







Central OH Service Intergroup of Overeaters Anonymous (COSIGOA)

Key: Hybrid= in person and on Zoom. Zoom Only & Phone Only (No location).

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

Zoom Meeting's access codes next page

Rev. Nov. 23, 2022

#W/Type	Day & Time	Location / Virtual / Phone	Address/ Mtg ID. / Phone	City /Pin/ Passcode	Format	Contact	Group #
Hybrid	Monday 9:30a	Northwest Christian Church	1340 Fishinger Rd	Upper Arlington/ Columbus	AA Big Book 	Chris L. 614-595-3605	08083
Hybrid	Monday 6p	Lutheran Student Center	69 Mill St. Front Door	Athens	Newcomer's Meeting	Carol 740-590-0815	53001
In person	Monday 7p	Faith Covenant Church	3607 Dempsey Rd.	Westerville	Varies 	Barb R 614-440-3610	23004
Zoom only	Monday 7p	ZOOM only – open	Mtg ID: 792 699 218	Passcode 2674462	Varies	Diane M text first 614-204-4184	800580
Zoom only	Tuesday 9:30a	ZOOM Only - open	Mtg ID: 840 8347 0134	Passcode 2674462	OA Storybooks	Dianne 614-256-1150	89601
Hybrid	Tuesday 6p	Christ Lutheran Church Student Center	69 Mill St. Front Door	Athens	Literature study, Speaker	Steph 740-591-6818	51314
Zoom only	Tuesday 7:30p	ZOOM Only - open	Mtg ID: 837 0625 1166	Passcode 2674462	OA Storybooks	Dianne 614-256-1150	89600
Not yet meeting	Wednesday 7p	Overbrook Presbyterian Church	4131 N. High St.	Columbus	Wk1&3: AA Big Book Wk2: Discussion Wk4: Literature 	Paul W. 614-432-2273	22107
Hybrid	Wednesday 7p	St. Paul's Catholic Church, in the Parish Office Building	369 N. State St. (Rt 3) Room 2, Downstairs	Westerville	Wk1&3: AA Big Book Wk2: Discussion Wk4: Literature 	Julie 614-634-8320	53969
Zoom Only	Wednesday 7:30p	ZOOM Only - open	Mtg ID: 845 5720 0240	Passcode: 121212	Big Book Study	Kim 614-636-1554	800660
In person	Thursday 9:30a	Northwest Christian Church	1340 Fishinger Rd.	Upper Arlington/ Columbus	Varies Fragrance Free 	Megan 614-832-6652	02089
Zoom only	Thursday 9:30a	ZOOM Only – open	Mtg ID: 900 535 099	Passcode: 2674462	Chair's Choice	Chris G text first 614-961-9564	800697
Zoom only	Friday 12:00p	ZOOM Only - open	Mtg ID: 206 752 912	Passcode 2674462	Varies	Dana G text first 614-886-0990	800057
Hybrid	Friday 6p***	David's United Church of Christ Phone meeting. See below.	80 W. Columbus St.	Canal Winchester	Literature	Ellen L. 614-397-0005	57336
Zoom only	Saturday 9:30a	ZOOM Only - open	Mtg ID: 162 605 514	Passcode: 2674462	Step/Tradition/Speaker 	Judith 253-503-9144	800615
In person	Saturday 9:30a	Northwest Christian Church	1340 Fishinger Rd	Upper Arlington/ Columbus	OA Steps/Traditions	Theresa M. 614-738-7559	50068
Hybrid	Saturday 9:30a**	Christ Lutheran Church Student Center	69 Mill St. -Use Front Door	Athens	Literature, OA Steps/Traditions	Carol 740-590-0815	54299

#W/Type	Day & Time	Location / Virtual / Phone	Address/ Mtg ID. / Phone	City /Pin/ Passcode	Format	Contact	Group #
Zoom Only	Sunday 7:00p	Zoom Only – closed	897 9480 8362	2674462	OA Steps/Traditions	Martha C 614-581-8381	89904
Phone only	***Friday 6:00p	PHONE Only - open	667-776-9043	No pin	Literature	Ellen 614-397-0005 seccw@yahoo.com	57336
Note: Closed meeting is open only to those who identify as compulsive eaters. Follow Phone Prompts							

ZOOM Passcode: 2674462 for # meetings		How to join a Zoom meeting:	
Meeting Day & Time	Meeting ID		
Sunday -- 7p #	897 9480 8362	<p>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</p> <p>You will be asked to enter a Meeting ID. You can find the Meeting ID above, listed with the meeting day and time.</p> <p>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+</p> <p>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.</p> <p>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.</p>	
Monday – 9:30a #	756 136 964		
Monday – 6:00p Passcode: 311489	882 8325 4380		
Monday - 7p #	792 699 218		
Tuesday – 9:30a #	840 8347 0134		
Tuesday – 6:00p Passcode: 311489	882 8347 0134		
Tuesday – 7:30p #	837 0625 1166		
Wednesday - 7p #	184 914 558		
Wednesday – 7:30p Passcode: 121212	845 5720 0240		
Thursday-9:30a #	900 535 099		
Friday – 12p #	206 752 912		
Saturday – 9:30a #	162 605 514		
Saturday – 9:30a** Passcode: 311489	882 8325 4380		**9:30-10a is fellowship with meeting starting at 10a