

<b>OA 90 Telephone and Zoom meetings Eastern Time (USA)</b>								5/5/2024
<b>Group #</b>	<b>DAY</b>	<b>TYPE</b>	<b>TIME</b>	<b>PHONE #</b>	<b>PIN#</b>	<b>Contact Name / Tel.#</b>		<b>Add'l info</b>
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#	Jen	1-831-247-0832/pst	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	10:30AM	Zoom translation coming		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#	Beth	1-413-320-2401/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 *	9:30AM	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#	Carol S.	1-919-985-1959/est	Discussion
45063	Monday	Spkr/Disc	6PM	1-929-436-2866	856164689	MBI	1-781-641-2303/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#	Gm 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/pst	pw:008551
50401	Monday	various	*8:30PM	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
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
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
#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	1-623-341-0001/pst/mst	3988846841
55244		Recorded speakers:	https://wedspeakers.wixsite.com/oa90 / 1st & .....			Playback tel#	1-717-908-1015# 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	no contact listed		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	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	
55746	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	<b>Saturday</b>	various	<b>*11AM</b>	<b>1-346-248-7799</b>	use # for pw	Rebecca1-480-318-0299pst	88592044388#		
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: jeanfloa@gmail.com									
								<b>5/5/2024</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>	sundaymen	Neil R.	1-978-808-9898/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	relapse ok	
53288	link	<a href="https://us02web.zoom.us/j/678611404?pwd=YUZKaXl2cVdyTWp2MUUVUV2pZNFcvQT09">https://us02web.zoom.us/j/678611404?pwd=YUZKaXl2cVdyTWp2MUUVUV2pZNFcvQT09</a>							
57950	<b>Sunday</b>	<b>Farsi bilingual</b>	<b>10:30AM freeconferencecall see below</b>			Nima	1-408-205-2872/pst		
57950	link	<a href="https://join.freeconferencecall.com/iran90daybilingual.com">https://join.freeconferencecall.com/iran90daybilingual.com</a>					90 min meeting		
800698	Sunday	<b>spkr/disc</b>	<b>5PM</b>	81893028281	786329	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>	call contact Jud	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>	856164689	413661	MBI	1-781-641-2303	<b>oambi.org</b>	
45063	link	<a href="https://us02web.zoom.us/j/856164689?pwd=SG5rVytXMuJiYw2jTXpieEKVHZldz09">https://us02web.zoom.us/j/856164689?pwd=SG5rVytXMuJiYw2jTXpieEKVHZldz09</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/pst		
800776	link	<a href="https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlIldzDYjZLQ1dlNnowdz09">https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZlIldzDYjZLQ1dlNnowdz09</a>							
50401	<b>Monday</b>	<b>various</b>	<b>8:30PM*</b>	88592044388	none	Rebecca	1-480-318-0299/pst/mst		
50401	link	<b>no Zoom link listed</b>		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=MVMiVVFw05wY0pMkbZlZPaEiMZZ09">https://us02web.zoom.us/j/86065736073?pwd=MVMiVVFw05wY0pMkbZlZPaEiMZZ09</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=bnVSV2NQVkJyLy9BZHZBdUhyR3RtUT09">https://us02web.zoom.us/j/764584118?pwd=bnVSV2NQVkJyLy9BZHZBdUhyR3RtUT09</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.	1-978-808-9898/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>	81459102776	<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>	81354119513	<b>350772</b>	Linda	1-978-430-4485/est		
800801	link	<a href="https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJMUXlVFRrdXFKQT09">https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJMUXlVFRrdXFKQT09</a>							
800623	<b>Wednesday</b>	<b>various</b>	<b>10AM*</b>	3988846841	<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 walthamwednesdayoa@gmail.com 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>	82943834677	<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>429187</b>	no contact listed pw90days si pw 90days			
800155	link	<a href="https://us02web.zoom.us/j/89215306669?pwd=MG1FREdyTGVUVjNTMTBmTWZjZzE4Zz09">https://us02web.zoom.us/j/89215306669?pwd=MG1FREdyTGVUVjNTMTBmTWZjZzE4Zz09</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>	895164	Heather	1-954-793-8765/est		
88839	link	<a href="https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcd0FmRWJWQnMwOHRzd09">https://us02web.zoom.us/j/82870771507?pwd=L2RtaVVRMmcd0FmRWJWQnMwOHRzd09</a>							
800713	<b>Friday</b>	<b>various</b>	<b>10AM*</b>	88671008856	991102	Karen F	1-602-690-8440 pst/mst		

800713	link	<a href="#">no link given</a>						
46006	<b>Saturday</b>	<b>spkr/disc</b>	<b>8AM</b>	<b>708604467</b>	<b>502545</b>	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	<b>Saturday</b>	<b>spkr/disc</b>	<b>8:30AM</b>	<b>89374109422</b>	<b>342407</b>	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	<b>Saturday</b>	<b>spkr/BB/12&amp;12</b>	<b>10AM</b>	<b>87510731879</b>	<b>2020</b>	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	<b>Saturday</b>	<b>90 minute mtg</b>	<b>10AM</b>	<b>4017106603</b>	<b>123123</b>	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	<b>Saturday</b>	<a href="#">various</a>	<b>11AM*</b>	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	<b>Saturday</b>	<b>spkr/disc</b>	<b>noon</b>	<b>81577583251</b>	339347	oasv.org	1-408-940-6278/pst	pw:339347
89595	link	<a href="https://us02web.zoom.us/j/81577583251?pwd=a0xvdklsdjR5ajRRK1A5bENqSC9NUT09">https://us02web.zoom.us/j/81577583251?pwd=a0xvdklsdjR5ajRRK1A5bENqSC9NUT09</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:			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 *							5/5/2024	
Monday	9:30AM							
Monday	8:30PM	Zoom						
Tuesday	8:30PM							
Wednesday	10AM	Zoom						
Friday	10AM	Zoom						
Saturday	11AM	Zoom						