

**Overeaters Anonymous, Inc.**

**Phone Meeting List**

**October 05, 2011**

**Please check the Web site for the latest edition of this printed list.**

| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>      | <u>Day</u> | <u>Time</u>     | <u>Time Zone</u> | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|---|------------|-----------------|------------------|--|---------------------|-------------------------|
| # 55144          | Follow Phone Prompts<br>415-400-0300    | Saturday   | 12:00 am        | EST              | Kim  | 928-377-0125 MST    | English                 |
| Pin Number:      | 4285115#                                |            |                 |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *1 to un-mute and *1 to mute            |            |                 |                  | Special Focus:   |                     |                         |
|                  |   |            |                 |                  | Special Topic: Varies  |                     |                         |
|                  |   |            | Closed Meeting: | No               |  |                     | Affiliated with:        |
| # 55040          | Follow Phone Prompts<br>415-400-0300    | Saturday   | 6:45 am         | EST              | Diane  | 703-813-6313 EST    | English                 |
| Pin Number:      | 4285115#                                |            |                 |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute. |            |                 |                  | Special Focus:   |                     |                         |
|                  |   |            |                 |                  | Special Topic: Literature Study                                  |                     |                         |
|                  |   |            | Closed Meeting: | No               |  |                     | Affiliated with:        |
| # 55120          | Follow Phone Prompts<br>415-400-0300    | Saturday   | 6:45 am         | PST              | Deb  | 503-720-6157        | English                 |
| Pin Number:      | 836731#                                 |            |                 |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |                 |                  | Special Focus:   |                     |                         |
|                  |   |            |                 |                  | Special Topic: For Today<br>Voices Of Recovery                   |                     |                         |
|                  |   |            | Closed Meeting: | No               |  |                     | Affiliated with:        |
| # 55023          | Follow Phone Prompts<br>415-400-0300    | Saturday   | 8:00 am         | EST              | Phyllis  | 309-585-2292        | English                 |
| Pin Number:      | 6320348#                                |            |                 |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute. |            |                 |                  | Special Focus:   |                     |                         |
|                  |   |            |                 |                  | Special Topic: 90 Day<br>For Today                               |                     |                         |
|                  |   |            | Closed Meeting: | No               |  |                     | Affiliated with:        |
| # 55033          | Follow Phone Prompts<br>415-400-0300    | Saturday   | 9:30 am         | EST              | Ellen  | 301-509-9521 EST    | English                 |
| Pin Number:      | 4285115#                                |            |                 |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute. |            |                 |                  | Special Focus:   |                     |                         |
|                  |   |            |                 |                  | Special Topic: Seeking the Spiritual Path                        |                     |                         |
|                  |   |            | Closed Meeting: | No               |  |                     | Affiliated with:        |

**\*\*\* Some cell/telephone companies are blocking these calls; please call your cell/telephone company.**

**\*\*\*Normal phone charges do apply.**

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FOR USE WITHIN OA ONLY, NOT TO BE USED FOR PERSONAL OR BUSINESS

| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>   | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u>         |
|------------------|--|------------|-------------|--------------------|--|---------------------|---------------------------------|
| # 55062          | Follow Phone Prompts<br>213-342-3000   | Saturday   | 10:00 am    | EST                | Mandy  | 303-915-6188 MST    | English                         |
| Pin Number:      | 155901#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *6 to mute and *7 to unmute.  |            |             |                    | Special Focus:   |                     |                                 |
|                  |  |            |             |                    | Special Topic: 90 Day<br>Tools                                   |                     |                                 |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55128          | Follow Phone Prompts<br>712-451-6125   | Saturday   | 12:00 pm    | EST                | Lily   | 814-795-7609 EST    | English                         |
| Pin Number:      | 615178#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | The 1st 164 group of Overeaters Anonymous. 1 hour meeting  |            |             |                    | Special Focus:   |                     |                                 |
|                  |  |            |             |                    | Special Topic:   |                     |                                 |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55068          | Follow Phone Prompts<br>605-477-3000   | Saturday   | 1:00 pm     | CST                | Shyra  | 254-681-6702 CST    | English                         |
| Pin Number:      | 909726   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *6 to mute and *6 to unmute   |            |             |                    | Special Focus: Anorexia/Bulimia,                                 |                     |                                 |
|                  |  |            |             |                    | Special Topic: Literature Study                                  |                     |                                 |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55111          | Follow Phone Prompts<br>415-400-0300   | Saturday   | 3:00 pm     | EST                | Judy   | 212-929-4347 EST    | English                         |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *1 to mute and #1 to unmute.  |            |             |                    | Special Focus:   |                     |                                 |
|                  |  |            |             |                    | Special Topic: AA 12/12<br>Discussion                            |                     |                                 |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55126          | Follow Phone Prompts<br>712-432-3900   | Saturday   | 4:00 pm     | EST                | Elizabeth  | 978-531-9390 EST    | English                         |
| Pin Number:      | 260185#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Meeting works in tandem with The Recovery Group OA Step<br>Study (www.therecoverygroup.org)                    |            |             |                    | Special Focus:   |                     |                                 |
|                  |  |            |             |                    | Special Topic: OA Steps and / or Traditions Study                |                     |                                 |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55141          | Follow Phone Prompts<br>415-400-0300   | Saturday   | 4:00 pm     | EST                | Lee  | 516-371-4828 EST    | English                         |
| Pin Number:      | 915892#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | *1 mute /*1 unmute. OPEN TO ALL. This meeting is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    | Special Focus:   |                     |                                 |
|                  |  |            |             |                    | Special Topic: Newcomer<br>Varies                                |                     |                                 |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with: 09977 OA VSB 3 |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>   | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u>                         | <u>Language Spoken:</u> |
|------------------|--|------------|-------------|--------------------|--|---|-------------------------|
| # 55051          | Follow Phone Prompts<br>415-400-0300   | Saturday   | 5:00 pm     | EST                | Tom  | 408-375-5370 PST                            | English                 |
| Pin Number:      | 6508933#   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |                         |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute   |            |             |                    | Special Focus:   |   |                         |
|                  |  |            |             |                    | Special Topic: Relapse/12th Step Within                          |   |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:                            |                         |
| # 55017          | Follow Phone Prompts<br>507-726-4200   | Saturday   | 6:00 pm     | PST                | La Verna   | 415-680-0372 PST                            | English                 |
| Pin Number:      | 224611   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |                         |
| Notes:           | Please hit *6 to mute and *6 to unmute.  |            |             |                    | Special Focus: Black   |   |                         |
|                  |  |            |             |                    | Special Topic:   |   |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with: 09609 Ebony OA Bay Area IG |                         |
| # 55081          | Follow Phone Prompts<br>415-400-0300   | Saturday   | 6:45 pm     | EST                | Felice   | 845-467-4525 EST                            | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |                         |
| Notes:           | Press *1 to mute and *1 to unmute; *5 Mutes all callers; *0<br>Tells number of callers on line                 |            |             |                    | Special Focus:   |   |                         |
|                  |  |            |             |                    | Special Topic: Literature Study                                  |   |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:                            |                         |
| # 55197          | Follow Phone Prompts<br>415-400-0300   | Saturday   | 7:00 pm     | PST                | Cathy  | 206-683-1329 PST                            | English                 |
| Pin Number:      | 836731#  |            |             |                    | For more information call Contact Person (be aware of time zone) |   |                         |
| Notes:           | Meets Seven Days a Week, All Welcome!  |            |             |                    | Special Focus:   |   |                         |
|                  |  |            |             |                    | Special Topic: For Today<br>Voices Of Recovery                   |   |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:                            |                         |
| # 55147          | Follow Phone Prompts<br>415-400-0300   | Saturday   | 8:00 pm     | EST                | Lee  | 516-371-4828 EST                            | English                 |
| Pin Number:      | 915892#  |            |             |                    | For more information call Contact Person (be aware of time zone) |   |                         |
| Notes:           | *1 mute /*1 unmute. OPEN TO ALL. This meeting is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    | Special Focus:   |   |                         |
|                  |  |            |             |                    | Special Topic: Big Book<br>Newcomer                              |   |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with: 09977 OA VSB 3             |                         |
| # 55058          | Follow Phone Prompts<br>712-432-3900   | Saturday   | 9:00 pm     | PST                | Nancy  | 415-239-5692 PST                            | English                 |
| Pin Number:      | 6508933#   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute   |            |             |                    | Special Focus:   |   |                         |
|                  |  |            |             |                    | Special Topic: Relapse/12th Step Within                          |   |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:                            |                         |

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|------------------|--|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55135          | Follow Phone Prompts<br>415-400-0300                             | Saturday   | 9:00 pm     | EST                | Jim A.   | 703-204-0181 EST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to mute and *1 unmute                                   |            |             |                    | Special Focus: 100-Pounders                                      |                     |                         |
|                  |  |            |             |                    | Special Topic:   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55105          | Follow Phone Prompts<br>415-400-0300                             | Saturday   | 10:00 pm    | EST                | Cindy G.   | 503-622-5804 PST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to un-mute and *1 to mute.                              |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |  |            |             |                    | Varies   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55075          | Follow Phone Prompts<br>415-400-0300                             | Saturday   | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute. Additional contact Cindy |            |             |                    | Special Focus:   |                     |                         |
|                  | 503-622-5804 PST   |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |  |            |             |                    | Varies   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55145          | Follow Phone Prompts<br>415-400-0300                             | Sunday     | 12:00 am    | EST                | Kim  | 928-377-0125 MST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *1 to un-mute and *1 to mute                                     |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Big Book  |                     |                         |
|                  |  |            |             |                    | Varies   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55039          | Follow Phone Prompts<br>415-400-0300                             | Sunday     | 6:45 am     | EST                | Larissa  | 914-682-8467 EST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.                          |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: For Today   |                     |                         |
|                  |  |            |             |                    | Voices Of Recovery   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>   | <u>Day</u> | <u>Time</u> | <u>Time Zone</u> | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|--|------------|-------------|------------------|--|---------------------|-------------------------|
| # 55121          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 6:45 am     | PST              | Deb  | 503-720-6157 PST    | English                 |
| Pin Number:      | 836731#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute   |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: For Today   |                     |                         |
|                  |  |            |             |                  | Voices Of Recovery   |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55059          | Follow Phone Prompts<br>218-936-4700   | Sunday     | 7:30 am     | EST              | Bob L  | 856-685-0019 EST    | English                 |
| Pin Number:      | 245852#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute and *7 to unmute   |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: Literature Study                                  |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55021          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 8:00 am     | CST              | Sue  | 859-420-0522 EST    | English                 |
| Pin Number:      | 6320348#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.  |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: 90 Day  |                     |                         |
|                  |  |            |             |                  | Big Book   |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55167          | Follow Phone Prompts<br>712-432-0600   | Sunday     | 8:30 am     | EST              | Doug   | 317-371-5026 EST    | English                 |
| Pin Number:      | 267533#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           |  |            |             |                  | Special Focus: Men's   |                     |                         |
|                  |  |            |             |                  | Special Topic: 90 Day  |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55019          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 10:00 am    | CST              | Nancy  | 919-288-1845 EST    | English                 |
| Pin Number:      | 706097#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | GLBT Friendly. No abstinent req to share/participate in reading/lead a meeting. Speaker 5th Sunday of the month. *1 to mute and *1 to unmute |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: Literature Study                                  |                     |                         |
|                  |  |            |             |                  | Speaker  |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55146          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 10:00 am    | EST              | Ada  | 347-678-7486 EST    | English                 |
| Pin Number:      | 579255#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Unconventional Spirituality Mtg  |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: Speaker/Topic                                     |                     |                         |
|                  |  |            |             |                  | Spirituality   |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |

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|------------------|--|------------|-------------|------------------|--|---------------------|--|
| # 55032          | Follow Phone Prompts<br>270-400-1500   | Sunday     | 2:00 pm     | EST              | Katlyn   | 734-426-4743 EST    | English                                    |
| Pin Number:      | 12128#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | Please hit *6 to mute and *7 to unmute.  |            |             |                  | Special Focus:   |                     |  |
|                  |  |            |             |                  | Special Topic: For Today   |                     |  |
|                  |  |            |             |                  | Varies   |                     |  |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                           |
| # 55110          | Follow Phone Prompts<br>712-432-3900   | Sunday     | 2:00 pm     | CST              | Susan  | 337-237-2311 CST    | English                                    |
| Pin Number:      | 4285115#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           |  |            |             |                  | Special Focus:   |                     |  |
|                  |  |            |             |                  | Special Topic: Relapse/12th Step Within                          |                     |  |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                           |
| # 55127          | Follow Phone Prompts<br>219-509-8222   | Sunday     | 3:00 pm     | EST              | Melanie  | 952-353-4891 PST    | English                                    |
| Pin Number:      | 121281#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | *6 to mute & *7 to unmute. We welcome all who have a problem with food & who have a desire to stop eating compulsively. Please respect our HOW format. |            |             |                  | Special Focus:   |                     |  |
|                  |  |            |             |                  | Special Topic: OA H.O.W  |                     |  |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                           |
| # 55178          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 4:00 pm     | EST              | Lisa   | 718-768-3506 EST    | English                                    |
| Pin Number:      | 173645#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | OA RECOVERY WITH A FOCUS ON HEALTH ISSUES, ILLNESS AND DISABILITIES. No medical advice will be given out. All are welcome *1 to mute *1 to unmute      |            |             |                  | Special Focus: Health Issues                                     |                     |  |
|                  |  |            |             |                  | Special Topic: Varies  |                     |  |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                           |
| # 55045          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 5:00 pm     | EST              | Tom  | 408-375-5370 PST    | English                                    |
| Pin Number:      | 6508933#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute   |            |             |                  | Special Focus:   |                     |  |
|                  |  |            |             |                  | Special Topic: Relapse/12th Step Within                          |                     |  |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                           |
| # 55162          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 5:00 pm     | EST              | Phoenix  | 818-848-6924 PST    | English                                    |
| Pin Number:      | 998025#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | *1 to mute/unmute-We study Steps 1, 2 & 3, by reading the Drs. Opin, Chpts 1-4, part of 5, & some append. A Big Book & marker are helpful.             |            |             |                  | Special Focus:   |                     |  |
|                  |  |            |             |                  | Special Topic: Big Book  |                     |  |
|                  |  |            |             |                  | Newcomer   |                     |  |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with: 09022 Louisville Metro IG |

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|------------------|--|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55083          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 6:45 pm     | EST                | Felice   | 845-467-4525 EST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *1 to unmute, *1 to mute; *5 mutes all callers; *0 Tells how many callers on line.   |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55012          | Follow Phone Prompts<br>712-775-7100   | Sunday     | 7:00 pm     | CST                | Debbie   | 972-495-3215 CST    | English                 |
| Pin Number:      | 897214#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute/unmute.  |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: 90 Day  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55198          | Follow Phone Prompts<br>415-400-0300   | Sunday     | 7:00 pm     | PST                | Cathy  | 206-683-1329 PST    | English                 |
| Pin Number:      | 836731#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Seven nights a week, M-S. No abstinence required to share, all welcome!  |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: For Today<br>Voices Of Recovery                   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55171          | Follow Phone Prompts<br>805-360-1000   | Sunday     | 7:30 pm     | EST                | Marie  | 740-516-1711 EST    | English                 |
| Pin Number:      | 706482#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *6 to mute and *6 to un-mute LINE BY LINE STUDY OF THE BIG BOOK  |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Big Book  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55008          | Follow Phone Prompts<br>219-509-8222   | Sunday     | 8:00 pm     | EST                | Brennan  | 303-437-1302 MST    | English                 |
| Pin Number:      | 79822#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Steps 1-2-3 in OA & AA 12&12, 21 days for general sharing, 90 days for qualifiers & service positions. Please hit *6 to mute & unmute. |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic:   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55052          | Follow Phone Prompts<br>712-432-3900   | Sunday     | 9:00 pm     | PST                | Nancy  | 415-239-5692 PST    | English                 |
| Pin Number:      | 6508933#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute   |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                         |
|                  |  |            |             | Closed Meeting: No |  | Affiliated with:    |                         |

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\*\*\*Normal phone charges do apply.

| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u>                    |
|------------------|---|------------|-------------|--------------------|--|---------------------|--|
| # 55133          | Follow Phone Prompts.<br>415-400-0300   | Sunday     | 9:00 pm     | EST                | Jim A.   | 703-204-0181 EST    | English                                    |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | Press *1 to mute and unmute.  |            |             |                    | Special Focus: 100-Pounders                                      |                     |  |
|                  |   |            |             |                    | Special Topic:   |                     |  |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                           |
| # 55106          | Follow Phone Prompts<br>415-400-0300  | Sunday     | 10:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                                    |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | Press *1 to un-mute and *1 to mute. Additional contact Cindy  |            |             |                    | Special Focus:   |                     |  |
|                  | 503-622-5804 PST  |            |             |                    | Special Topic: Literature Study                                  |                     |  |
|                  |   |            |             |                    | Varies   |                     |  |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                           |
| # 55169          | Follow Phone Prompts<br>415-400-0300  | Sunday     | 10:00 pm    | EST                | Lauren   | 270-556-8873 CST    | English                                    |
| Pin Number:      | 998025#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | *1 to mute/unmute- The Meeting Answers Questions: What's A<br>Program of Recovery? What's Abstinence? What're the<br>12-Steps? What're the Tools? |            |             |                    | Special Focus:   |                     |  |
|                  |   |            |             |                    | Special Topic: Newcomer  |                     |  |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with: 09022 Louisville Metro IG |
| # 55076          | Follow Phone Prompts<br>415-400-0300  | Sunday     | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                                    |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | Please hit *1 to mute and *1 to unmute. Additional contact Cindy  |            |             |                    | Special Focus:   |                     |  |
|                  | 503-622-5804 PST  |            |             |                    | Special Topic: Literature Study                                  |                     |  |
|                  |   |            |             |                    | Varies   |                     |  |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                           |
| # 55161          | Follow Phone Prompts<br>415-400-0300  | Monday     | 12:00 am    | EST                | Cindy  | 503-622-5804        | English                                    |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |  |
| Notes:           | Please hit *1 to mute and *1 to unmute.   |            |             |                    | Special Focus:   |                     |  |
|                  |   |            |             |                    | Special Topic: Big Book  |                     |  |
|                  |   |            |             |                    | Varies   |                     |  |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                           |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u> | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u>         |
|------------------|---|------------|-------------|------------------|--|---------------------|---------------------------------|
| # 55036          | Follow Phone Prompts<br>415-400-0300  | Monday     | 6:45 am     | EST              | Beverly  | 954-385-3249-EST    | English                         |
| Pin Number:      | 4285115#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |             |                  | Special Focus:   |                     |                                 |
|                  |   |            |             |                  | Special Topic: For Today   |                     |                                 |
|                  |   |            |             |                  | Voices of Recovery   |                     |                                 |
|                  |   |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                |
| # 55115          | Follow Phone Prompts<br>415-400-0300  | Monday     | 6:45 am     | PST              | Deb  | 503-720-6157        | English                         |
| Pin Number:      | 836731#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Press *1 mute *1 unmute.  |            |             |                  | Special Focus:   |                     |                                 |
|                  |   |            |             |                  | Special Topic: For Today   |                     |                                 |
|                  |   |            |             |                  | Voices Of Recovery   |                     |                                 |
|                  |   |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                |
| # 55179          | Follow Phone Prompts<br>415-400-0300  | Monday     | 8:30 am     | PST              | Deb  | 503-720-6157        | English                         |
| Pin Number:      | 836731#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           |   |            |             |                  | Special Focus:   |                     |                                 |
|                  |   |            |             |                  | Special Topic: 11th Step   |                     |                                 |
|                  |   |            |             |                  | Meditation   |                     |                                 |
|                  |   |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                |
| # 55028          | Follow Phone Prompts<br>415-400-0300  | Monday     | 9:00 am     | CST              | Theresa  | 561-598-9298 EST    | English                         |
| Pin Number:      | 4285115#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |             |                  | Special Focus:   |                     |                                 |
|                  |   |            |             |                  | Special Topic: Lifeline  |                     |                                 |
|                  |   |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                |
| # 55003          | Follow Phone Prompts<br>949-287-4000  | Monday     | 10:00 am    | EST              | Greg B.  | 650-823-0960 PST    | English                         |
| Pin Number:      | 79822#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please ignore standard recording asking you to introduce yourself. Automatically muted on this line.              |            |             |                  | Special Focus:   |                     |                                 |
|                  |   |            |             |                  | Special Topic: 90 Day  |                     |                                 |
|                  |   |            |             |                  | For Today  |                     |                                 |
|                  |   |            |             |                  | Closed Meeting: No   |                     | Affiliated with:                |
| # 55152          | Follow Phone Prompts<br>415-400-0300  | Monday     | 12:00 pm    | EST              | Lee  | 516-371-4828 EST    | English                         |
| Pin Number:      | 915892#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | *1 mute /*1 unmute. 'The Original Lunchtime Mtg' is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                  | Special Focus:   |                     |                                 |
|                  |   |            |             |                  | Special Topic: Lifeline  |                     |                                 |
|                  |   |            |             |                  | Lifeline Sampler   |                     |                                 |
|                  |   |            |             |                  | Closed Meeting: No   |                     | Affiliated with: 09977 OA VSB 3 |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u>         |
|------------------|---|------------|-------------|--------------------|--|---------------------|---------------------------------|
| # 55182          | Follow Phone Prompts<br>415-400-0300  | Monday     | 12:00 pm    | CST                | Zeb  | 816-695-8171        | English                         |
| Pin Number:      | 956915  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | This meeting is conducted Monday thur Friday  |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: AA 12/12  |                     |                                 |
|                  |   |            |             |                    | Big Book   |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55046          | Follow Phone Prompts<br>415-400-0300  | Monday     | 5:00 pm     | EST                | Tom  | 408-375-5370 PST    | English                         |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute  |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55026          | Follow Phone Prompts<br>270-696-2525  | Monday     | 5:30 pm     | PST                | Melanie  | 952-353-4891 CST    | English                         |
| Pin Number:      | 121208  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | We follow a HOW format. *6 to mute & *7 to unmute.  |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: OA H.O.W  |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with: 09589 Unity IG |
| # 55082          | Follow Phone Prompts<br>415-400-0300  | Monday     | 6:45 pm     | EST                | Felice   | 845-467-4525 EST    | English                         |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Hit *1 to mute and *1 to unmute; #5 To mute all callers; *0<br>Tells number of callers on line              |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: For Today   |                     |                                 |
|                  |   |            |             |                    | Voices of Recovery   |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55189          | Follow Phone Prompts<br>415-400-0300  | Monday     | 7:00 pm     | PST                | Cathy  | 206-683-1329 PST    | English                         |
| Pin Number:      | 836731#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Seven days a week, Monday through Sunday  |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: For Today   |                     |                                 |
|                  |   |            |             |                    | Voices Of Recovery   |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55142          | Follow Phone Prompts<br>415-400-0300  | Monday     | 8:00 pm     | EST                | Lee  | 516-371-4828 EST    | English                         |
| Pin Number:      | 915892#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | *1 mute /*1 unmute. 'The Big Book 164 Mtg' is recorded. Get<br>phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: Big Book  |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with: 09977 OA VSB 3 |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|---|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55053          | Follow Phone Prompts<br>712-432-3900  | Monday     | 9:00 pm     | PST                | Nancy  | 415-239-5692 PST    | English                 |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute  |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55131          | Follow Phone Prompts<br>415-400-0300  | Monday     | 9:00 pm     | EST                | Jim A.   | 703-204-0181 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to mute and *1 to unmute   |            |             |                    | Special Focus: 100-Pounders                                      |                     |                         |
|                  |   |            |             |                    | Special Topic:   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55163          | Follow Phone Prompts<br>415-400-0300  | Monday     | 9:00 pm     | EST                | Kaith  | 781-392-4708 EST    | English                 |
| Pin Number:      | 186262 #  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Vegetarian, raw, vegan all inclusive!   |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55100          | Follow Phone Prompts<br>213-342-3000  | Monday     | 10:00 pm    | EST                | Anne B.  | 914-332-1019 EST    | English                 |
| Pin Number:      | 424585#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *6 to unmute and *6 to mute. BB read 1 paragraph at a time. As many can share as desire to after each paragraph |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Big Book  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55070          | Follow Phone Prompts<br>415-400-0300  | Monday     | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute Cindy 503-622-5804 PST   |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |   |            |             |                    | Varies   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>                 | <u>Day</u> | <u>Time</u> | <u>Time Zone</u> | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|--|------------|-------------|------------------|--|---------------------|-------------------------|
| # 55143          | Follow Phone Prompts<br>415-400-0300               | Tuesday    | 12:00 am    | EST              | Kim  | 928-377-0125 MST    | English                 |
| Pin Number:      | 4285115#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *1 to unmute for sharing; *1 to mute after sharing |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: Big Book<br>Varies                                |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55034          | Follow Phone Prompts<br>415-400-0300               | Tuesday    | 6:45 am     | EST              | Katie  | 847-544-9481        | English                 |
| Pin Number:      | 4285115#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.            |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: For Today<br>Voices of Recovery                   |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55116          | Follow Phone Prompts<br>415-400-0300               | Tuesday    | 6:45 am     | PST              | Deb  | 503-720-6157        | English                 |
| Pin Number:      | 836731#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute             |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: For Today<br>Voices Of Recovery                   |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55005          | Follow Phone Prompts<br>415-400-0300               | Tuesday    | 8:30 am     | EST              | Debbie   | 214-912-3688 CST    | English                 |
| Pin Number:      | 4285115#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and to unmute                |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: OA Steps and / or Traditions Study                |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55089          | Follow Phone Prompts<br>712-432-8773               | Tuesday    | 9:30 am     | EST              | Esther   | 647-209-5300 EST    | English                 |
| Pin Number:      | 45698#   |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to unmute/mute                            |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: 90 Day  |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |
| # 55042          | Follow Phone Prompts<br>218-936-4700               | Tuesday    | 11:00 am    | EST              | Shoshana   | 216-691-9199 EST    | English                 |
| Pin Number:      | 127837#  |            |             |                  | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *6 to mute and unmute                              |            |             |                  | Special Focus:   |                     |                         |
|                  |  |            |             |                  | Special Topic: AA 12/12<br>OA Steps and / or Traditions Study    |                     |                         |
|                  |  |            |             |                  | Closed Meeting: No   |                     | Affiliated with:        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u>         |
|------------------|---|------------|-------------|--------------------|--|---------------------|---------------------------------|
| # 55137          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 12:00 pm    | EST                | Lee  | 516-371-4828 EST    | English                         |
| Pin Number:      | 915892#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | *1 mute /*1 unmute. 'The Original Lunchtime Mtg' is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: Big Book  |                     |                                 |
|                  |   |            |             |                    | OA Second Edition  |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with: 09977 OA VSB 3 |
| # 55183          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 12:00 pm    | CST                | Zeb  | 816-695-8171        | English                         |
| Pin Number:      | 956915  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           |   |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: AA 12/12  |                     |                                 |
|                  |   |            |             |                    | Big Book   |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55065          | Follow Phone Prompts<br>712-432-1436  | Tuesday    | 12:30 pm    | EST                | Maggie F.  | 252-441-4964 EST    | English                         |
| Pin Number:      | 12128#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Meeting has an emphasis on ABSTINENCE. Please hit *6 to<br>mute and *6 to unmute                                  |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: OA H.O.W  |                     |                                 |
|                  |   |            |             |                    | Speaker  |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55047          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 5:00 pm     | EST                | Tom  | 408-375-5370 PST    | English                         |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute  |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55043          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 6:00 pm     | EST                | Wendy  | 304-876-6130 EST    | English                         |
| Pin Number:      | 390009#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *1 to mute and *1 to unmute LINE BY LINE STUDY<br>OF THE BIG BOOK                                      |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic: Big Book  |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |
| # 55077          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 6:45 pm     | EST                | Felice   | 845-467-4525 EST    | English                         |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                                 |
| Notes:           | Please hit *1 to mute and *1 to unmute.   |            |             |                    | Special Focus:   |                     |                                 |
|                  |   |            |             |                    | Special Topic:   |                     |                                 |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:                |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u> | <u>Phone Number</u>  | <u>Language Spoken:</u> |
|------------------|---|------------|-------------|--------------------|----------------|--|-------------------------|
| # 55175          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 7:00 pm     | EST                | Lisa           | 718-768-3506 EST   | English                 |
| Pin Number:      | 173645#   |            |             |                    |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | OA RECOVERY WITH A FOCUS ON HEALTH ISSUES,<br>ILLNESS AND DISABILITIES. No medical advice will be given<br>out. All are welcome *1 to mute *1 to unmute |            |             |                    |                | Special Focus: Health Issues<br>Special Topic: Varies            |                         |
|                  |   |            |             | Closed Meeting: No |                | Affiliated with:   |                         |
| # 55190          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 7:00 pm     | PST                | Cathy          | 206-683-1329 PST   | English                 |
| Pin Number:      | 836731#   |            |             |                    |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Meets seven days a week, Monday through Sunday  |            |             |                    |                | Special Focus:<br>Special Topic: For Today<br>Voices Of Recovery |                         |
|                  |   |            |             | Closed Meeting: No |                | Affiliated with:   |                         |
| # 55130          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 7:30 pm     | EST                | Wendy          | 304-876-6130 EST   | English                 |
| Pin Number:      | 828749#   |            |             |                    |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | *1 to mute, *1 to unmute, This meeting is recorded; for playback<br>24/7 call 415-400-0103 Pin 828749#.   |            |             |                    |                | Special Focus:<br>Special Topic: Newcomer                        |                         |
|                  |   |            |             | Closed Meeting: No |                | Affiliated with:   |                         |
| # 55001          | Follow Phone Prompts<br>415-400-0300  | Tuesday    | 8:00 pm     | EST                | Marcie         | 303-805-1881 MST   | English                 |
| Pin Number:      | 803299#   |            |             |                    |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Please hit *1 to mute and unmute  |            |             |                    |                | Special Focus:<br>Special Topic: 90 Day<br>Speaker               |                         |
|                  |   |            |             | Closed Meeting: No |                | Affiliated with:   |                         |
| # 55176          | Follow Phone Prompts<br>805-360-1000  | Tuesday    | 8:00 pm     | EST                | Chaya          | 718-778-0030   | English                 |
| Pin Number:      | 164018#   |            |             |                    |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | *6 to mute and *6 to un-mute  |            |             |                    |                | Special Focus:<br>Special Topic:                                 |                         |
|                  |   |            |             | Closed Meeting: No |                | Affiliated with:   |                         |
| # 55054          | Follow Phone Prompts<br>712-432-3900  | Tuesday    | 9:00 pm     | PST                | Nancy          | 415-239-5692 PST   | English                 |
| Pin Number:      | 6508933#  |            |             |                    |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute  |            |             |                    |                | Special Focus:<br>Special Topic: Relapse/12th Step Within        |                         |
|                  |   |            |             | Closed Meeting: No |                | Affiliated with:   |                         |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>   | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u>  | <u>Language Spoken:</u>                            |
|------------------|--|------------|-------------|--------------------|--|----------------------|--|
| # 55132          | Follow Phone Prompts<br>415-400-0300   | Tuesday    | 9:00 pm     | EST                | Jim A.   | 703-204-0181 EST     | English  |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |  |
| Notes:           | Press *1 to mute and unmute  |            |             |                    | Special Focus: 100-Pounders                                      |                      |  |
|                  |  |            |             |                    | Special Topic:   |                      |  |
|                  |  |            |             | Closed Meeting: No |  |                      | Affiliated with:                                   |
| # 55158          | Follow Phone Prompts<br>+39 02 87212000/+39 0688812000                           | Tuesday    | 9:00 pm     | PST                | Max  | +39-335-720-2441 CET | Italian  |
| Pin Number:      | 014219# Italian  |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |  |
| Notes:           | From Skype: Talkyoo_skype *1 for Mute/unmute For additional numbers ask contact. |            |             |                    | Special Focus:   |                      |  |
|                  |  |            |             |                    | Special Topic: 90 Day Speaker                                    |                      |  |
|                  |  |            |             | Closed Meeting: No |  |                      | Affiliated with:                                   |
| # 55172          | Follow Phone Prompts<br>415-400-0300   | Tuesday    | 9:00 pm     | EST                | Nicholas   | 443-302-9832 EST     | Spanish  |
| Pin Number:      | 629561# Spanish  |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |  |
| Notes:           | Please hit *1 to mute and *1 to unmute   |            |             |                    | Special Focus:   |                      |  |
|                  |  |            |             |                    | Special Topic: Literature Study Speaker/Topic                    |                      |  |
|                  |  |            |             | Closed Meeting: No |  |                      | Affiliated with: 09033 Greater NY OA Metro IG Inc. |
| # 55101          | Follow Phone Prompts<br>415-400-0300   | Tuesday    | 10:00 pm    | EST                | Cindy  | 503-622-5804 PST     | English  |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |  |
| Notes:           | Press *1 to un-mute and *1 to mute.  |            |             |                    | Special Focus:   |                      |  |
|                  |  |            |             |                    | Special Topic: Literature Study Varies                           |                      |  |
|                  |  |            |             | Closed Meeting: No |  |                      | Affiliated with:                                   |
| # 55071          | Follow Phone Prompts<br>415-400-0300   | Tuesday    | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST     | English  |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |  |
| Notes:           | Please hit *1 to mute and *1 to unmute Additional contact Cindy                  |            |             |                    | Special Focus:   |                      |  |
|                  | 503-622-5804 PST   |            |             |                    | Special Topic: Literature Study Varies                           |                      |  |
|                  |  |            |             | Closed Meeting: No |  |                      | Affiliated with:                                   |

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|------------------|---|------------|-------------|--------------------|--|---------------------------------|-------------------------|
| # 55138          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 12:00 am    | EST                | Kim  | 928-377-0125 MST                | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                                 |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.   |            |             |                    | Special Focus:   |                                 |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                                 |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:                |                         |
| # 55041          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 6:45 am     | EST                | Virginia   | 920-662-9633 CST                | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                                 |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |             |                    | Special Focus:   |                                 |                         |
|                  |   |            |             |                    | Special Topic: For Today   |                                 |                         |
|                  |   |            |             |                    | Voices Of Recovery   |                                 |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:                |                         |
| # 55117          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 6:45 am     | PST                | Deb  | 503-720-6157                    | English                 |
| Pin Number:      | 836731#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                                 |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |             |                    | Special Focus:   |                                 |                         |
|                  |   |            |             |                    | Special Topic: For Today   |                                 |                         |
|                  |   |            |             |                    | Voices Of Recovery   |                                 |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:                |                         |
| # 55006          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 8:30 am     | EST                | Debbie   | 214-912-3688 CST                | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                                 |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |             |                    | Special Focus:   |                                 |                         |
|                  |   |            |             |                    | Special Topic: Speaker   |                                 |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:                |                         |
| # 55180          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 8:30 am     | PST                | Deb  | 503-720-6157                    | English                 |
| Pin Number:      | 836731#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                                 |                         |
| Notes:           |   |            |             |                    | Special Focus:   |                                 |                         |
|                  |   |            |             |                    | Special Topic: 11th Step   |                                 |                         |
|                  |   |            |             |                    | Meditation   |                                 |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:                |                         |
| # 55153          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 12:00 pm    | EST                | Lee  | 516-371-4828 EST                | English                 |
| Pin Number:      | 915892#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                                 |                         |
| Notes:           | *1 mute /*1 unmute. 'The Original Lunchtime Mtg' is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    | Special Focus:   |                                 |                         |
|                  |   |            |             |                    | Special Topic: OA Steps and / or Traditions Study                |                                 |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with: 09977 OA VSB 3 |                         |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>                             | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|--|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55184          | Follow Phone Prompts<br>415-400-0300                           | Wednesday  | 12:00 pm    | CST                | Zeb  | 816-695-8171        | English                 |
| Pin Number:      | 956915   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           |  |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: AA 12/12  |                     |                         |
|                  |  |            |             |                    | Big Book   |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55018          | Follow Phone Prompts<br>218-936-4700                           | Wednesday  | 1:00 pm     | EST                | Leanne   | 727-738-0377 EST    | English                 |
| Pin Number:      | 105047#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | You are automatically muted when you get on this line.         |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: 90 Day  |                     |                         |
|                  |  |            |             |                    | Speaker  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55029          | Follow Phone Prompts<br>415-400-0300                           | Wednesday  | 2:30 pm     | EST                | Phoenix  | 818-848-6924 PST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and unmute yourself                      |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: AA 12/12  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55048          | Follow Phone Prompts<br>415-400-0300                           | Wednesday  | 5:00 pm     | EST                | Tom  | 408-375-5370 PST    | English                 |
| Pin Number:      | 6508933#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55014          | Follow Phone Prompts<br>712-775-7100                           | Wednesday  | 6:30 pm     | CST                | Jody   | 215-725-7219 EST    | English                 |
| Pin Number:      | 897214#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute/unmute                                   |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: 90 Day  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55078          | Follow Phone Prompts<br>415-400-0300                           | Wednesday  | 6:45 pm     | EST                | Diane  | 703-813-6313 EST    | English                 |
| Pin Number:      | 4285115#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.                        |            |             |                    | Special Focus:   |                     |                         |
|                  |  |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |  |            |             | Closed Meeting: No |  |                     | Affiliated with:        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|---|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55191          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 7:00 pm     | PST                | Cathy  | 206-683-1329 PST    | English                 |
| Pin Number:      | 836731#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meets Seven Days a Week! No requirements to share   |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: For Today   |                     |                         |
|                  |   |            |             |                    | Voices Of Recovery   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55168          | Follow Phone Prompts<br>424-203-8075  | Wednesday  | 7:15 pm     | EST                | Monique  | 514-400-3030 EST    | French                  |
| Pin Number:      | 995286# French  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | S.V.P. enlever le son avec la touche 'mute' de votre telephone<br>lorsque la reunion commence, merci. |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Big Book  |                     |                         |
|                  |   |            |             |                    | Speaker  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55011          | Follow Phone Prompts<br>213-289-0500  | Wednesday  | 8:00 pm     | EST                | Sarah  | 202-298-0455 EST    | English                 |
| Pin Number:      | 12128#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute and unmute. This is a two-hour meeting.   |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: OA H.O.W  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55129          | Follow Phone Prompts<br>415-400-0300  | Wednesday  | 8:00 pm     | EST                | Kristy   | 859-321-4891 EST    | English                 |
| Pin Number:      | 987420#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | *1 mute/unmute  |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: 90 Day  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55085          | Follow Phone Prompts<br>712-432-0600  | Wednesday  | 8:30 pm     | EST                | Cliff  | 214-549-9299 CST    | English                 |
| Pin Number:      | 267533#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute/unmute  |            |             |                    | Special Focus: Men's   |                     |                         |
|                  |   |            |             |                    | Special Topic: 90 Day  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55055          | Follow Phone Prompts<br>712-432-3900  | Wednesday  | 9:00 pm     | PST                | Nancy  | 415-239-5692 PST    | English                 |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute  |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |

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|------------------|---|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55061          | Follow Phone Prompts<br>415-400-0300                            | Wednesday  | 9:00 pm     | EST                | Jim  | 703-204-0181 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | All are invited to attend. Press *1 to mute and *1 to unmute    |            |             |                    | Special Focus: 100-Pounders                                      |                     |                         |
|                  |   |            |             |                    | Special Topic: Speaker   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55187          | Follow Phone Prompts<br>712-432-3900                            | Wednesday  | 9:00 pm     | PST                | Becky  | 415-216-5437        | English                 |
| Pin Number:      | 476928  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute and *7 to unmute                          |            |             |                    | Special Focus: Young People                                      |                     |                         |
|                  |   |            |             |                    | Special Topic: Speaker   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55102          | Follow Phone Prompts<br>415-400-0300                            | Wednesday  | 10:00 pm    | EST                | Cindy  | 503-622-5804 PST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to un-mute and *1 to mute.                             |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55072          | Follow Phone Prompts<br>415-400-0300                            | Wednesday  | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute Additional contact Cindy |            |             |                    | Special Focus:   |                     |                         |
|                  | 503-622-5804 PST  |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55139          | Follow Phone Prompts<br>415-400-0300                            | Thursday   | 12:00 am    | EST                | Kim  | 928-377-0125 MST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.                         |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |

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|------------------|--|------------|-------------|------------------|----------------|--|-------------------------|
| # 55173          | Follow Phone Prompts<br>712-432-0080                                 | Thursday   | 6:00 am     | MST              | Jan            | 303-456-8755 MST   | English                 |
| Pin Number:      | 499038#  |            |             |                  |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | For Reading & Writing Assignments please email<br>janbluecpa@msn.com |            |             |                  |                | Special Focus:   |                         |
|                  |  |            |             |                  |                | Special Topic: Writing   |                         |
|                  |  |            |             |                  |                | Closed Meeting: No   | Affiliated with:        |
| # 55035          | Follow Phone Prompts<br>415-400-0300                                 | Thursday   | 6:45 am     | EST              | Teresa         | 319-321-3429 CST   | English                 |
| Pin Number:      | 4285115#   |            |             |                  |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute                               |            |             |                  |                | Special Focus:   |                         |
|                  |  |            |             |                  |                | Special Topic: For Today<br>Voices Of Recovery                   |                         |
|                  |  |            |             |                  |                | Closed Meeting: No   | Affiliated with:        |
| # 55118          | Follow Phone Prompts<br>415-400-0300                                 | Thursday   | 6:45 am     | PST              | Deb            | 503-720-6157   | English                 |
| Pin Number:      | 836731#  |            |             |                  |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute                               |            |             |                  |                | Special Focus:   |                         |
|                  |  |            |             |                  |                | Special Topic: For Today<br>Voices Of Recovery                   |                         |
|                  |  |            |             |                  |                | Closed Meeting: No   | Affiliated with:        |
| # 55038          | Follow Phone Prompts<br>415-400-0300                                 | Thursday   | 8:00 am     | CST              | Nancy          | 919-288-1845 EST   | English                 |
| Pin Number:      | 4285115#   |            |             |                  |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Hit *1 Mute and *1 to unmute.  |            |             |                  |                | Special Focus:   |                         |
|                  |  |            |             |                  |                | Special Topic: Big Book  |                         |
|                  |  |            |             |                  |                | Closed Meeting: No   | Affiliated with:        |
| # 55087          | Follow Phone Prompts<br>218-339-4600                                 | Thursday   | 8:00 am     | EST              | Karly          | (34)649-710-836GMT+2   | English                 |
| Pin Number:      | 815771#  |            |             |                  |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | *6 to mute and unmute  |            |             |                  |                | Special Focus:   |                         |
|                  |  |            |             |                  |                | Special Topic: Big Book  |                         |
|                  |  |            |             |                  |                | Closed Meeting: No   | Affiliated with:        |
| # 55027          | Follow Phone Prompts<br>712-432-0080                                 | Thursday   | 10:30 am    | EST              | Stacy G        | 312-814-0859 CST   | English                 |
| Pin Number:      | 561536#  |            |             |                  |                | For more information call Contact Person (be aware of time zone) |                         |
| Notes:           | Please hit *6 to mute and unmute                                     |            |             |                  |                | Special Focus:   |                         |
|                  |  |            |             |                  |                | Special Topic:   |                         |
|                  |  |            |             |                  |                | Closed Meeting: No   | Affiliated with:        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u> | <u>Phone Number</u> | <u>Language Spoken:</u>                 |
|------------------|---|------------|-------------|--------------------|----------------|---------------------|---|
| # 55154          | Follow Phone Prompts<br>415-400-0300  | Thursday   | 12:00 pm    | EST                | Lee            | 516-371-4828 EST    | English                                 |
| Pin Number:      | 915892#   |            |             |                    |                |                     |   |
| Notes:           | *1 mute /*1 unmute. 'The Original Lunchtime Mtg' is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    |                |                     |   |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with: 09977 OA VSB 3         |
| # 55185          | Follow Phone Prompts<br>415-400-0300  | Thursday   | 12:00 pm    | CST                | Zeb            | 816-695-8171        | English                                 |
| Pin Number:      | 956915  |            |             |                    |                |                     |   |
| Notes:           |   |            |             |                    |                |                     |   |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:                        |
| # 55049          | Follow Phone Prompts<br>415-400-0300  | Thursday   | 5:00 pm     | EST                | Tom            | 408-375-5370 PST    | English                                 |
| Pin Number:      | 6508933#  |            |             |                    |                |                     |   |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute  |            |             |                    |                |                     |   |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:                        |
| # 55016          | Follow Phone Prompts<br>712-432-1680  | Thursday   | 5:30 pm     | EST                | Annie          | 207-223-4497 EST    | English                                 |
| Pin Number:      | 522400  |            |             |                    |                |                     |   |
| Notes:           | Please hit *6 to mute and *7 to unmute  |            |             |                    |                |                     |   |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with: 09516 Central Maine IG |
| # 55084          | Follow Phone Prompts<br>415-400-0300  | Thursday   | 6:45 pm     | EST                | Felice         | 845-467-4525 EST    | English                                 |
| Pin Number:      | 4285115#  |            |             |                    |                |                     |   |
| Notes:           | Press *1 to mute and *1 to unmute; *5 Mutes all callers; *0<br>Tells number of callers on line                    |            |             |                    |                |                     |   |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:                        |
| # 55166          | Follow Phone Prompts<br>415-400-0300  | Thursday   | 7:00 pm     | PST                | Gaby           | 909-867-4029 PST    | Spanish                                 |
| Pin Number:      | 481672# Spanish   |            |             |                    |                |                     |   |
| Notes:           | ESTUDIO DE 12X12 EN ESPANOL   |            |             |                    |                |                     |   |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:                        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u>  | <u>Language Spoken:</u> |
|------------------|---|------------|-------------|--------------------|--|----------------------|-------------------------|
| # 55192          | Follow Phone Prompts<br>415-400-0300  | Thursday   | 7:00 pm     | PST                | Cathy  | 206-683-1329 PST     | English                 |
| Pin Number:      | 836731#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |                         |
| Notes:           | Meets Seven Days a Week, No Requirements To Share!  |            |             |                    | Special Focus:   |                      |                         |
|                  |   |            |             |                    | Special Topic: For Today   |                      |                         |
|                  |   |            |             |                    | Voices Of Recovery   |                      |                         |
|                  |   |            |             | Closed Meeting: No |  |                      | Affiliated with:        |
| # 55002          | Follow Phone Prompts<br>319-279-1000  | Thursday   | 8:00 pm     | EST                | Lori   | 210-829-4195 CST     | English                 |
| Pin Number:      | 135103#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |                         |
| Notes:           | Please call contact between 9 a.m to 8 p.m EST.Please hit *6 to mute and *7 to unmute   |            |             |                    | Special Focus:   |                      |                         |
|                  |   |            |             |                    | Special Topic: 90 Day  |                      |                         |
|                  |   |            |             | Closed Meeting: No |  |                      | Affiliated with:        |
| # 55177          | Follow Phone Prompts<br>559-546-1800  | Thursday   | 8:00 pm     | EST                | Monique B  | 450-635-2477 EST     | French                  |
| Pin Number:      | 802678# French  |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |                         |
| Notes:           | SVP for French members.   |            |             |                    | Special Focus:   |                      |                         |
|                  |   |            |             |                    | Special Topic: Literature Study                                  |                      |                         |
|                  |   |            |             |                    | Speaker  |                      |                         |
|                  |   |            |             | Closed Meeting: No |  |                      | Affiliated with:        |
| # 55199          | Follow Phone Prompts<br>0179758585  | Thursday   | 8:30 pm     | GMT +1             | Ingrid   | +33(0)826813112GMT+2 | French                  |
| Pin Number:      | 29658 French  |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |                         |
| Notes:           | Code d'accès:5652 Depuis l'étranger uniquement, les personnes doivent appeler le + 33179758080 (message d'accueil en français) ou le +33179758081 |            |             |                    | Special Focus:   |                      |                         |
|                  |   |            |             |                    | Special Topic:   |                      |                         |
|                  |   |            |             | Closed Meeting: No |  |                      | Affiliated with:        |
| # 55164          | Follow Phone Prompts<br>0045-50505050   | Thursday   | 8:45 pm     | GMT+1              | Mette  | 0045-27217942 GMT+1  | Danish                  |
| Pin Number:      | 1960100 Danish  |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |                         |
| Notes:           | Speakers meeting first Thursday every month   |            |             |                    | Special Focus:   |                      |                         |
|                  |   |            |             |                    | Special Topic:   |                      |                         |
|                  |   |            |             | Closed Meeting: No |  |                      | Affiliated with:        |
| # 55056          | Follow Phone Prompts<br>712-432-3900  | Thursday   | 9:00 pm     | PST                | Nancy  | 415-239-5692 PST     | English                 |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                      |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute  |            |             |                    | Special Focus:   |                      |                         |
|                  |   |            |             |                    | Special Topic: Relapse/12th Step Within                          |                      |                         |
|                  |   |            |             | Closed Meeting: No |  |                      | Affiliated with:        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>                              | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|---|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55134          | Follow Phone Prompts<br>415-400-0300                            | Thursday   | 9:00 pm     | EST                | Jim A.   | 703-204-0181 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to mute and unmute                                     |            |             |                    | Special Focus: 100-Pounders                                      |                     |                         |
|                  |   |            |             |                    | Special Topic:   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55103          | Follow Phone Prompts<br>415-400-0300                            | Thursday   | 10:00 pm    | EST                | Cindy  | 503-622-5804 PST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to un-mute and *1 to mute.                             |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55170          | Follow Phone Prompts<br>712-451-6125                            | Thursday   | 10:00 pm    | EST                | Danielle   | 916-217-7867 PST    | English                 |
| Pin Number:      | 615178#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute/unmute. Reading & Discussion Group        |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: OA Steps and / or Traditions Study                |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55073          | Follow Phone Prompts<br>415-400-0300                            | Thursday   | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute Additional contact Cindy |            |             |                    | Special Focus:   |                     |                         |
|                  | 503-622-5804 PST  |            |             |                    | Special Topic: Literature Study                                  |                     |                         |
|                  |   |            |             |                    | Varies   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |
| # 55140          | Follow Phone Prompts<br>712-432-3900                            | Friday     | 12:00 am    | EST                | Kim  | 928-377-0125 MST    | English                 |
| Pin Number:      | 936221  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute and *7 to unmute.                         |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  | Affiliated with:    |                         |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u> | <u>Phone Number</u> | <u>Language Spoken:</u> |
|------------------|---|------------|-------------|--------------------|----------------|---------------------|-------------------------|
| # 55157          | Follow Phone Prompts<br>+1-347-416-5028 USA   | Friday     | 6:00 am     | PST                | Lorenzo        | +1-408-759-2617 PST | English                 |
| Pin Number:      | 014219#   |            |             |                    |                |                     |                         |
| Notes:           | INTERNATIONAL numbers at the following link:<br><a href="http://www.conference-call.me/talkyoo">http://www.conference-call.me/talkyoo</a> international numbers<br>order in english.pdf |            |             |                    |                |                     |                         |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:        |
| # 55037          | Follow Phone Prompts<br>415-400-0300  | Friday     | 6:45 am     | EST                | Rick           | 571-215-9481 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    |                |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute.   |            |             |                    |                |                     |                         |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:        |
| # 55119          | Follow Phone Prompts<br>415-400-0300  | Friday     | 6:45 am     | PST                | Deb            | 503-720-6157        | English                 |
| Pin Number:      | 836731#   |            |             |                    |                |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute  |            |             |                    |                |                     |                         |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:        |
| # 55020          | Follow Phone Prompts<br>415-400-0300  | Friday     | 7:00 am     | PST                | Janine         | 206-841-1965 PST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    |                |                     |                         |
| Notes:           | Please call contact between 7 a.m to 9 p.m PST. Please hit *1 to<br>mute and *1 to unmute.  |            |             |                    |                |                     |                         |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:        |
| # 55181          | Follow Phone Prompts<br>415-400-0300  | Friday     | 8:30 am     | PST                | Deb            | 503-720-6157        | English                 |
| Pin Number:      | 836731#   |            |             |                    |                |                     |                         |
| Notes:           |   |            |             |                    |                |                     |                         |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:        |
| # 55009          | Follow Phone Prompts<br>916-233-2910  | Friday     | 9:00 am     | PST                | May            | 510-647-5182 PST    | English                 |
| Pin Number:      | 742371#   |            |             |                    |                |                     |                         |
| Notes:           | All callers come in muted, press *1 to unmute.  |            |             |                    |                |                     |                         |
|                  |   |            |             | Closed Meeting: No |                |                     | Affiliated with:        |

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| <u>Listing #</u> | <u>Procedure for Phone Meeting</u>  | <u>Day</u> | <u>Time</u> | <u>Time Zone</u>   | <u>Contact</u>   | <u>Phone Number</u>                     | <u>Language Spoken:</u>                    |
|------------------|---|------------|-------------|--------------------|--|---|--|
| # 55155          | Follow Phone Prompts<br>415-400-0300  | Friday     | 12:00 pm    | EST                | Lee  | 516-371-4828 EST                        | English                                    |
| Pin Number:      | 915892#   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |  |
| Notes:           | *1 mute /*1 unmute. 'The Original Lunchtime Mtg' is recorded.<br>Get phone # & playback #'s @ OAVSB3.BLOGSPOT.COM |            |             |                    | Special Focus:   | Special Topic: Speaker                  |  |
|                  |   |            |             |                    | Special Topic: Topic   |   |  |
|                  |   |            |             | Closed Meeting: No |  |   | Affiliated with: 09977 OA VSB 3            |
| # 55186          | Follow Phone Prompts<br>415-400-0300  | Friday     | 12:00 pm    | CST                | Zeb  | 816-695-8171                            | English                                    |
| Pin Number:      | 956915  |            |             |                    | For more information call Contact Person (be aware of time zone) |   |  |
| Notes:           |   |            |             |                    | Special Focus:   | Special Topic: AA 12/12                 |  |
|                  |   |            |             |                    |  | Big Book                                |  |
|                  |   |            |             | Closed Meeting: No |  |   | Affiliated with:                           |
| # 55067          | Follow Phone Prompts<br>415-400-0300  | Friday     | 3:00 pm     | EST                | Behnaz   | 914-419-2444 EST                        | English                                    |
| Pin Number:      | 390009#   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |  |
| Notes:           | Hit *1 to mute and *1 to unmute,LINE BY LINE STUDY OF THE<br>BIG BOOK   |            |             |                    | Special Focus:   | Special Topic: Big Book                 |  |
|                  |   |            |             | Closed Meeting: No |  |   | Affiliated with:                           |
| # 55050          | Follow Phone Prompts<br>415-400-0300  | Friday     | 5:00 pm     | EST                | Tom  | 408-375-5370 PST                        | English                                    |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |   |  |
| Notes:           | Meeting is 1/2 hr long. Please hit *1 to mute and *1 to unmute  |            |             |                    | Special Focus:   | Special Topic: Relapse/12th Step Within |  |
|                  |   |            |             | Closed Meeting: No |  |   | Affiliated with:                           |
| # 55044          | Follow Phone Prompts<br>402-237-2828  | Friday     | 6:00 pm     | EST                | Dave   | 603-465-7698 EST                        | English                                    |
| Pin Number:      | 4673#   |            |             |                    | For more information call Contact Person (be aware of time zone) |   |  |
| Notes:           | Please hit *6 to mute and *7 to unmute  |            |             |                    | Special Focus:   | Special Topic: 90 Day                   |  |
|                  |   |            |             |                    |  | Speaker                                 |  |
|                  |   |            |             | Closed Meeting: No |  |   | Affiliated with: 09190 New Hampshire OA IG |
| # 55079          | Follow Phone Prompts<br>415-400-0300  | Friday     | 6:45 pm     | EST                | Felice   | 845-467-4525                            | English                                    |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |   |  |
| Notes:           | Press hit *1 to mute and *1 to unmute; *5 to mute all callers;<br>*0 tells number of callers                      |            |             |                    | Special Focus:   | Special Topic: For Today                |  |
|                  |   |            |             |                    |  | Voices of Recovery                      |  |
|                  |   |            |             | Closed Meeting: No |  |   | Affiliated with:                           |

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|------------------|---|------------|-------------|--------------------|--|---------------------|-------------------------|
| # 55193          | Follow Phone Prompts<br>415-400-0300  | Friday     | 7:00 pm     | PST                | Cathy  | 206-683-1329 PST    | English                 |
| Pin Number:      | 836731#   |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meets Seven Days a Week, No Requirements to Share!                                  |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: For Today   |                     |                         |
|                  |   |            |             |                    | Voices Of Recovery   |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55060          | Follow Phone Prompts<br>270-696-2525  | Friday     | 8:30 pm     | EST                | Kathy  | 734-417-0679 EST    | English                 |
| Pin Number:      | 12128#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *6 to mute/unmute  |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: OA H.O.W  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55057          | Follow Phone Prompts<br>712-432-3900  | Friday     | 9:00 pm     | PST                | Nancy  | 415-239-5692 PST    | English                 |
| Pin Number:      | 6508933#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Meeting is 1 hr long. Please hit *6 to mute and *7 to unmute                        |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Relapse/12th Step Within                          |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55108          | Follow Phone Prompts<br>415-400-0300  | Friday     | 9:00 pm     | EST                | Deb  | 503-720-6157 PST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to mute and unmute.  |            |             |                    | Special Focus: 100-Pounders                                      |                     |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55104          | Follow Phone Prompts<br>415-400-0300  | Friday     | 10:00 pm    | EST                | Evangelyn  | 917-885-4380 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Press *1 to un-mute and *1 to mute.   |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: OA Steps and / or Traditions Study                |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |
| # 55074          | Follow Phone Prompts<br>415-400-0300  | Friday     | 11:00 pm    | EST                | Gabby  | 609-668-4047 EST    | English                 |
| Pin Number:      | 4285115#  |            |             |                    | For more information call Contact Person (be aware of time zone) |                     |                         |
| Notes:           | Please hit *1 to mute and *1 to unmute Additional contact Cindy<br>503-622-5804 PST |            |             |                    | Special Focus:   |                     |                         |
|                  |   |            |             |                    | Special Topic: Varies  |                     |                         |
|                  |   |            |             | Closed Meeting: No |  |                     | Affiliated with:        |

\*\*\* Some cell/telephone companies are blocking these calls; please call your cell/telephone company.

\*\*\*Normal phone charges do apply.

World Service Office PO Box 44020, Rio Rancho, NM 87174-4020 Tel 505-891-2664 Fax 505-891-4320

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