

Central OH Service Intergroup of Overeaters Anonymous
SOCIAL DISTANCING IN EFFECT: FACE TO FACE MEETINGS ARE NOT ACTIVE AT THIS TIME*

www.centralohiooa.org www.oa.org www.region5oa.org

***ZOOM MEETING INFO BELOW**

January 2021

Time	Location	Address	City	Format	Contact	Group #
Sunday 4p	St. Luke's Methodist Church	1150 W. 5 th Avenue	Grandview/ Columbus	Varies	Beth L. 614-477-0295	29746
Monday 9:30a	Northwest Christian Church	1340 Fishinger Rd	Upper Arlington/ Columbus	AA Big Book 	Chris L. 614-595-3605	08083
Monday 5:30p	Salvation Army Building	221 Dewey Ave.	Cambridge	Varies 	Ester 740-432-3338	24005
Monday 5:30p	Grace Fellowship Church	365 Straub Rd, E Back building	Mansfield	Varies	Lynn 419-522-9554	50596
Monday 6p	Lutheran Student Center	69 Mill St. Front Door	Athens	Newcomer's Meeting	Karen 740-818-7977	53001
Monday 6:30p	St. Luke's Methodist Church	1150 W. Fifth Ave. Back entrance, downstairs	Grandview/ Columbus	OA Step/Tradition	Megan 614-832-6652	53265
Monday 7p	Faith Covenant Church	3607 Dempsey Rd.	Westerville	Varies 	Rachel R. 614-562-2664	23004
Tuesday 6p	Christ Lutheran Church Student Center	69 Mill St. Front Door	Athens	Literature study, Speaker	Steph 740-698-3404	51314
Wednesday 7p	Overbrook Presbyterian Church	4131 N. High St.	Columbus	Discussion; AA Big Book 1 st week 	Paul W. 614-432-2273	22107
Wednesday 7p	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 9:30a	Northwest Christian Church	1340 Fishinger Rd.	Upper Arlington/ Columbus	Varies Fragrance Free 	Megan 614-832-6652	02089
Friday 12:10p	Old Trinity Lutheran Church Fellowship Hall	404 S. Third St. Corner Fulton and Third Sts.	Columbus	Varies	Jen 614-286-4292	53533
Friday 6p**	David's United Church of Christ Phone meeting thru winter**	80 Columbus St.	Canal Winchester	Literature	Ellen 614-397-0005	55619
Saturday 9:30a	Ascension Lutheran Church, Cloud Room 11	1479 Morse Rd	Columbus	Step/Tradition/Speaker 	Judith 253-503-9144	35369
Saturday 9:30a	St. Mark's Episcopal Church	2151 Dorset Rd. 2 nd floor	Upper Arlington/ Columbus	OA Steps/Traditions	Martha 614-581-8381	50068
Saturday 9:30a	Christ Lutheran Church Student Center	69 Mill St. -Use Front Door	Athens	Literature, OA Steps/Traditions	Carol 740-818-6418	54299
Saturday 10:30a	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

PHONE MEETINGS

Monday - Friday 5:30a	PHONE-closed	605-468-8810 *6 mute/unmute	PIN 139182#	Varies; 45 minutes	Linda 301-379-7065 ElsieL42@yahoo.com	55364
**Friday 6:00p	PHONE – open	667-776-9043	No pin	Literature	Ellen 614-397-0005 seccw@yahoo.com	55619
Friday 9p	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						

ZOOM Passcode: 2674462 for # meetings		How to join a meeting: By telephone: If connecting by telephone, all meetings use the same phone numbers, you can dial any number: +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 You will be asked to enter a Meeting ID. You can find the Meeting ID above, listed with the meeting day and time. By computer: Join this Zoom meeting by clicking this link and following instructions: https://zoom.us/j/ 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+ You may need to download a Windows or Mac app that will assist in connecting to the meeting. If 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. When you first enter a meeting your audio may be disconnected. Look in the lower left-hand corner for a microphone icon. If icon has a red line through it, then your audio has been disabled. Click icon to enable it. By smartphone: 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 Basic meeting formats are available at the oa.org website; the 12 Steps & 12 Traditions are in all approved OA literature. *Sunday 7pm meeting is the traditional Saturday 9:30 Upper Arlington meeting **9:30-10a is fellowship with meeting starting at 10a
Meeting Day & Time	Meeting ID	
Sunday – 4p #	253-536-202	
Sunday -- 7p* Passcode: WANSOA	823-9072-7484	
Monday – 9:30a #	756-136-964	
Monday – 5:30p #	622-037-725	
Monday – 6:00p Passcode: SERENITY	878 3543 1762	
Monday - 7p #	792 699 218	
Tuesday - 6p Passcode: SERENITY	878 3543 1762	
Wednesday - 7p #	184-914-558	
Thursday-9:30a #	900-535-099	
Friday – 12p #	206-752-912	
Saturday – 9:30a #	162 605 514	
Saturday – 9:30a** Passcode: SERENITY	878 3543 1762	