



Each meeting listed below is tied to a specific time zone. **Please check your local time compared to the posted meeting time.** This is especially important to check around the start of March and November, due to time changes in multiple countries.

SUNDAY – Zoom – Topic or Speaker (rotating format)

11:00 AM US Eastern Time / 60 minutes

Join URL: <https://zoom.us/j/95212590470>

Meeting ID: 422 277 0079 (no passcode needed)

[Meeting Format](#) (updated 01/2025)

*** We use a Zoom "Waiting Room" to keep the meeting safe. Please be patient as we let everyone in.*

SUNDAY – Zoom – "In All Our Affairs"

7:30 PM US Eastern Time / 60 minutes

Join URL: <https://zoom.us/j/94460500838>

Meeting ID: 944 6050 0838 (no passcode needed)

[Meeting Format](#) (updated 01/2025)

*** In this meeting, "outside issues" refers only to other 12-step programs and healing modalities. It is not an outside issue when someone shares how their identities, ancestry and lived experience affects their OSPA recovery.*

MONDAY – Telephone – "Living Abstinent" A.A. Big Book Study

9:00 PM US Eastern Time / 60 minutes

Meeting Dial-In Number: (667) 770-1156; 979957#

[Meeting Format](#) (updated 11/2024)

*** If you receive a busy signal, send a text that says "Help" to the dial-in number. FreeConferenceCall will send you a text with a call back or alternate number you can use.*

TUESDAY – Zoom – Meditation and Topic

8:00 PM Central European Time / 60 minutes

Join URL: <https://zoom.us/j/92874790624?pwd=ZTgycWlxUnRvc1FmV3ZWSTZLTEFKZz09>

Meeting ID: 928 7479 0624 / Passcode: 622491

[Meeting Format](#) (updated 02/2025)

** If you join the meeting late it may be during the meditation period. Wait and we will let you in shortly after the meditation.

TUESDAY – Zoom – Meditation and Writing

10:00 PM US Eastern Time / 60 minutes

Join URL: <https://zoom.us/j/94751573442>

Meeting ID: 947 5157 3442 (no passcode needed)

[Meeting Format](#) (updated 08/2022)

WEDNESDAY – Zoom – Topic or A.A. Literature Study

8:00 PM Central European Time / 60 minutes

Join URL: <https://zoom.us/j/6319430801?pwd=eTBJRG04TVhmcWtLV2JFTzBzNIJpUT09>

(if the link does not work, go to <https://zoom.us/>, click "Join" and enter the Meeting ID and Passcode)

Meeting ID: 631 943 0801 / Passcode: 545754

[Meeting Format](#) (updated 08/2023)

Host Key: The Host will receive the "Claim Host" code at the business meeting. To "Claim Host," click "Participants," look at the bottom for "Claim Host," and copy and paste the host key into the field that appears.

THURSDAY – Zoom – Special Focus: Body Dysmorphic Obsession

6:00 PM UK (GMT) or 1 PM EST / 60 minutes

Join URL: <https://zoom.us/j/98349480041?pwd=BHLKVPLJjJX4hauxSnZfHbXwEhpa05.1>

Meeting ID: 983 4948 0041 / Passcode: 671974

Find your local number: <https://zoom.us/u/ac8nvIN3qM>

[Meeting Statement](#) (updated 12/2024)

[Meeting Format](#) (updated 12/2024)

[Meeting Slides](#) (updated 12/2024)

** We use a Zoom "Waiting Room" to keep the meeting safe. Please be patient as we let everyone in.

THURSDAY – Zoom – "Stepping Into the Solution" Literature Study

7:00 PM US Eastern Time / 60 minutes

Join URL: <https://us06web.zoom.us/j/81865197519?pwd=MkJ2V0ZORjIjBOGpDd2FrSzdBbWtxUT09>

Meeting ID: 818 6519 7519 / Passcode: 993960

Find your local number: <https://us06web.zoom.us/j/81865197519?pwd=MkJ2V0ZORjIjBOGpDd2FrSzdBbWtxUT09>

[Meeting Format](#) (updated 02/2025)

[Meeting Format - 3rd Thursday of the month only](#) (updated 02/2025)

[Group Guidelines](#)

[Meeting Slides](#)

*** We use a Zoom "Waiting Room" to keep the meeting safe. Please be patient as we let everyone in.*

FRIDAY – Zoom – "Easy Does It" - Topic meeting with monthly speaker

10AM US Eastern Time / 60 minutes

Join URL: <https://zoom.us/j/92461573269?pwd=rWGMWxZiIRBRufhmn7TqvBxmFu5fUk.1>

(if the link does not work, go to <https://zoom.us/>, click "Join" and enter the Meeting ID and Passcode)

Meeting ID: 924 6157 3269 / Passcode: 12

Find your local number: <https://zoom.us/j/92461573269?pwd=rWGMWxZiIRBRufhmn7TqvBxmFu5fUk.1>

[Meeting Format](#) (updated 02/2025)

[Meeting Slides](#) (updated 12/2024)

SATURDAY – Zoom – Weekend Literature Study

10AM US Eastern Time / 60 minutes

Join URL: <https://zoom.us/j/91455567547?pwd=0aolYxSPICeplqa4FbaQ48FyWuByJg.1>

(if the link does not work, go to <https://zoom.us/>, click "Join" and enter the Meeting ID and Passcode)

Meeting ID: 914 5556 7547 / Passcode: 12

Find your local number: <https://zoom.us/j/91455567547?pwd=0aolYxSPICeplqa4FbaQ48FyWuByJg.1>

[Meeting Format](#) (updated 01/2025)

[Meeting Slides](#) (created 10/2024)

FIRST SUNDAY OF THE MONTH – Zoom – OSPA Intergroup

12:15 PM US Eastern Time / 60 minutes

Join URL: <https://us02web.zoom.us/j/89826297321>

Meeting ID: 898 2629 7321 (no passcode needed)

*** Reports, motions, and updates on business items for the fellowship of OSPA. For more information, visit the [Service](#) section of the website.*