

CAIOA: Central Arkansas Intergroup Overeaters Anonymous #09138

PO Box 8284

Hot Springs, AR 71910

CAIOAIntergroup@gmail.com

<http://OA-arkansas.org>

Little Rock

MOM: Miracles on **Monday 5:30pm** #46559
St. Marks Episcopal Church
1000 N Mississippi at Evergreen

OPEN (OA 12&12 + Abstinence 2nd Edition))

Contact: Jennifer S 501-516-0625

OA.LR.Monday@gmail.com

Rep = Tom E

Little Rock

SOS: Serenity on **Saturday** #20506
St. Mark's Episcopal Church
1000 N Mississippi at Evergreen

10am OPEN (Overeaters Anonymous 3rd Edition)

11:15am OPEN (AA Big Book)

Contact: Jennifer S 501-516-0625

OA.LR.Saturday@gmail.com

Rep = Jennifer S

Virtual Meeting

Sunday 3pm #56649

Zoom (See below for info)

OPEN (Voices of Recovery)

Contact: Bea K

OA.NLR.Sunday@gmail.com

Rep = Bea K

Virtual Meeting

Tuesday 6:30pm #89697

Zoom (See below for info)

OPEN (Discussion)

Contact: Susanna C. 626-676-7191

OA.LR.Tuesday@gmail.com

Rep: Denise M

Phone Meeting:

Friday 3:00pm #52481

Meeting Phone Number: 425-436-6337

Code: 629777#

OPEN (Newcomer/Tools)

Contact: Donna 972-345-3145

OA.HotSprings@gmail.com

Rep = Donna D

OA Region 8: <http://oaregion8.org>

OA World Service Office: <http://oa.org> 505-891-2664

Zoom meeting ID: 869 6341 0195

Passcode: 016228

Phone call-in number: 312-626-6799