


**SOCIAL DISTANCING IN EFFECT: FACE TO FACE MEETINGS ARE NOT ACTIVE AT THIS TIME**

Time	Location	Address	City	Format	Contact	Group #
Sunday 4pm	St. Luke's Methodist Church	1150 W. 5 <sup>th</sup> Avenue	Grandview/ Columbus	Varies	Beth L 614-477-0295	29746
Monday 9:30 am	Northwest Christian Church	1340 Fishinger Rd	Upper Arlington/ Columbus	AA Big Book 	Chris L. 614-595-3605	08083
Monday 5:30 pm	Salvation Army Building	221 Dewey Ave.	Cambridge	Varies 	Ester 740-432-3338	24005
Monday 5:30 pm	Grace Fellowship Church	365 Straub Rd, E Back building	Mansfield	Varies	Lynn 419-522-9554	50596
Monday 6 pm	Lutheran Student Center	69 Mill St. Front Door	Athens	Newcomer's Meeting	Karen 740-818-7977	53001
Monday 6:30 pm	St. Luke's Methodist Church	1150 W. Fifth Ave. Back entrance, downstairs	Grandview/ Columbus	OA Step/Tradition	Megan 614-832-6652	53265
Monday 7 pm	Faith Covenant Church	3607 Dempsey Rd.	Westerville	Varies 	Rachel R. 614-562-2664	23004
Tuesday 6 pm	Christ Lutheran Church Student Center	69 Mill St. Front Door	Athens	Literature study, Speaker	Steph 740-698-3404	51314
Wednesday 7pm	Overbrook Presbyterian Church	4131 N. High St.	Columbus	Discussion; AA Big Book 1 <sup>st</sup> week 	Paul W. 614-432-2273	22107
Wednesday 7 pm	St. Paul's Catholic Church, Parish Office Building	369 N. State St. (Rt 3) Room 1, Downstairs	Westerville	AA Big Book 	Julie 614-634-8320	53969
Thursday 9:30 am	Northwest Christian Church	1340 Fishinger Rd.	Upper Arlington/ Columbus	Varies  Fragrance Free	Kimberly B. 412-715-5144	02089
Friday 12:10 pm	Old Trinity Lutheran Church Fellowship Hall	404 S. Third St. Corner Fulton and Third Sts.	Columbus	Varies	Jen 614-286-4292	53533
Friday 6 pm 1,3,5 <sup>th</sup> only	David's United Church of Christ	80 Columbus St.	Canal Winchester	Literature Meets 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Fridays only	Brenda 614-235-7711	Not registered
Saturday 9:30 am	Ascension Lutheran Church, Cloud Room 11	1479 Morse Rd	Columbus	Step/Tradition/Speaker 	Judith 253-503-9144	35369
Saturday 9:30 am	St. Mark's Episcopal Church	2151 Dorset Rd. 2 <sup>nd</sup> floor	Upper Arlington/ Columbus	OA Steps/Traditions	Martha 614-581-8381	50068
Saturday 10 am	Christ Lutheran Church Student Center	69 Mill St. -Use Front Door	Athens	Literature, OA Steps/Traditions	Carol 740-818-6418	54299
Saturday 10:30 am	Brighton Presbyterian Church Use back door; meeting room is up the stairs, first door on the left	771 Lexington Ave.	Zanesville	AA Big Book, Literature 	Ann K 740-454-2416	17037

Monday 5:30 am	PHONE-closed	605-468-8810 *6 mute/unmute	PIN 139182#	Spirituality focus; OA/AA Literature; 45 minutes	Geordana 646-733-7293	55364
Tuesday 5:30 am	PHONE-closed	605-468-8810 *6 mute/unmute	PIN 139182#	Phys Recovery and Body Image w/OA Literature; 45 minutes	Geordana 646-733-7293	55365
Wednesday 5:30 am	PHONE-closed	605-468-8810 *6 mute/unmute	PIN 139182#	Abstinence focus; OA Literature 45 minutes	Geordana 646-733-7293	55366
Thursday 5:30 am	PHONE-closed	605-468-8810 *6 mute/unmute	PIN 139182#	OA Literature 45 minutes	Geordana 646-733-7293	55367
Friday 5:30 am	PHONE-closed	605-468-8810 *6 mute/unmute	PIN 139182#	Lifeline/Lifeline Sampler 45 minutes	Geordana 646-733-7293	55368
Friday 9 pm	PHONE-open	712-432-3900	PIN 331780#	Tools, health issues, OA 12 steps and traditions	No contact	55387
	Closed: meeting is open only to those who identify as compulsive eaters	Follow Phone Prompts				

<b>Password: 2674462 for # meetings</b>		<p><b>How to join a meeting:</b>  <b>By telephone:</b> If you are connecting by telephone, all meetings use the same phone numbers, any of which you can dial:  +1 312 626 6799 US (Chicago)  +1 929 205 6099 US (New York)  +1 346 248 7799 US (Houston)  +1 669 900 6833 US (San Jose)  +1 253 215 8782 US  +1 301 715 8592 US</p> <p>You will be then asked to enter a Meeting ID. You can find the Meeting ID above, listed with the meeting day and time.</p> <p><b>By computer:</b> Join this Zoom meeting by clicking this link and following instructions: <a href="https://zoom.us/j/">https://zoom.us/j/</a>  Troubleshooting. If your computer doesn't work, check for the following:  1. Computer with speaker, microphone and video camera  2. Processor: Minimum Single Core 1Ghz or Higher, 2GB Ram  3. Bandwidth: Minimum 600kbps/1.2Mbps (up/down) for high quality video  4. Windows XP or better or Mac OS X with MacOS 10.7 or later  5. Windows: IE7+, Firefox, Chrome, Safari5+</p> <p>You may need to download a Windows or Mac app that will assist in connecting to the meeting. If you are prompted to enter the Meeting ID, use the one listed with the meeting day and time.  You may also be prompted to start the meeting: Click the start with Video button.  Sometimes when you start the meeting your audio may be disconnected. If you look in the lower left-hand corner there will be button with a microphone. If this button has a red line through it then your audio has been disabled. Click the button to enable it.</p> <p><b>By smartphone:</b>  Download and install the Zoom Cloud Conferencing App to your phone. Join the meeting using the Meeting ID above, listed with the meeting day and time.  Tutorials available at zoom.com</p> <p>Basic meeting formats are available at the oa.org website; the 12 Steps and 12 Traditions are in every approved OA literature.</p>
Meeting Day & Time	Meeting ID	
Sunday – 4 p.m. #	253-536-202	
Sunday -7 p.m. * #	103-581-488	
Monday – 9:30 a.m. #	756-136-964	
Monday – 5:30 p.m. #	622-037-725	
Monday – 6 p.m.	896-104-046	
Monday - 7 p.m. #	792 699 218	
Tuesday - 6 p.m.	985-440-592	
Wednesday - 7 p.m. #	184-914-558	
Thursday-9:30 a.m. #	900-535-099	
Friday – 12 p.m. #	206-752-912	
Saturday – 9:30 a.m. #	162 605 514	
Saturday – 10 a.m.	470-497-279	

\* [the Sunday 7pm meeting is the traditional Saturday 9:30 Upper Arlington meeting]

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