

Overeaters Anonymous phone meetings

Phone meetings are available almost any time of day or night. There are many dozens available. People all over the U.S. call into phone meetings. They are useful for a lot of reasons:

- You are sick
- You are traveling
- You can't make it to a face-to-face meeting
- You want a meeting but no face-to-face ones are available at the moment
- You want to meet OA people outside your area
- You want a special focus of the meeting, such as studying a specific OA book

OA will not charge you for the phone meetings, but most of the phone meetings don't have toll-free 800 numbers. If your phone plan doesn't have unlimited minutes to anywhere in the U.S., then ask your phone company if toll charges will apply to the phone meeting you want to call, and keep an eye on your minutes remaining.

How to search for OA phone meetings

A complete list of phone and face-to-face and online meetings—such as men-only meetings or special book studies—is on www.oa.org. Here is how to find phone meetings:

1. Go to www.oa.org
2. Click on Find a Meeting
3. Click Telephone Meeting
4. Click on the time under "Select your time zone"
5. Select Pacific (so that all times will be shown correctly for your time zone)
6. Click Advanced Search
7. Click on whatever things you want to specify, such as the day of the meeting.
8. To select a type of book study, click on Special Topic.
9. Click Special Focus if you want to list 100-Pounder meetings, men-only meetings, etc.
10. Click the Search button.
11. Click on "Details" by the meeting you want to see.
12. If toll calls are a concern, check the numbers out with your phone company.

Local OA phone meetings

Phone meetings with a local area code are great if:

- You prefer toll-free phone meetings in your area code
- You prefer phone meetings primarily attended by people your area.

Here are examples of phone meetings

Type of meeting	Phone #	PIN	Day	Pacific time	Contact and time zone where they live	Meeting #
Hundred pounder meeting	712-432-5200	4285115#	Every day	6:00 PM	Jeanne (Mtn) 928-692-3840	55134
Men's meeting	712-770-4160	409092#	Sun	5:30 PM	Roger (Pacific) 949-648-1429	55201
Foundations to the Primary Purpose Format	209-255-1000	740111#	Sat	3:00 PM	Dayna (Central) 972-832-6564	55222
Primary Purpose Format. Must have Big Book	209-255-1000	740111#	Sat	4:00 PM	Dayna (Central) 972-832-6564	55213
Line by line study of Big Book	559-546-1301	770762#	Sun	4:30 PM	Wendy (Eastern) 717-575-7839	55171

Mtn Time is 1 hour ahead of California

Central Time is 2 hours ahead of California

Eastern Time is 3 hours ahead of California

The first three listed are in 559 and 209 area codes. They are AA Big Book meetings.

If you have any questions, call the contact person a few hours ahead of the meeting. Or just call and listen anonymously.

You can try other phone meetings—you might make some great friends out of the area!

For more information on phone meetings, online meetings and literature, please go to www.OA.org