

Overeaters Anonymous, Inc.

Phone Meeting List

December 01, 2009

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>
# 55058	Follow Phone Prompts 712-432-3900	Saturday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic:	Relapse/12th Step Within
Language Spoken:	English	Affiliated with:				
# 55040	Follow Phone Prompts 712-432-3900	Saturday	6:45 am	EST	Marcia	845-426-1028 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus:	Open
					Special Topic:	Literature Study
Language Spoken:	English	Affiliated with:				
# 55120	Follow Phone Prompts 712-432-3900	Saturday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus:	Open
					Special Topic:	For Today Voices Of Recovery
Language Spoken:	English	Affiliated with:				
# 55023	Follow Phone Prompts 712-432-3900	Saturday	8:00 am	EST	Pam	508-832-3628 EST
Pin Number:	6320348#				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 For Today
Language Spoken:	English	Affiliated with:				
# 55033	Follow Phone Prompts 712-432-3900	Saturday	8:30 am	CST	Ellen	301-509-9521 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus:	Open
					Special Topic:	Seeking the Spiritual Path
Language Spoken:	English	Affiliated with:				

*** Some wireless companies are blocking these calls; please call your cell 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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# 55062	Follow Phone Prompts 218-486-8700	Saturday	10:00 am	EST	Mandy	303-915-6188 MST
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:	
Language Spoken:	English	Affiliated with:			Special Topic:	90 Day Literature Study Speaker
# 55068	Follow Phone Prompts 608-649-1800	Saturday	1:00 pm	CST	Shyra	254-681-6702 CST
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,
Language Spoken:	English	Affiliated with:			Special Topic:	Literature Study
# 55111	Follow Phone Prompts 712-432-3900	Saturday	3:00 pm	EST	Judy	212-929-4347 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and #7 to unmute.				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	AA 12/12 Discussion
# 55126	Follow Phone Prompts 712-432-3900	Saturday	4:00 pm	EST	Cate	001-207-485-0847 GMT
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 Study (www.therecoverygroup.org)				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	OA Steps and / or Traditions Study
# 55051	Follow Phone Prompts 712-432-3900	Saturday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Relapse/12th Step Within
# 55017	Follow Phone Prompts 712-432-6100	Saturday	6:00 pm	PST	La Verna	415-680-0372 PST
Pin Number:	67169#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus:	Black
Language Spoken:	English	Affiliated with:			Special Topic:	Relapse/12th Step Within

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# 55124	Follow Phone Prompts 712-432-3900	Saturday	6:00 pm	EST	Judy	212-929-4347 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:						Special Focus:
						Special Topic: Literature Study
						Meditation
Language Spoken: English		Affiliated with:				OA Steps and / or Traditions Study
# 55081	Follow Phone Prompts 712-432-3900	Saturday	6:45 pm	EST	Carol	248-547-8229 EST
Pin Number:	4285115#					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
Language Spoken: English		Affiliated with:				
# 55105	Follow Phone Prompts 712-432-3900	Saturday	10:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Press *7 to unmute and *6 to mute.					Special Focus:
						Special Topic: Literature Study
Language Spoken: English		Affiliated with:				
# 55075	Follow Phone Prompts 712-432-3900	Saturday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#					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
Language Spoken: English		Affiliated with:				
# 55052	Follow Phone Prompts 712-432-3900	Sunday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#					For more information call Contact Person (be aware of time zone)
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute					Special Focus:
						Special Topic: Relapse/12th Step Within
Language Spoken: English		Affiliated with:				
# 55039	Follow Phone Prompts 712-432-3900	Sunday	6:45 am	EST	Diane	703-813-6313 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Please hit *6 to mute and *7 to unmute.					Special Focus: Open
						Special Topic: Literature Study
Language Spoken: English		Affiliated with:				

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# 55121	Follow Phone Prompts 712-432-3900	Sunday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: For Today	
					Voices Of Recovery	
Language Spoken:	English	Affiliated with:				
# 55059	Follow Phone Prompts 218-936-4700	Sunday	7:30 am	EST	Bob L	856-685-0019 EST
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	
Language Spoken:	English	Affiliated with:				
# 55021	Follow Phone Prompts 712-432-3900	Sunday	8:00 am	EST	Dawn	413-245-9354 EST
Pin Number:	6320348#				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	
					Big Book	
Language Spoken:	English	Affiliated with:				
# 55019	Follow Phone Prompts 712-451-6055	Sunday	10:00 am	CST	Peggy C.	650-286-1597 PST
Pin Number:	204757#				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.				Special Focus:	
	Please hit *6 to mute and *7 to unmute				Special Topic: Literature Study	
					Speaker	
Language Spoken:	English	Affiliated with:				
# 55032	Follow Phone Prompts 270-400-1500	Sunday	2:00 pm	EST	Katlyn	734-426-4743 EST
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	
Language Spoken:	English	Affiliated with:				
# 55110	Follow Phone Prompts 712-432-3900	Sunday	2:00 pm	CST	Susan	337-237-2311CST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:					Special Focus:	
					Special Topic: Relapse/12th Step Within	
Language Spoken:	English	Affiliated with:				

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# 55025	Follow Phone Prompts 712-432-3900	Sunday	3:00 pm	PST	Mary Ann	818-652-6124 PST
Pin Number:	5846574#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus: Open	
Language Spoken:	English	Affiliated with:			Special Topic:	
# 55112	Follow Phone Prompts 712-432-3900	Sunday	3:00 pm	EST	Susan	337-237-2311 CST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please Press #7 to speak, *6 to Mute.				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic: Relapse/12th Step Within	
# 55127	Follow Phone Prompts 219-509-8222	Sunday	3:00 pm	EST	Melanie	952-353-4891 PST
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.				Special Focus:	
Language Spoken:	Please respect our HOW format	Affiliated with:			Special Topic: OA H.O.W	
# 55113	Follow Phone Prompts 712-432-3900	Sunday	4:00 pm	EST	Judy	212-929-4347 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please Press #7 to speak, *6 to Mute.				Special Focus: Young People	
Language Spoken:	English	Affiliated with:			Special Topic: Discussion	
# 55045	Follow Phone Prompts 712-432-3900	Sunday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic: Relapse/12th Step Within	
# 55083	Follow Phone Prompts 712-432-3900	Sunday	6:45 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	

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# 55012	Follow Phone Prompts 712-775-7100	Sunday	7:00 pm	CST	Debbie	972-495-3215 CST
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
Language Spoken:	English	Affiliated with:				
# 55008	Follow Phone Prompts 219-509-8222	Sunday	8:00 pm	EST	Jean	617-628-4571 EST
Pin Number:	79822#					For more information call Contact Person (be aware of time zone)
Notes:	Steps 1-2-3 in 12&12, 21 days for sharing, 90 days for service positions. Please hit *6 to mute and *7 to unmute.					Special Focus: Special Topic: Step/Traditions Study
Language Spoken:	English	Affiliated with:				
# 55107	Follow Phone Prompts 218-486-1600	Sunday	8:00 pm	EST	Danny	478-289-6092 EST
Pin Number:	557029#					For more information call Contact Person (be aware of time zone)
Notes:						Special Focus: Men's Special Topic: Varies
Language Spoken:	English	Affiliated with:				
# 55106	Follow Phone Prompts 712-432-3900	Sunday	10:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Press *7 to unmute and *6 to mute.					Special Focus: Special Topic: Literature Study
Language Spoken:	English	Affiliated with:				
# 55076	Follow Phone Prompts 712-432-3900	Sunday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#					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
Language Spoken:	English	Affiliated with:				
# 55053	Follow Phone Prompts 712-432-3900	Monday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#					For more information call Contact Person (be aware of time zone)
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute					Special Focus: Special Topic: Relapse/12th Step Within
Language Spoken:	English	Affiliated with:				

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# 55036	Follow Phone Prompts 712-432-3900	Monday	6:45 am	EST	Diane	703-813-6313 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
Language Spoken:	English	Affiliated with:			Special Topic: For Today	
						Voices of Recovery
# 55115	Follow Phone Prompts 712-432-3900	Monday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#				For more information call Contact Person (be aware of time zone)	
Notes:	Please Press #7 to speak, *6 to Mute.				Special Focus: Open	
Language Spoken:	English	Affiliated with:			Special Topic: For Today	
						Voices Of Recovery
# 55028	Follow Phone Prompts 712-432-3900	Monday	8:00 am	CST	Ellen	301-509-9521 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
Language Spoken:	English	Affiliated with:			Special Topic: Lifeline	
# 55003	Follow Phone Prompts 518-825-1300	Monday	10:00 am	EST	Peggy	719-594-9075 MST
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:	
Language Spoken:	English	Affiliated with:			Special Topic: 90 Day	
						For Today
# 55046	Follow Phone Prompts 712-432-3900	Monday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic: Relapse/12th Step Within	
# 55026	Follow Phone Prompts 218-936-4700	Monday	5:30 pm	PST	Melanie	952-353-4891 PST
Pin Number:	121208				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.				Special Focus:	
Language Spoken:	Please respect our HOW format	Affiliated with:	09589 Unity IG		Special Topic: OA H.O.W	

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# 55082	Follow Phone Prompts 712-432-3900	Monday	6:45 pm	EST	Karinsue	954-426-4338 EST
Pin Number:	4285115#				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 Voices of Recovery
Language Spoken:	English	Affiliated with:				
# 55109	Follow Phone Prompts 270-400-2000	Monday	8:30 pm	EST	Nancy	732-241-2218 EST
Pin Number:	121110#				For more information call Contact Person (be aware of time zone)	
Notes:	Meeting Name: Living in the Solution, *6 to unmute or mute phone				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Varies
# 55015	Follow Phone Prompts 616-597-8000	Monday	9:00 pm	EST	No Contact	000-000-0000
Pin Number:	314902#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Relapse/12th Step Within
# 55100	Follow Phone Prompts 712-432-3900	Monday	10:00 pm	EST	Anne B.	914-332-1019 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Press *7 to unmute and *6 to mute.				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Big Book Literature Study OA Steps and / or Traditions Study
# 55070	Follow Phone Prompts 712-432-3900	Monday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *6 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Literature Study
# 55054	Follow Phone Prompts 712-432-3900	Tuesday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Relapse/12th Step Within

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# 55034	Follow Phone Prompts 712-432-3900	Tuesday	6:45 am	EST	Jim	703-204-0181 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus: Open	
					Special Topic: For Today	
					Voices of Recovery	
Language Spoken:	English	Affiliated with:				
# 55116	Follow Phone Prompts 712-432-3900	Tuesday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: For Today	
					Voices Of Recovery	
Language Spoken:	English	Affiliated with:				
# 55005	Follow Phone Prompts 712-432-3900	Tuesday	8:30 am	EST	Debbie	214-912-3688 CST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: OA H.O.W	
					Speaker	
Language Spoken:	English	Affiliated with:				
# 55089	Follow Phone Prompts 712-432-8773	Tuesday	9:30 am	EST	Esther	647-209-5300 EST
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	
Language Spoken:	English	Affiliated with:				
# 55042	Follow Phone Prompts 309-946-5000	Tuesday	11:00 am	EST	Shoshana	216-691-9199 EST
Pin Number:	127837#				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:	
Language Spoken:	English	Affiliated with:				
# 55031	Follow Phone Prompts 712-432-0150	Tuesday	12:30 pm	EST	Juanita	301-503-1048 EST
Pin Number:	232562#				For more information call Contact Person (be aware of time zone)	
Notes:	'International telephone numbers available' Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic:	
Language Spoken:	English	Affiliated with:				

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# 55065	Follow Phone Prompts 712-432-1436	Tuesday	12:30 pm	EST	Deb	860-788-2468 EST
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 mute and *6 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	OA H.O.W Speaker
# 55086	Follow Phone Prompts 712-432-3900	Tuesday	1:00 pm	EST	Mary	304-843-5155 EST
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Study from Seeking the Spiritual Path and Came to Believe. Hit *6 to self-mute and *7 to unmute.				Special Focus:	Open
Language Spoken:	English	Affiliated with:			Special Topic:	
# 55047	Follow Phone Prompts 712-432-3900	Tuesday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Relapse/12th Step Within
# 55043	Follow Phone Prompts 712-432-3900	Tuesday	6:00 pm	EST	Ann	513-509-5066
Pin Number:	390009#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	Big Book
# 55077	Follow Phone Prompts 712-432-3900	Tuesday	6:45 pm	EST	Diane	703-813-6313 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	
# 55001	Follow Phone Prompts 712-432-3900	Tuesday	8:00 pm	EST	Marcie	303-805-1881 MST
Pin Number:	803299#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus:	
Language Spoken:	English	Affiliated with:			Special Topic:	90 Day Speaker

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# 55122	Follow Phone Prompts 712-432-6100	Tuesday	9:00 pm	EST	Jen	202-277-4842 EST
Pin Number:	67169#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Black	
					Special Topic: Literature Study	
Language Spoken:	English	Affiliated with:				
# 55066	Follow Phone Prompts 712-432-3900	Tuesday	9:30 pm	EST	Shanae	EST
Pin Number:	207694#				For more information call Contact Person (be aware of time zone)	
Notes:	The literature for this meeting: Seeking the Spiritual Path. Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: Speaker	
Language Spoken:	English	Affiliated with:				
# 55101	Follow Phone Prompts 712-432-3900	Tuesday	10:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Press *7 to unmute and *6 to mute.				Special Focus:	
					Special Topic: Literature Study	
Language Spoken:	English	Affiliated with:				
# 55071	Follow Phone Prompts 712-432-3900	Tuesday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				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: Literature Study	
Language Spoken:	English	Affiliated with:				
# 55055	Follow Phone Prompts 712-432-3900	Wednesday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic: Relapse/12th Step Within	
Language Spoken:	English	Affiliated with:				
# 55041	Follow Phone Prompts 712-432-3900	Wednesday	6:45 am	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: Literature Study	
Language Spoken:	English	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>
# 55117	Follow Phone Prompts 712-432-3900	Wednesday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: For Today	
						Voices Of Recovery
Language Spoken:	English	Affiliated with:				
# 55006	Follow Phone Prompts 712-432-3900	Wednesday	8:30 am	EST	Debbie	214-912-3688 CST
Pin Number:	4285115#				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: Speaker	
Language Spoken:	English	Affiliated with:				
# 55018	Follow Phone Prompts 218-936-4700	Wednesday	1:00 pm	EST	Lena	011-464-2234148EST+6
Pin Number:	107038#				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
Language Spoken:	English	Affiliated with:				
# 55029	Follow Phone Prompts 712-432-3900	Wednesday	2:30 pm	EST	Karen	970-691-8284 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus: Open	
					Special Topic: Relapse/12th Step Within	
Language Spoken:	English	Affiliated with:				
# 55048	Follow Phone Prompts 712-432-3900	Wednesday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic: Relapse/12th Step Within	
Language Spoken:	English	Affiliated with:				
# 55014	Follow Phone Prompts 712-775-7100	Wednesday	6:30 pm	CST	Jerry	469-323-8210 CST
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	
Language Spoken:	English	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>
# 55078	Follow Phone Prompts 712-432-3900	Wednesday	6:45 pm	EST	Marcia	845-426-1028 EST
Pin Number:	4285115#				Special Focus:	Open
Notes:	Please hit *6 to mute and *7 to unmute.				Special Topic:	Literature Study
Language Spoken:	English	Affiliated with:				
# 55011	Follow Phone Prompts 712-580-1800	Wednesday	8:30 pm	EST	Ruth	315-457-6261 EST
Pin Number:	12128#				Special Focus:	
Notes:	Please hit *6 to mute and *7 to unmute				Special Topic:	OA H.O.W
Language Spoken:	English	Affiliated with:				
# 55085	Follow Phone Prompts 712-432-0600	Wednesday	8:30 pm	EST	Cliff	214-549-9299 CST
Pin Number:	267533#				Special Focus:	Men's
Notes:	Please hit *6 to mute/unmute				Special Topic:	90 Day
Language Spoken:	English	Affiliated with:				
# 55061	Follow Phone Prompts 712-432-3900	Wednesday	9:00 pm	EST	Jim	703-851-8575 EST
Pin Number:	4285115#				Special Focus:	100-POUNDERS
Notes:	All are invited to attend. Please hit *6 to mute and *7 to unmute				Special Topic:	Speaker
Language Spoken:	English	Affiliated with:				
# 55102	Follow Phone Prompts 712-432-3900	Wednesday	10:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				Special Focus:	
Notes:	Press *7 to unmute and *6 to mute.				Special Topic:	Literature Study
Language Spoken:	English	Affiliated with:				
# 55072	Follow Phone Prompts 712-432-3900	Wednesday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				Special Focus:	
Notes:	Please hit *6 to mute and *6 to unmute				Special Topic:	Literature Study
Language Spoken:	English	Affiliated with:				

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# 55056	Follow Phone Prompts 712-432-3900	Thursday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#					For more information call Contact Person (be aware of time zone)
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute					Special Focus: Special Topic: Relapse/12th Step Within
Language Spoken:	English	Affiliated with:				
# 55035	Follow Phone Prompts 712-432-3900	Thursday	6:45 am	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Please hit *6 to mute and *7 to unmute					Special Focus: Open Special Topic: Literature Study
Language Spoken:	English	Affiliated with:				
# 55118	Follow Phone Prompts 712-432-3900	Thursday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#					For more information call Contact Person (be aware of time zone)
Notes:	Please hit *6 to mute and *7 to unmute					Special Focus: Open Special Topic: For Today Voices Of Recovery
Language Spoken:	English	Affiliated with:				
# 55038	Follow Phone Prompts 712-432-3900	Thursday	8:00 am	CST	Karen	989-652-9334 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Hit *6 to self-mute and *7 to unmute.					Special Focus: Open Special Topic: Big Book
Language Spoken:	English	Affiliated with:				
# 55087	*6 to mute and unmute 218-339-4600	Thursday	8:00 am	EST	Karly	(34)649-710-836GMT+2
Pin Number:	815771#					For more information call Contact Person (be aware of time zone)
Notes:						Special Focus: Special Topic: Big Book
Language Spoken:	English	Affiliated with:				
# 55125	Follow Phone Prompts 605-475-6333	Thursday	10:00 am	GMT+2	Debbie	914-380-4203 GMT+2
Pin Number:	958462#					For more information call Contact Person (be aware of time zone)
Notes:						Special Focus: Special Topic: 90 Day Literature Study
Language Spoken:	English	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>
# 55027	Follow Phone Prompts 712-432-0080	Thursday	10:30 am	EST	Stacy G	312-814-0859 CST
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:	
Language Spoken:	English	Affiliated with:				
# 55049	Follow Phone Prompts 712-432-3900	Thursday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic:	Relapse/12th Step Within
Language Spoken:	English	Affiliated with:				
# 55016	Follow Phone Prompts 712-432-1680	Thursday	5:30 pm	EST	Annie	207-223-4497 EST
Pin Number:	522400				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
Language Spoken:	English	Affiliated with:	09516 Central Maine IG			
# 55084	Follow Phone Prompts 712-432-3900	Thursday	6:45 pm	EST	Pat	215-919-6982 EST
Pin Number:	4285115#				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 Voices of Recovery
Language Spoken:	English	Affiliated with:				
# 55002	Follow Phone Prompts 319-279-1000	Thursday	8:00 pm	EST	Lori	210-829-4195 CST
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
Language Spoken:	English	Affiliated with:				
# 55103	Follow Phone Prompts 712-432-3900	Thursday	10:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Press *7 to unmute and *6 to mute.				Special Focus:	
					Special Topic:	Literature Study
Language Spoken:	English	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>
# 55073	Follow Phone Prompts 712-432-3900	Thursday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *6 to unmute				Special Focus:	
					Special Topic:	Literature Study
Language Spoken:	English	Affiliated with:				
# 55057	Follow Phone Prompts 712-432-3900	Friday	12:00 am	EST	Ziva	zcds39@yahoo.com
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic:	Relapse/12th Step Within
Language Spoken:	English	Affiliated with:				
# 55037	Follow Phone Prompts 712-432-3900	Friday	6:45 am	EST	Rick	571-215-9481 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute.				Special Focus:	Open
					Special Topic:	Literature Study
Language Spoken:	English	Affiliated with:				
# 55119	Follow Phone Prompts 712-432-3900	Friday	6:45 am	PST	Melody	916-862-5458 PST
Pin Number:	836731#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *7 to unmute				Special Focus:	Open
					Special Topic:	For Today Voices Of Recovery
Language Spoken:	English	Affiliated with:				
# 55020	Follow Phone Prompts 712-432-3900	Friday	7:00 am	PST	Janine	206-780-9663 PST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Please call contact between 7 a.m to 9 p.m PST.Please hit *6 to mute and *7 to unmute.				Special Focus:	
					Special Topic:	Literature Study Varies
Language Spoken:	English	Affiliated with:				
# 55009	Follow Phone Prompts 717-625-6951	Friday	9:00 am	PST	Elaine	617-876-6470 EST
Pin Number:	742371#				For more information call Contact Person (be aware of time zone)	
Notes:	All callers come in muted *1 to unmute.				Special Focus:	
					Special Topic:	Step/Traditions Study
Language Spoken:	English	Affiliated with:				

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# 55067	Follow Phone Prompts 712-432-3900	Friday	3:00 pm	EST	Behnaz	914-419-2444 EST
Pin Number:	390009#				For more information call Contact Person (be aware of time zone)	
Notes:	Please hit *6 to mute and *6 to unmute				Special Focus:	
					Special Topic:	Big Book
Language Spoken:	English	Affiliated with:				
# 55050	Follow Phone Prompts 712-432-3900	Friday	5:00 pm	EST	Email contact	shellshucked@yahoo.c
Pin Number:	6508933#				For more information call Contact Person (be aware of time zone)	
Notes:	Email meeting contact shellshucked@yahoo.com Meeting is 1/2 hr long. Please hit *6 to mute and *7 to unmute				Special Focus:	
					Special Topic:	Relapse/12th Step Within
Language Spoken:	English	Affiliated with:				
# 55044	Follow Phone Prompts 712-421-8178	Friday	6:00 pm	EST	Jenna	416-506-1636 EST
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
Language Spoken:	English	Affiliated with:				
# 55079	Follow Phone Prompts 712-432-3900	Friday	6:45 pm	EST	Amy A.	703-204-0181EST
Pin Number:	4285115#				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 Voices of Recovery
Language Spoken:	English	Affiliated with:				
# 55060	Follow Phone Prompts 270-696-2525	Friday	8:30 pm	EST	Judy	770-946-8987 EST
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
Language Spoken:	English	Affiliated with:				
# 55108	Follow Phone Prompts 712-432-3900	Friday	9:00 pm	EST	Misty	973-879-8898 EST
Pin Number:	4285115#				For more information call Contact Person (be aware of time zone)	
Notes:	Press *7 to unmute and *6 to mute.				Special Focus:	
					Special Topic:	OA Steps and / or Traditions Study
Language Spoken:	English	Affiliated with:				

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# 55104	Follow Phone Prompts 712-432-3900	Friday	10:00 pm	EST	Rvangelyn	845-386-3127 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Press *7 to unmute and *6 to mute.					Special Focus:
						Special Topic: Literature Study
Language Spoken:	English	Affiliated with:				
# 55074	Follow Phone Prompts 712-432-3900	Friday	11:00 pm	EST	Michelle	646-492-3976 EST
Pin Number:	4285115#					For more information call Contact Person (be aware of time zone)
Notes:	Please hit *6 to mute and *6 to unmute					Special Focus:
						Special Topic: Literature Study
						OA Steps and / or Traditions Study
Language Spoken:	English	Affiliated with:				

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