

| OA 90 Telephone and Zoom meetings Eastern Time (USA) | | | | | | | | 11/3/2024 |
|---|---|--------------------|---------------------------------------|----------------|-----------------------------------|--|-----------------------------------|-------------------------|
| <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. | 1-978-808-9898/est | use # for pw |
| 45497 | Sunday | spkr/disc | 8:30AM | 1-425-436-6310 | 853478# | Ginger | 1-781-587-2883/est | hybrid MA |
| 57950 | Sunday | Farsi bilingual | 9:30AM | see Zoom page | | Nima | 1-408-205-2872/pst | |
| 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# | Isa | 1-201-874-9543/est | (MA) |
| 800698 | Sunday | Spkr/Disc | 5PM | 1-646-558-8656 | 786329 | Ina | 1-603-459-4552/est | 81893028281 |
| 55012 | Sunday | Spkr/Disc | 8pm | 1-681-999-0125 | 152802# | Norma | 1-602-380-6208/mst/pst | (TX) |
| 55500 | Monday | Spkr/Disc | 7am | 1-605-313-5146 | 212416# | Joanne S. | 1-978-204-6037 /est | |
| 55560 | Monday | Trad/Disc * | 8:30AM | 1-605-472-5430 | 143951# | Georgeann1 | 1-623-341-0001/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# | Gerry | 1-508-975-4170/est | Discussion |
| 57284 | Monday | Spkr/Disc | 6PM | 1-609-746-1094 | 964781# | Celeste | 802-376-3507/est | VT hybrid |
| 53025 | Monday | OA90'BBSS | 6:30PM | 1-646-558-8656 | pw:371377 | Sue | 1-978-996-9116/est | 85241422955 |
| 800776 | Zoom | meeting ID | | 82953773581 | | | | |
| 800776 | Monday | Spkr/Disc | 7pm | 1-312-626-6799 | 82953773581 | Cassi B | 1-402-709-4436/cst | pw:008551 |
| 50401 | Monday | various | 7:30PM | 1-346-248-7799 | none | Rebecca | 1-480-318-0299/pst/mst | 88592044388 |
| 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 |
| 58191 | Tuesday | Spkr/Disc/Zoom | 8:30AM | 1-669-900-9128 | 521639 | Bob L. | 1-314-256-9574/cst | 85647267716 |
| 55245 | Tuesday | Women's mtg | 9:30am | 1-605-313-5149 | 964221# | Eloise | 1-650-207-4327/pst | 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 |
| 801347 | Tuesday | For Today | 7PM | 1-929-205-6099 | 89544218269 | Sandi | 1-781-608-3058/est | pw:232285 |
| 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. | 1-978-808-9898/est | pw:796870 |
| 56511 | Tuesday | OA/AA lit | 7:30PM* | 1-681-999-0228 | 374341# | Chris | 1-602-573-6804/pst/mst hyl | AZ time mst/pdt |
| 801550 | Tuesday | lit/spk alt | 10PM | 1-669-900-6833 | 81459102776 | Carol | 1-408-857-4516/pst | pw:610995 |
| 55547 | Wednesday | Spkr/Disc | 7am | 1-605-313-5149 | 138973# | Joanne S. | 1-978-204-6037 /est | |
| 800623 | Wednesday | various | 9AM | 1-929-205-6099 | PW:5T9f1C | Georgeann1 | 1-623-341-0001/pst/mst | 3988846841 |
| 800801 | Wednesday | Spkr/Disc | 9:30AM | 1-929-436-2866 | pw:350772 | Carol J | 1-781-835-7437/est | 81354119513 |
| 55244 | Recorded speakers: https://wedspeakers.wixsite.com/oa90 / 1st & | | | | | Playback tel# | 1-717-908-1015# | |
| 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 | |
| 801398 | Wednesday | Spkr/Disc | 5:30PM | 1-646-876-9923 | 82135878895 | Diane B | 1-603-325-7689 | 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# | Kim | 1-732-519-1570/est | Discussion |
| 800553 | Thursday | For Today/VOR | 10:30AM | 1-929-205-6099 | meditate | Gayle | 1-214-405-6771/cst | 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 | no contact, get on before 5:45PM | | 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 | Heather | 1-954-793-8765/est | pw:895164 |
| 55002 | Thursday | Spkr/Disc | 8PM | 1-412-924-7121 | 419032# | Lori | 1-210-829-4195/cst | Basic Focus |
| 55157 | Friday | Spkr/Disc | 9am | 1-717-908-1834 | 156173# | Bruce G. | 1-408-655-0407 /pst | |
| 800713 | Friday | various | 9AM* | 1-669-900-9128 | 991102 | Karen F | 1-602-690-8440pst/mst | 88671008856 |
| 55320 | Friday | Spkr/Disc | 11am | 1-605-313-5149 | 964221# | Lyn | 1-605-517-0570/mst | Health issues |
| 55044 | Friday | Spkr/Disc | 6pm | 1-605-313-5143 | 713226# | Sally S. | 1-617-429-9411 /est | |
| 55746 | Saturday | Spkr/Disc | 7:15am | 1-302-202-1102 | 277158# | Mary T. | 1-617-947-7479/est | MA |
| 800519 | Saturday | Spkr/disc | 7:30AM | 1-929-205-6099 | OASaturday | Elaine | 1-603-660-1441 | 6096748483 |
| 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 | 1-603-861-6712/est | pw:502545 |
| 800564 | Saturday | Spkr/Disc | 8:30AM | 1-646-558-8656 | pw:342407 | Marianne D | 1-617-840-1463/est | 84238373993 |
| 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 | *10AM | 1-346-248-7799 | use # for pw | Rebecca | 1-480-318-0299pst | 88592044388# | |
| 89595 | Saturday | spkr/disc | noon | 1-669-900-6833 | 81577583251 | oasv.org | 1-408-940-6278/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 | | | | | | | | | |
| | | | | | | | | 11/3/2024 | |
| | | ZOOM MEETINGS | | Zoom ID# | pin or password | contact | | | |
| 89118 | Sunday | Men's mtg | 8:30AM | 88360650133 | sundaymen | Neil R. | 1-978-808-9898/est | | |
| 89118 | link | https://us02web.zoom.us/j/88360650133?pwd=VDRN3Bwb05XQIA3QkwwNmIeZzBtZz09 | | | | | | | |
| 57950 | Sunday | Farsi bilingual | 9:30AM | freeconferencecall see below | | Nima | 1-408-205-2872/pst | | |
| 57950 | link | https://join.freeconferencecall.com/iran90daybilingual.com | | | | | | | |
| 53288 | Sunday | relapse/recov | 10AM | 678611404 | 213703 | Jason | 1-617-818-0246/est | relapse ok | |
| 53288 | link | https://us02web.zoom.us/j/678611404?pwd=YUZKaXI2cVdyTWp2MUUVUV2pZNFcvQT09 | | | | | | | |
| 800698 | Sunday | spkr/disc | 5PM | 81893028281 | 786329 | Ina | 1-603-459-4552/est | | |
| 800698 | link | https://us02web.zoom.us/j/81893028281 | | | | | | | |
| 45662 | Monday | Big Book Lit | 9:30AM | 169398975 | call contact | Jud | Judy | 1-774-215-0907/est | |
| 45662 | link | https://zoom.us/j/169398975 | | | | | | | |
| 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 | Cassi B | 1-402-709-4436 | | |
| 800776 | link | https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlILDzDYjZlQ1dlNnowdz09 | | | | | | | |
| 50401 | Monday | various | 7:30PM* | 88592044388 | none | Rebecca | 1-480-318-0299/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=MVMiVVFw05wYOpqMkbZlZPaEiMZZ09 | | | | | | | |
| 89080 | Monday | spkr/disc/newc | 11PM | 764584118 | newcomers | Bob L. | 1-314-256-9574/cst | | |
| 89080 | link | https://us02web.zoom.us/j/764584118?pwd=bnVSV2NQVkyYwLy9BZHdUhyR3QRUT09 | | | | | | | |
| 58191 | Tuesday | spkr/disc/newc | 8:30AM | 85647267716 | 521639 | Bob L. | 1-314-256-9574/cst | | |
| 58191 | link | https://us02web.zoom.us/j/85647267716?pwd=0docJbxSuaCjtU9bb8UPgBh3ZLvtCs.1 | | | | | | | |
| 55358 | Tuesday | spkr/disc | 7PM | 72909580027 | 052020 | Al S. | 1-617-592-3715/est MA | | |
| 55358 | link | https://us04web.zoom.us/j/72909580027 | | | | | | | |
| 801347 | Tuesday | For Today | 7PM | 89544218269 | 232285 | Sandi | 1-781-608-3058/est | | |
| 801347 | Zoom meeting but no link given, info on OA.org is for an old Zoom number, do not use | | | | | ot use | | | |
| 89095 | Tuesday | spkr/disc | 7:30PM | 75404375924 | 796870 | Neil R. | 1-978-808-9898/est | | |
| 89095 | link | https://us02web.zoom.us/j/75404375924 | | | | | | | |
| 801550 | Tuesday | lit/spkr alt | 10PM | 81459102776 | 610995 | Carol | 1-408-857-4516/pst | | |
| 801550 | link | https://us02web.zoom.us/j/81459102776?pwd=Q0FiOFFmSmc5UE5KaXV5ZFZUdXNzd09 | | | | | | | |
| 800623 | Wednesday | various | 9AM* | 3988846841 | 5T9f1C | Georgeann | 1-623-341-0001/mst/pst | | |
| 800623 | link | https://zoom.us/join | | | | | | | |
| 800801 | Wednesday | spkr/disc | 9:30AM | 81354119513 | 350772 | Carol J. | 1-781-835-7437/est lock 9:40AM | | |
| 800801 | link | https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJMUXlVFRdRdXFKQT09 | | | | | | | |
| 801398 | Wednesday | spkr/disc | 5:30PM | 82135878895 | 2021 | Diane B | 1-603-325-7689/est | | |
| 801398 | link | https://us02web.zoom.us/j/82135878895?pwd=UTNKVvkb1JOSGxaRkVESzRhYnFIUT09 | | | | | | | |
| 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 | Gayle | 1-214-405-6771/cst | | |
| 800553 | link | https://us02web.zoom.us/j/82943834677?pwd=TFM3bDA0VG83VjZDNzAxSIFGQVRhQT09 | | | | | | | |
| 800155 | Thursday | Step/Trad | 5:30PM | 89215306669 | 429187 | pw90days, get on b4 5:45, no pw 90days | | | |
| 800155 | link | https://us02web.zoom.us/j/89215306669?pwd=MG1FREdyTGVUVjNTMTBmTWZjZzE4Zz09 | | | | | | | |
| 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=UTNKVvkb1JOSGxaRkVESzRhYnFIUT09 | | | | | | | |

| | | | | | | | |
|-----------|-----------------|---|---------------|--|---------------------------|-------------------------|------------------------------|
| 88839 | Thursday | spkr/disc | 7PM | 82870771507 | 895164 | Heather | 1-954-793-8765/est |
| 88839 | link | https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcvd0FmRWJWQnMwOHRzdz09 | | | | | |
| 800713 | Friday | various | 9AM* | 88671008856 | 991102 | Karen F | 1-602-690-8440 pst/mst |
| 800713 | link | no link given | | | | | |
| 800519 | Saturday | spkr/disc | 7:30AM | 6096748484 | OASaturday | Elaine | 1-603-660-1441/est |
| 800519 | 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 | 84238373993 | 342407 | Marianne | 617-840-1463/est |
| 800564 | link | new mtg ID, no link yet | | | | | |
| 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 | oasv.org | 1-408-940-6278/pst pw:339347 |
| 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: The timechange in November 2023 | | | Pacific to Mountain time. | | |
| | | Arizona meetings may shift on the list due to their time change. | | | | | |
| | | 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 * | | | | | 11/3/2024 |
| Monday | 9:30AM | Pacific time | 8:30AM | Mountain | Eastern time equivalents | | |
| Monday | 8:30PM | Zoom | 7:30PM | | | | |
| Tuesday | 8:30PM | | 7:30PM | | | | |
| Wednesday | 10AM | Zoom | 9AM | | | | |
| Friday | 10AM | Zoom | 9AM | | | | |
| Saturday | 11AM | Zoom | 10AM | | | | |