









## Central OH Service Intergroup of Overeaters Anonymous (COSIGOA)

**Key:** Hybrid= in person and Zoom. For Hybrid and In Person, check effective start date in location. Zoom Only & Phone Only (No location).

www.centralohiooa.org www.oa.org www.region5oa.org Zoom Meeting's access codes next page

Rev. July 17, 2021

Type	Day & Time	Location / Virtual / Phone	Address/ Mtg ID. / Phone	City /Pin/ Passcode	Format	Contact	Group #
Hybrid	Monday 9:30a Effective June 21	Northwest Christian Church	1340 Fishinger Rd	Upper Arlington/ Columbus	AA Big Book 	Chris L. 614-595-3605	08083
Not yet meeting	Monday 5:30p	Salvation Army Building Not currently meeting	221 Dewey Ave.	Cambridge	Varies 	Ester 740-432-3338	24005
Not yet meeting	Monday 5:30p	Grace Fellowship Church Not currently meeting	365 Straub Rd, E Back building	Mansfield	Varies	Lynn 419-522-9554	50596
Zoom for now	Monday 6p	Lutheran Student Center	69 Mill St. Front Door	Athens	Newcomer's Meeting	Karen 740-818-7977	53001
Not yet meeting	Monday 6:30p	St. Luke's Methodist Church Not currently meeting	1150 W. Fifth Ave. Back entrance, downstairs	Grandview/ Columbus	OA Step/Tradition	Megan 614-832-6652	53265
Hybrid	Monday 7p Eff. July 5, except 8/2 is Zoom Only	Faith Covenant Church	3607 Dempsey Rd.	Westerville	Varies 	Diane M 614-204-4184	23004
Zoom only	Tuesday 9:30a	ZOOM Only - open	Mtg ID: 840 8347 0134	Passcode 2674462	OA Storybooks	Dianne Mc 614-256-1150	89601
In Person	Tuesday 6p Effective July 6	Christ Lutheran Church Student Center	69 Mill St. Front Door	Athens	Literature study, Speaker	Steph 740-698-3404	51314
Zoom only	Tuesday 7:30p	ZOOM Only - open	Mtg ID: 837 0625 1166	Passcode 2674462	OA Storybooks	Dianne Mc 614-256-1150	89600
Zoom for now	Wednesday 7p Shared Zoom ID	Overbrook Presbyterian Church	4131 N. High St.	Columbus	Discussion; BB 1st wk, wk3:Literature 	Paul W. 614-432-2273	22107
Hybrid	Wednesday 7p Shared Zoom ID	St. Paul's Catholic Church, Parish Office Building	369 N. State St. (Rt 3) Room 2, Downstairs	Westerville	AA Big Book 	Julie 614-634-8320	53969
Hybrid	Thursday 9:30a Effective June 17	Northwest Christian Church	1340 Fishinger Rd.	Upper Arlington/ Columbus	Varies Fragrance Free 	Megan 614-832-6652	02089
Zoom for now	Friday 12:00p	Old Trinity Lutheran Church Fellowship Hall	404 S. Third St. Corner Fulton & Third St.	Columbus	Varies	Mary H 614-599-7892	53533
Phone only for now	Friday 6p***	David's United Church of Christ Phone meeting. See below.	80 Columbus St.	Canal Winchester	Literature	Ellen 614-397-0005	57252
Hybrid	Saturday 9:30a Effective June 19	Ascension Lutheran Church, Cloud Room 11	1479 Morse Rd	Columbus	Step/Tradition/Speaker 	Judith 253-503-9144	35369
In person	Saturday 9:30a Effective July 10	St. Mark's Episcopal Church	2151 Dorset Rd.	Upper Arlington/ Columbus	OA Steps/Traditions	Theresa M. 614-738-7559	50068
Zoom for now	Saturday 9:30a	Christ Lutheran Church Student Center	69 Mill St. -Use Front Door	Athens	Literature, OA Steps/Traditions	Carol 740-818-6418	54299

Type	Day & Time	Location / Virtual / Phone	Address/ Mtg ID. / Phone	City /Pin/ Passcode	Format	Contact	Group #
Not yet meeting	Saturday 10:30a	Brighton Presbyterian Church Not currently meeting	771 Lexington Ave.	Zanesville	AA Big Book, Literature 	Barb W 740-452-5350	17037
Zoom Only	Sunday 7:00p	Zoom Only – closed	897 9480 8362	2674462	OA Steps/Traditions	Martha C 614-581-8381	89904
Phone only	Monday – thru Friday 5:30a	PHONE Only - closed	605-468-8810 (use *6 mute/unmute)	PIN 139182#	Varies; 45 minutes	Linda 301-379-7065 ElsieL42@yahoo.com	55364
Phone only	***Friday 6:00p	PHONE Only - open	667-776-9043	No pin	Literature	Ellen 614-397-0005 seccw@yahoo.com	55619
Phone only	Friday 9:00p	PHONE Only - open	712-432-3900	PIN 331780#	Tools, health issues, OA 12 steps and traditions	No contact	55387
Note: "Closed" meeting is open only to those who identify as compulsive eaters. Follow Phone Prompts							

ZOOM Passcode: 2674462 for # meetings		<b>How to join a Zoom meeting:</b> <b>By telephone:</b> 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. <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+ 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. <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 Basic meeting formats are available at the oa.org website; the 12 Steps & 12 Traditions are in all approved OA literature. *Sun 7pm meeting Zoom Meeting ID/passcode has changed to COSIGOA scheduled meeting, effective 7/18/21. **9:30-10a is fellowship with the meeting starting at 10a. **** Shared zoom for both Wednesday 7pm meetings. Westerville is Hybrid. Overbrook is not meeting in person yet.
Meeting Day & Time	Meeting ID	
Sunday -- 7p* #	897 9480 8362	
Monday – 9:30a #	756 136 964	
Monday – 6:00p Passcode: SERENITY	878 3543 1762	
Monday - 7p #	792 699 218	
Tuesday – 9:30a #	840 8347 0134	
Tuesday – 7:30p #	837 0625 1166	
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	