https://us02web.zoom.us/j/86065736073?pwd=MVMiVVFwa05wY0pqMkbZiZPaEiMZZ09</a>							
89080	<b>Monday</b>	<b>spkr/disc/newc</b>	<b>11PM</b>	<b>764584118</b>	<b>newcomers</b>	Bob L.	1-314-256-9574/cst		
89080	link	<a href="https://us02web.zoom.us/j/764584118?pwd=bnVSV2NkVjYwLy9BZHZBdUhyR3QrUT09">https://us02web.zoom.us/j/764584118?pwd=bnVSV2NkVjYwLy9BZHZBdUhyR3QrUT09</a>							
55358	<b>Tuesday</b>	<b>spkr/disc</b>	<b>7PM</b>	<b>72909580027</b>	<b>052020</b>	Al S.	1-617-592-3715/est MA		
55358	link	<a href="https://us04web.zoom.us/j/72909580027">https://us04web.zoom.us/j/72909580027</a>							
89095	<b>Tuesday</b>	<b>spkr/disc</b>	<b>7:30PM</b>	<b>75404375924</b>	<b>796870</b>	Neil R.	1-410-318-6737 /est		
89095	link	<a href="https://us02web.zoom.us/j/75404375924">https://us02web.zoom.us/j/75404375924</a>							
#00734	<b>Tuesday</b>	<b>lit/spkr alt</b>	<b>10PM</b>	<b>81459102776</b>	<b>610995</b>	Bruce	1-408-655-0407/pst		
#00734	link	<a href="https://us02web.zoom.us/j/81459102776?pwd=Q0FiOFFmSmc5UE5KaXV5ZFZudXNzd09">https://us02web.zoom.us/j/81459102776?pwd=Q0FiOFFmSmc5UE5KaXV5ZFZudXNzd09</a>							
800801	<b>Wednesday</b>	<b>spkr/disc</b>	<b>9:30AM</b>	<b>81354119513</b>	<b>350772</b>	Linda	1-978-430-4485/est		
800801	link	<a href="https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJVMUxLVFRrdXFKQT09">https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJVMUxLVFRrdXFKQT09</a>							
800623	<b>Wednesday</b>	<b>various</b>	<b>10AM*</b>	<b>3988846841</b>	<b>5T9f1C</b>	Georgeann 1-623-341-0001/mst/pst			
800623	link	<a href="https://zoom.us/join">https://zoom.us/join</a>							
55641	<b>Wednesday</b>	<b>spkr/disc</b>	<b>5:30PM</b>	<b>82135878895</b>	<b>2021</b>	Jean R.	1-603-566-4791/est		
55641	link	<a href="https://us02web.zoom.us/j/82135878895?pwd=UTNKVVkzb1JOSGxaRkVESzRhYnFIUT09">https://us02web.zoom.us/j/82135878895?pwd=UTNKVVkzb1JOSGxaRkVESzRhYnFIUT09</a>							
54559	<b>Wednesday</b>	<b>spkr/disc</b>	<b>7PM</b>	<b>83994109391</b>	email <a href="mailto:walthamwednesdayoa@gmail.com">walthamwednesdayoa@gmail.com</a> for passcode				
54559	link	<a href="#">invite link and one touch dialing will not work, enter mtg ID and passcode manually</a>							
800553	<b>Thursday</b>	<b>lit/meditation</b>	<b>10:30AM</b>	<b>82943834677</b>	<b>meditate</b>	Norma	1-602-380-6208/pst		
800553	link	<a href="https://us02web.zoom.us/j/82943834677?pwd=TFM3bDA0VG83VjZDNzAxSIFGQVRhQT09">https://us02web.zoom.us/j/82943834677?pwd=TFM3bDA0VG83VjZDNzAxSIFGQVRhQT09</a>							
800155	<b>Thursday</b>	<b>Step/Trad</b>	<b>5:30PM</b>	<b>89215306669</b>	<b>90days</b>	Stephanie 1-727-641-3437 /est			
800155	link	<a href="https://us02web.zoom.us/j/89215306669?pwd=MG1FREdyTGVUVjNTMTBmTWZjQzE4Zz09">https://us02web.zoom.us/j/89215306669?pwd=MG1FREdyTGVUVjNTMTBmTWZjQzE4Zz09</a>							
89278	<b>Thursday</b>	<b>OA BBSS</b>	<b>5:30PM</b>	<b>82135878895</b>	<b>2021</b>	Jean R. 1.	1-603-566-4791/est		
89278	link	<a href="https://us02web.zoom.us/j/82135878895?pwd=UTNKVVkzb1JOSGxaRkVESzRhYnFIUT09">https://us02web.zoom.us/j/82135878895?pwd=UTNKVVkzb1JOSGxaRkVESzRhYnFIUT09</a>							
88839	<b>Thursday</b>	<b>spkr/disc</b>	<b>7PM</b>	<b>82870771507</b>	<b>895164</b>	Maggie	1-814-494-1572/est		
88839	link	<a href="https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcd0FmRWJWQnMwOHRzd09">https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcd0FmRWJWQnMwOHRzd09</a>							
800759	<b>Thursday</b>	<b>various</b>	<b>8:30PM*</b>	<b>88592044388</b>	<b>none</b>	Jackie	1-602-770-2320pst/mst		

800759	link	<a href="#">no link given</a>						
800713	Friday	<a href="#">various</a>	10AM*	88671008856	991102	Karen F	1-602-690-8440	pst/mst
800713	link	<a href="#">no link given</a>						
46006	Saturday	spkr/disc	8AM	708604467	502545	Cathryn	1-603-661-6712	est
46006	link	<a href="https://us02web.zoom.us/j/708604467?pwd=ekd3dEpFbUFTUDNmQ2RnbkdIQWZVQT09">https://us02web.zoom.us/j/708604467?pwd=ekd3dEpFbUFTUDNmQ2RnbkdIQWZVQT09</a>						
800564	Saturday	spkr/disc	8:30AM	89374109422	342407	Kathy D.	1-617-921-6674	est
800564	link	<a href="https://us02web.zoom.us/j/89374109422?pwd=NmNKRCtLWW01YUdtK1VHRVJ3STgvdz09">https://us02web.zoom.us/j/89374109422?pwd=NmNKRCtLWW01YUdtK1VHRVJ3STgvdz09</a>						
89357	Saturday	spkr/BB/12&12	10AM	87510731879	2020	Mandy1-303-915-6188	mst	
89357	link	<a href="https://us02web.zoom.us/j/87510731879?pwd=YVFIRWxNRWVSektXeHD1MUNvcTNQQT09">https://us02web.zoom.us/j/87510731879?pwd=YVFIRWxNRWVSektXeHD1MUNvcTNQQT09</a>						
800160	Saturday	90 minute mtg	10AM	4017106603	123123	Darian	1-508-272-8896	est
800160	link	<a href="https://us02web.zoom.us/j/4017106603?pwd=a0c2N0FnMzllYmpobDJROXd1WVB1dz09">https://us02web.zoom.us/j/4017106603?pwd=a0c2N0FnMzllYmpobDJROXd1WVB1dz09</a>						
51442	Saturday	<a href="#">various</a>	11AM*	88592044388	none	Rebecca	1-480-318-0299	pst/mst
51442	link	<a href="https://us02web.zoom.us/j/88592044388">https://us02web.zoom.us/j/88592044388</a>						
89595	Saturday	spkr/disc	noon	81577583251	339347	oasv.org	1-408-940-6278	pst pw:339347
89595	link	<a href="https://us02web.zoom.us/j/81577583251?pwd=a0xvdksdjR5ajRRK1A5bENqSC9NUT09">https://us02web.zoom.us/j/81577583251?pwd=a0xvdksdjR5ajRRK1A5bENqSC9NUT09</a>						
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)								
Arizona meetings on the list are marked with *								8/2/2023
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								