

OA-AB Focus Meetings* (updated 5.21.20)

*All of these Meetings are Anorexic Bulimic Focus

Zoom

Please download Zoom at zoom.us

TUESDAY

1. [Anorexic/Bulimic Big Book Focus](#)

TIME:

- 2PM Pacific Time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/293355222>

2. [ABC Focus \(Anorexic/Bulimic Emphasis\)](#)

TIME:

- 7.30AM Pacific Time
- 8.30AM Mountain Time
- 10.30AM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/338588555?status=success>

Meeting ID: 338-558-555

3. [Anorexic, Bulimic, Compulsive Exerciser](#)

TIME:

- 7.15PM Pacific Time
- 8.15 PM Mountain Time
- 10.15PM Eastern Time

Join Zoom Meeting: zoom.us/j/652043579

Meeting ID: 652-043-579

4. [Los Angeles Women in Recovery Anorexic/Bulimic Focus](#)

TIME:

- 8PM Pacific Time
- 7PM Mountain Time

- 11PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/624746098?pwd=L3BBK1YxU0piM1Mxd3VSNU8xeWV2dz09>

Meeting ID: 624-746-098

Password: 574275

5. [OA Footsteps Body Image](#)

TIME:

- 6PM Pacific Time
- 7PM Mountain Time
- 9PM Eastern Time

Join Zoom Meeting: Join Zoom Meeting: <https://zoom.us/j/293355222>

Meeting ID: 293-355-222

WEDNESDAY

1. [Anorexic/Bulimic Focus](#)

TIME:

- 3:30PM Pacific Time
- 4:30PM Mountain Time
- 6:30PM Eastern Time

Join Zoom Meeting:

<https://us04web.zoom.us/j/244088921?pwd=NjRXNXo2bkJYSDV2OVpTTG9pSGFsdz09>

Meeting ID: 244-088-921

Password: 6465737150

2. [Anorexic, Bulimic, Compulsive Exerciser](#)

TIME:

- 6.30PM Pacific Time
- 7.30PM Mountain Time
- 9.30PM Eastern Time

Join Zoom Meeting:

<https://us04web.zoom.us/j/386648887?pwd=R1VrMnZLQzN3QnZnck1WRW1WZkVkdz09&status=success>

Meeting ID: 386-648-887

Password: 743584

THURSDAY

1. [Westside Anorexics and Bulimics](#)

TIME:

- 7.30AM Pacific Time
- 8.30AM Mountain Time
- 10.30AM Eastern Time

Join Zoom Meeting: <https://us02web.zoom.us/j/757226488>

Meeting ID: 757-226-488

Password: 832596

2. [Anorexics and Bulimics 4 Today](#)

Additional notes: ABA4Today - Anorexics & Bulimics 4 Today. Current meetings alternate weeks, step meeting (writing is moderator choice) followed by a speaker/share meeting using OA literature.

TIME:

- 3PM Pacific Time
- 4PM Mountain Time
- 6PM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/573405436>

Meeting ID: 573405436

3. [Pittsburgh-Oakland Anorexic/Bulimic/Compulsive Exerciser](#)

TIME:

- 4PM Pacific Time
- 5PM Mountain Time
- 7PM Eastern Time

Join Zoom Meeting

Meeting ID: 353-445-573

4. [Staten Island Anorexic/Bulimic Focus Phone Meeting](#)

TIME:

- 5PM Pacific Time
- 6PM Mountain Time
- 8PM Eastern Time

Join this Phone Meeting:

Dial: 515-604-9094

Access code: 950897

5. [Los Angeles Women's Self, Sexuality and Body Issues](#)

TIME:

- 7.30PM Pacific Time
- 8.30PM Mountain Time
- 10.30PM Eastern Time

Join Zoom Meeting: <https://calstatela.zoom.us/j/134314083>

Meeting ID: 134-314-083

Password: mccadden

FRIDAY

1. [Women's Body Image](#)

TIME:

- 8.15AM Pacific Time
- 9.15AM Mountain Time
- 11.15AM Eastern Time

Join Zoom Meeting: <https://zoom.us/j/846287915>

Meeting ID: 846-287-915

2. [Footsteps Body Image](#)

TIME:

- 12PM Pacific Time
- 2PM Mountain Time
- 3PM Eastern Time
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Join Zoom Meeting: <https://zoom.us/j/293355222>

Meeting ID: 293-355-222

3. [The Antidote to Isolation - Focus on Bulimia and Anorexia](#)

TIME:

- 2PM Pacific Time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/86442832339?pwd=WXB1UIlQT25jcVY3SklyZFVNRDdCUT09>

Meeting ID 864-4283-2339

Password 615860

SATURDAY

1. [Staten Island Anorexic/Bulimic Focus Phone Meeting](#)

TIME:

- 11AM Pacific Time
- 12PM Mountain Time
- 2PM Eastern Time

Join this Phone Meeting:

Dial: 515-604-9094

Access Code: 950897

2. First Saturday of Every Month Anorexic/Bulimic Focus

TIME:

- 10AM Pacific Time
- 11AM Mountain Time
- 1PM Eastern Time

Join this Zoom Meeting:

Meeting ID 576 056 6356

Password: 022116

SUNDAY

1. [Anorexic/Bulimic Focus](#)

TIME:

- 1:30PM Pacific Time
- 2:30PM Mountain Time
- 4:30PM Eastern Time

Join Zoom Meeting:

<https://zoom.us/j/212478645?pwd=L1k5S1RqTEZsUVN0Umg4UVJRcGFkUT09>

Meeting ID: 212 478 645

Password: 025858

2. [Courage to Change - Anorexic/Bulimic Focus](#)

TIME:

- 12.05PM Pacific Time
- 1.05PM Mountain Time
- 3.05PM Eastern Time

Join Zoom Meeting:

<https://us02web.zoom.us/j/628410115?pwd=NG1DSGNQenZjbkxUblI2UzJjUldtdz09>

Meeting ID: 628-410-115

Password: recovery

3. [Pittsburgh-Shadyside Anorexic/Bulimic/Compulsive Exerciser](#)

TIME:

- 2PM Pacific Time
- 3PM Mountain Time
- 5PM Eastern Time

Join Zoom Meeting:

Meeting ID: 685-344-812

4. [Staten Island Anorexic/Bulimic Focus Phone Meeting](#)

TIME:

- 7PM Pacific Time
- 8PM Mountain Time
- 10PM Eastern Time

Join this Phone Meeting:

Dial: 515-604-9094

Access Code: 950897

*Overeaters Anonymous Anorexic Bulimic (AB) Focus
MANY SYMPTOMS, ONE SOLUTION (MSOS)*

RESOURCE PAGES
Updated March 31, 2020

OA AB FOCUS MSOS PHONE MEETINGS ARE HELD

Thursday Nights at 8 PM Eastern

Saturdays at 2 PM Eastern

Sundays at 10 PM Eastern

Dial: 515-604-9094
Access Code: 950897#
(*6 to mute and unmute)

**The First Saturday of the Month
ONCE A MONTH ONLY**

*1 PM Eastern (Usually Face-to-Face With Phone)

Dial: 605-472-5623
Access Code: 323436#

SEVENTH STEP TRADITION

To make donations on behalf of these meetings to OA World Service, please visit
<https://oa.org/contribute/> and use our OA World Service

Meeting Numbers:

Thursday: 55289

Saturday: 55514

Sunday: 54433

First Saturday of the Month: 55493

Thank you!

To Listen to OA-AB Focus "MSOS" Recordings

Dial: 515-606-9043 Access Code: 950897#

Put in Reference Number for the Recording that you would like to listen to OR

Press the pound sign # for the most recent recording

(Push 6 to fast forward one minute; 4 to rewind one minute and
5 to stop and resume)

To obtain OA AB MSOS Recordings please send an email to:

OAABFocus@gmail.com

Or Call One of The Contacts Listed Below

To Obtain OA Literature

Here is a link to the catalog:

<https://bookstore.oa.org/>

To Obtain OA-AB Literature

Read at the OA-AB Focus “Many Symptoms, One Solution” Meetings:

Visit <https://bookstore.oa.org/>

<i>Focus on Anorexia and Bulimia Packet</i> Price: \$2.50	<i>The Twelve Steps and The Twelve Traditions of OA</i> 2nd Edition Price \$15	<i>Overeaters Anonymous</i> 3 rd Edition \$15	<u>OA Meditation Books</u> <i>For Today</i> \$12 & <i>Voices of Recovery</i> \$12
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Many Symptoms, One Solution
Price \$1

DIGITAL PRODUCTS

(SOME OF THE LITERATURE IS AVAILABLE)

http://bookstore.oa.org/pc_combined_results.asp?pc_id=D80DFA4468CE44EDB5FE926FDBA9623C

OA A Vision For You

Three Morning Weekday Meetings plus a Special Edition Every Sunday Morning

<http://www.avision4you.info/>

Many resources can be found on this website including the following:

Podcasts, Membership Opportunity, and other information.

Recorded Meetings Archive: Phone: 712-432-5203 Conf ID: 876148 Most Recent Press 0# (Zero Pound)

- There are telephone recordings available for the past 30 days of phone meetings. Press 0# to access the most recent recording.
- Enter the Share ID Number, followed by the # sign, to access any of the other recordings.
- All recordings are archived indefinitely, and can be accessed on the Daily Podcasts links, on this website. Special Editions from Sundays listed on website too. Search the topic you are interested.

OA Big Book Solution Group

<http://www.oabigbooksolutiongroup.org/>

Podcasts and other information

***FREE The Alcoholics Anonymous Big Book Online:**

https://www.aa.org/pages/en_US/alcoholics-anonymous

***FREE The Alcoholics Anonymous 12 Steps and 12 Traditions Online:**

https://www.aa.org/pages/en_US/twelve-steps-and-twelve-traditions

OA Los Angeles Intergroup Website

www.oalaig.org

Many Podcasts for Anorexics and Bulimics Offered Here

**Many Holidays the OA Virtual Services Hosts
Regular OA Phone Meetings Marathons^**

Dial: 712-432-5200

Access Code: 4285115#

(*1 to mute and unmute)

^Throughout most of the day, but officially starting at
8 AM Eastern until 11 PM Eastern

For More Information on OA Virtual Meetings

Visit:

<https://oavirtualregion.org/>

Additional Information Below

More Contact Information

OAABFocus@gmail.com

OR

Contact One of Our Trusted OA-AB Community Servants

Abby R.

Abbyremer@aol.com

646-584-0516 Eastern Time

Text, Calls, Voice Messages

Cathy K.

347-407-4360 Eastern Time

Text, Call, Voice Message, "What's App" Anytime

Solution12and12@gmail.com

Kym L.

503-544-5955 Pacific Time

kyslambpdx@gmail.com

kyslamb@icloud.com

Calls, Texts, Voice Messages

Scott K.

917-783-2316 Eastern Time

Calls and Voice Messages Only

No Texts Please