

	OA 90 Telephone and Zoom meetings Eastern Time (USA)						
							10/5/2025
Group #	DAY	TYPE	TIME	PHONE #	PIN#	Contact Name / Tel.#	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	89570248078	Neil R. 1-978-808-9898/est	pw:6101935
45497	Sunday	spkr/disc	8:30AM	1-425-436-6310	853478#	Ginger 1-781-587-2883/est	hybrid MA
801827	Sunday	relapse/recov	10AM	1-929-205-6099	86165822259	Carrie 1-954-270-4863/est	callCarrieforpw
57950	Sunday	Farsi bilingual	10:30AM	see Zoom page		Nima 1-408-205-2872/pst	
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#	Lisa 914-715-8698/pst	(TX)
55500	Monday	Spkr/Disc	7am	1-605-313-5146	212416#	Joanne S. 1-978-204-6037 /est	
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	Monday	Spkr/Disc	7pm	1-312-626-6799	82953773581	Leanne 1-727-643-9386/est	pw:008551
50401	Monday	various*	8:30PM	1-346-248-7799	callJackie for login	Jackie 1-602-770-2320 pst/mst889	88910620489
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	89935164495	Chris 1-408-892-3188/pst	pw:6101935
58191	Tuesday	Spkr/Disc/Zoom	8:00AM	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	8:30PM*	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	
800801	Wednesday	Spkr/Disc	9:30AM	1-929-436-2866	pw:350772	Carol J 1-781-835-7437/est	81354119513
800623	Wednesday	various	10:00AM*	1-929-205-6099	PW:5T9f1C	Georgeann1-623-341-0001/pst/mst	3988846841
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	Recovery	5:30PM	1-669-900-9128	83065529634	Diane B 1-603-325-7689	pw:call contact
54559	Wednesday	Spkr/Disc	7PM	1-646-558-8656	call or email Jean B for passcode		83994109391
55776	Wednesday	Sharing	8pm	1-425-436-6280	709925#	Jean B 1-617-767-9134/est	Sharing mtg
55319	Thursday	Voices of Recovery	7AM	1-605-475-4777	505284#	Kim 1-973-214-7282/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	OA90BBSS	5:30pm	1-646-558-8656	82045162591	Jane Q 1-603-674-6540/est	pw:6101935
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
801745	Thursday	Big Book	8:30PM*	1-346-248-7799	no passcode	Jean 1-480-273-3874/pst/mst88298463615	
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#	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 1-603-661-6712/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	11AM*	1-346-248-7799	call for pw	Rebecca	1-480-318-0299	82208203545
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://oa90sat4pmmeeting.wixsite.com/phonemeeting					
55204	Saturday	Spkr/Disc	4pm	1-434-300-4186	911188#	Velma	1-602-500-9055 /mst	
801952	Saturday	BB/12&12	8PM	1-267-831-0333	81402601623	David	1-251-398-0684/cstp	pw:6101935
8011952		no abstinence required to share on this meeting						
	New List Contact: Jean B. 617-767-0134 email: jeanfloo@gmail.com							
								10/5/2025
		ZOOM MEETINGS		Zoom ID#	pin or password	contact		
89118	Sunday	Men's mtg	8:30AM	89570248078	6101935	Neil R.	1-978-808-9898/est	pw:6101935
89118	link	https://us02web.zoom.us/j/89570248078?pwd=tc8Njo4ZJTG1hvWVaNwAx0hVghPjei.1						
801827	Sunday	relapse/recov	10AM	86165822259	callcontact for pw C	Carrie	1-954-270-4863/est	relapse recovery
801827	link	https://us02web.zoom.us/j/86165822259?pwd=1Vo2ubgrN0MrQdptcAV8By1A6r38w2.1						
57950	Sunday	Farsi bilingual	10:30AMfreeconferencecall see below			Nima	1-408-205-2872/pst	
57950	link	https://join.freeconferencecall.com/iran90daybilingual.com					90 min. meeting	
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	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	Leanne	1-727-643-9386/est	
800776	link	https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlIldZdYjZlQ1dlNnowdz09						
50401	Monday	various	8:30PM*	88910620489		Jackie	1-602-770-2320/pst/mst	
50401	link	no Zoom link listed		call for log in info	no texting pls			
89478	Monday	spkr/disc	10PM	86065736073	132465	Leah	1-408-857-6123/pst	
89478	link	https://us02web.zoom.us/j/86065736073?pwd=MVMIVFWa05wYOpqMkbZiZaEiMZZ09						
89080	Monday	spkr/disc/newc	11PM	89935164495	6101935	Bob L.	1-314-256-9574/cst	pw:6101935
89080	link	https://us02web.zoom.us/j/89935164495?pwd=K0eemvCU4Bpu4ueBCOQ46lQ1PVEbCC.1						
58191	Tuesday	spkr/disc/newc	8:00AM	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							
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						
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=NWpjd2E4Q3k4QUJMUxLVFRrdXFKQT09						
800623	Wednesday	various	10AM*	3988846841	5T9f1C	Georgeann	1-623-341-0001/mst/pst	
800623	link	https://zoom.us/join						
801398	Wednesday	recovery	5:5:30PM	83065529634	pw: call contact	Diane B	1-603-325-7689/est	locked at 5:45
801398	link	https://us02web.zoom.us/j/83065529634?pwd=2NQzkZiMdL3VueAgOR3BmrbYeb7OPX.1						
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=MG1FREdyTGVUVjNTMTBmTWZjQzE4Zz09						
89278	Thursday	OA90BBSS	5:30PM	82045162591	6101935	Jane Q	1-603-674-6540/est	
89278	link	https://us02web.zoom.us/j/82045162591?pwd=wgDa3bOV8p83tbl6GMiwgOW1iNlK1F.1						

88839	Thursday	spkr/disc	7PM	82870771507	895164	Heather	1-954-793-8765/est
88839	link	https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcvd0FmRWJWQnMwOHRzd09					
801745	Thursday	Big Book	8:30PM*88298463615		no passcode	Jean	1-480-273-3874/pst/mst
801745	link	no info					
800713	Friday	various	10AM*	88671008856	991102	Karen F	1-602-690-8440 pst/mst
800713	link	no link given					
800519	Saturday	spkr/disc	7:30AM	6096748483	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 oambi.org
800564	link	https://us02web.zoom.us/j/84238373993?pwd=pl1TCaKJpsqZwS5cNjQbcZdX5AVulg.1					
89357	Saturday	spkr/BB/12&12	10AM	87510731879	2020	Mandy	1-303-915-6188/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*	82208203545		Rebecca	1-480-318-0299/pst
51442	link	no linkgiven	call contact for pw, no texting, be on time, no entry after 10 min. for security				
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					
801952	Saturday	BB/12&12	8PM	81402601623	6101935	David	1-251-398-0684 cst
801952	link	no link given	no abstinence required to share				
		You can use any of these phone numbers to acccess 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 Nov-24 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 *						10/5/2025
		Pacific time		Mountain			
Monday 8:30PM		Zoom	7:30PM				
Tuesday 8:30PM		phone	7:30PM				
Wednesday 10AM		Zoom	9AM				
Thursday8:30PM		Zoom	7:30PM				
Friday 10AM		Zoom	9AM				
Saturday 11AM		Zoom	10AM				

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