

**TWO HOUR OA/HOW PHONE MEETINGS LIST**  
**QUICK PRINT VERSION**  
**UPDATED: 04252018**  
**ALL MEETING TIMES LISTED IN EASTERN TIME**

[www.oahowphonemeetings.com](http://www.oahowphonemeetings.com)

DAY	TIME	PHONE	CODE	CONTACT
<b>Sundays</b>	3 to 5 pm	712-770-4160	754082#	Dana D / 914-987-6100 (ET)
<b>Sundays</b>	6 to 8 pm	641-715-3865	186313#	Jana C / 203-788-3157 (ET)
<b>Mondays</b>	8 to 10 pm	712-770-4160	717351#	Yolanda / 917-690-2874 (ET)
<b>Tuesdays</b>	12:30 to 2:30 pm	712-770-4160	301672#	Maggie F / 252-441-4964 (ET)
<b>Tuesdays</b>	8 to 10 pm	515-604-9940	579636#	Howard W / 952-930-1212 (CT)
<b>Wednesdays</b>	8 to 10 pm	712-770-4160	136342#	Charles D / 541-510-3307 (PT)
<b>Thursdays</b>	12:30 to 2:30 pm	641-715-3660	954578#	Lisa C / 425-417-7605 (PT)
<b>Fridays</b>	8 to 10 pm	712-770-4160	503152#	Linda W / 508-333-2422 (ET)
<b>Saturdays</b>	6 to 8 am	641-715-0867	771943#	Oahowvoices@gmail.com
<b>Saturdays</b>	10:30 to 12:30 pm	605-475-5950	12128#	Cassandra / 360-298-2384 (PT)

**OTHER OA/HOW MEETINGS**  
**FACE TO FACE WITH CALL-IN OPTION**

DAY	TIME	PHONE	CODE	CONTACT
<b>Sundays</b>	8 to 10 pm	641-715-0632	802505#	sundayoahow@gmail.com
<b>Thursdays</b>	6:30 to 8:30 pm	712-775-7031	519003816#	Pamela K / 941-374-3934 (ET)