

Day	Time	Frequency	Format	Physical Location	East Coast Phone	Zoom Meeting ID	Code	Meeting Contact	Contact Phone
Monday	7:00-8:00 AM	weekly	Step 10 - 12 Meditation -	Video	1-646-558-8656	823 7489 6537	10248	Alice	(919)-247-1338
Monday	10:30 - 11:30 AM	weekly	Steps and Traditions, OA 12&12, AA 12&12	2950 US-160, Room 7, Ft, Mill, SC				Stacey	(626)-354-2334
Monday	10:30-11:30	weekly	OA Literature	Presbyterian Church, 789 Merrimon Av, Asheville, NC 28804				Jess	(704)-620-8989
Tuesday	10:00 - 11:00 AM	weekly	O.A. Literature Study Recovery from Relapse study All welcome	Video	1-646-558-8656	883 8238 9736	19035	Anne	(336)-608-8612
Tuesday	11:00 - 12:00 Noon	weekly	O.A. Literature Study	Phone	1-712-432-3900		965305	Dee	(704)-907-3708
Tuesday	1:00 - 2:00 PM	weekly	OA Spiritual Principles	Video	1-301-715 -8592	834 1687 1438		931893 Tina	(704)-466-1604
Tuesday	5:30-6:30 PM	weekly	OA Literature	Video		897 6139 8380	spiritual	Julia	(828) 508-2586
Tuesday	6:30 - 7:30 PM	weekly	O.A. Steps and Traditions	Video	1-646-558-8656	890 7073 4627	956971	Carol	(516)-476-0799
Wednesday	10:30-11:30 AM	weekly	O.A. 12& 12 , Last 15 minutes devoted to newcomers	Video	1-646-558-8656	859 6855 2356	140749	Susan W	(305)-975-8008
Thursday	11:00 - 12:00 Noon	weekly	Big Book Study	Video	1-646-558-8656	848 7418 7765	579342	Susan B	(415)-987-3194
Thursday	1:00 - 2:00 PM	weekly	Big Book Study, Newcover focus last Thursday of each month	Aldersgate United Methodist Church 2115 Celanese Rd, Rock Hill, SC 29732				Jeanne	(704)-995-6326
Thursday	4:30-5:30 PM	weekly	OA Literature Abstinence Focus on Slip Recovery	Grace Presbyterian Church, Classroom #14, 2950 US-160, Ft. Mill, SC 29708				Rosi	(803)-487-9234
Thursday	5:30-6:30 PM	weekly	Big Book, OA Steps or Tradition Study				553650	Roberta	(201)-638-5366
Friday	7:00-8:00AM	weekly	Literature Study Seeking the Spiritual Path	Video	1-646-558-8656	933 5137 1508 874 9387 9683	422363	KellyP.	703-963-8165
Friday	12:00 - 1:00 PM	weekly	Abstinence, Last 15 minutes devoted to newcomers	Video	1-301-715 -8592	391 399 951	32152	Miona	(704)-206-9056
Saturday	9:30 - 10:30 AM	weekly	OA Literature	117 Montreat St. Black Mountain, NC 28711				George G.	(631) 834-3486
Saturday	9:30-10:30 AM	weekly	Recovery from Relapse			872 2508 6816	abstinence	Cathie W	(510)-982-9797
Saturday	10:00 - 11:00 AM	weekly	12 Step Study	Lake Forest Church Westlake, 2204 Saint James Church Road, Denver, NC 28037				Carol S.	516-476-0799
Saturday	10:30 - 12:00 PM	2nd and 4th Saturdays	OA Literature and AA Big Book Study	2639 East highway 150, Lincolnton, NC, 28092-4189	1-646-558-8656	894 2613 4752	213249	Robbie	(704)-616-2630
Saturday	12:00 Noon - 1:00 PM	weekly	Literature Study OA 12& 12, A Taste of Lifeline	AnuviaCenter, Pine Room - 2nd Floor 100 Billingsley Road. Charlotte, NC 28211				Carolyn	(917)-620-2400
Sunday	1:30:00 - 2:30 PM	weekly	Body Image, Relationships & Sexuality-A women's book study	Video	1-301-715 -8592	834 1572 1092	643040	Susan B	(415)-987-3194
Sunday	4:00 - 5:00 PM	Weekly	O.A. Literature Study, Last 15 minutes devoted to newcomers	Video	1-301-715 -8592	821 4206 9086	Contact Steve for the passcode	Steve	(704)-609-7098

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady will power. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. Welcome to OA, Welcome Home