OA 90 Telephone and Zoom meetings Eastern Time (USA)

11/5/2026

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
57950	Sunday	Farsi bilingual	9:30AM	see Zoom page		Nima	1-408-205-2872/pst	
801827	Sunday	relapse/recov	10AM	1-929-205-6099	86165822259	Carrie	1-954-270-4863/est	callCarrieforpw
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	
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	Stephanie	1-727-641-3437/pst	pw:008551
50401	Monday	various*	07:30PM	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
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	07:30PM*	1-681-999-0228	374341#	Chris	1-602-573-6804/pst/mst hyb	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	Georgeann	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	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	
802050	Wednesday	Recovery	5:30PM	1-669-900-9128	83065529634	Diane B	1-603-325-7689	6101935
802393	Wednesday	BB,12&12, tools	6PM	1-669-900-9128	87954749083	Deb B.	781-696-8463/est	text for pw
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	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
89278	Thursday	OA90BBSS	5:30PM	1-646-558-8656	6101935	Jane Q	1-603-674-6540/est	82045162591
88839	Thursday	Spkr/Disc/Zoom	7pm	1-253-215-8782	82870771507	Bonnie	1-831-345-3049/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	OASaturdayElaine		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	MBI office	1-781-205-9606/est	pw:502545
800564	Saturday	Spkr/Disc	8:30AM	1-646-558-8656	pw:342407	Mariannne1	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	BJ	1-303-257-3538/mst	pw:2020
51442	Saturday	various	10AM*	1-346-248-7799	call for pw	Rebecca	1-480-318-0299 mst/pst 82	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/cstpw:6**	**pw:6101935**
	New List Contact: Jean B. 617-767-9134 email: jeanfloa@gmail.com							
								11/5/2026
		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=tc8Njo4ZJTG1hvWVaNwnx0hVghPjei.1						
57950	**Sunday**	Farsi bilingual	**9:30AM**	**freeconferencecall.com see below**		Nima	1-408-205-2872/pst	
57950	**link**	https:join.freeconferencecall.com/iran90daybilir			**daybilingual**		90 min. meeting	
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						
800698	Sunday	**spkr/disc**	**5PM**	81893028281	786329	Ina	1-603-459-4552/est	
800698	**link**	https://us02web.zoom.us/j/81893028281						
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/pst		
800776	**link**	https://us02web.zoom.us/j/82953773581?pwd=aWgxaVpKZllDLzdDYjZLQ1dlNnowdz09						
50401	**Monday**	various	07:30PM*	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=MVMIVVFWa05wYOpqMkbZIZPaEiMZZ09						
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=KOeemvCU4Bpu4ueBCOQ46lQ1PVEbCC.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	**Tuesday**	**no link given**						
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=Q0FiOFFmSmc5UE5KaXV5ZFZUdXNZdz09						
800623	Wednesday	various*	**9AM**	3988846841	**5T9f1C**	Georgeann 1-623-341-0001/mst/pst		
800801	**Wednesday**	spkr/disc	**9:30AM**	81354119513	**350772**	**Carol J.**	**1-781-835-7437/est**	
800801	**link**	https://us02web.zoom.us/j/81354119513?pwd=NWpJd2E4Q3k4QUJVMUxLVFRrdXFKQT09						
802050	**Wednesday**	**recovery**	**5:30PM**	**83065529634**	**6101935**	**Diane B**	**1-603-325-7689/est**	locked at 5:45
802050	**link**	https://us02web.zoom.us/j/83065529634?pwd=2NQzkZiMdL3VueAgOR3BmrbYeb7OPX.1						
802393	**Wednesday**	BB, 12&12,tools 6PM		87954749083	**text for pw**	**Deb B.**	**1-781-696-8463/est**	
802393	**link**	https://us02web.zoom.us/j/87954749083						
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						
89278	**Thursday**	OA90BBSS	**5:30PM**	82045162591	**6101935**	**Jane Q**	**1-603-674-6540/est**	
89278	**link**	https://us02web.zoom.us/j/82045162591?pwd=wgDa3bOV8p83tbl6GMiwgOW1iNIK1F.1						
88839	**Thursday**	**spkr/disc**	**7PM**	**82870771507**	895164	Bonnie	1-831-345-3049/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**	6096748483	OASaturday	Elaine	1-603-660-1441/est	
800519	link	no link given						
46006	**Saturday**	**spkr/disc**	**8AM**	**708604467**	**502545**	MBI office	1-781-205-9606/est	
46006	**link**	https://us02web.zoom.us/j/708604467?pwd=ekd3dEpFbUFTUDNmQ2RnbkdlQWZVQT09						
800564	**Saturday**	**spkr/disc**	**8:30AM**	**84238373993**	**342407**	Marianne	1-617-840-1463/est	oambi.org

800564	**link**	https://us02web.zoom.us/j/84238373993?pwd=pl1TCaKJpsqZwS5cNjQbcZdX5AVulg.1						
89357	**Saturday**	**spkr/BB/12&12**	**10AM**	**87510731879**	**2020**	BJ	1-303-257-3538/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	**10AM***	82208203545		Rebecca	1-480-318-0299 pst	st/mst
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						
		You can use any of these phone numbers to acc			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 ti		time:The timechange in No		November	Pacific to Mountain time.			
Arizona meetings may shift on the list due to their time change.					March Mountain to Pacific			
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 *							11/5/2026
		Pacific time		Mountain				
Monday 8:30PM		Zoom	7:30PM					
Tuesday 8:30PM		phone	7:30PM					
Wednesday 10AM		Zoom	9AM					
Friday 10AM		Zoom	9AM					
Saturday 11AM		Zoom	10AM					

