

OVEREATERS ANONYMOUS COURTESY ONLINE MEETINGS LIST

LISTING NO.	MEETING URL	MEETING LOG-IN PROCEDURE	DAY/TIME	CONTACT	E-MAIL
88001	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Type in "ODATMTG"	Tues @ 10:30 p.m. EST	Noga	jstfrtday@aol.com
88002	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Type in "ODATMTG"	Thurs @ 10:30 p.m. EST	Noga	jstfrtday@aol.com
88003	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Type in "ODATMTG"	Sun @ 10:00 a.m. EST	Matt	mperros@aol.com
88004	AOL	Click on "People Connection" Click on "Chat Now" Click on "Private Chat" Type in ODATMTG Click on "Go Chat"	Weds @ 9:00 p.m. EST	Diane	free2bme5@aol.com
88005	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Tues @ Noon EST	Donna	donna1433@webtv.net
88006	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Thurs @ Noon EST	Donna	donna1433@webtv.net
88007	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Sun @ Noon EST	Donna	donna1433@webtv.net
88008	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Weds @ Noon EST	Donna	donna1433@webtv.net
88009	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 9:30 p.m. EST	Rhonda	Seren4life@aol.com
88010	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Mon @ 9:30 p.m. EST	Rhonda	Seren4life@aol.com
88011	irc.starchat.net	Go to	Tue @ 11:00 p.m. EST	Rhonda	Seren4life@aol.com

		http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:			
88012	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Type in "ODATMTG"	Sun @ 10:00 p.m. EST	KC	Pending info
88013	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Thur @ 10:00 a.m. EST	Betty	Bette @aol.com
88014	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Weds @ 7:00 p.m. EST	Danny	Bigbird37@webtv.net
88015	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Thur @ 7:00 p.m. EST	Danny	Bigbird37@webtv.net
88016	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 7:00 a.m. EST	Linda	dklingman@chlink.net
88017	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sat @ 7:00 a.m. EST	Linda	dklingman@chlink.net
88018	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Fri @ 7:00 p.m. EST	Linda	dklingman@chlink.net
88019	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Sat @ 10:00 a.m. EST	Betty	Bette @aol.com
88020	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 10:30 a.m. EST	Cheryl	cheryl_stanley@email.msn.com
88021	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 8:00 p.m. EST	Cheryl	cheryl_stanley@email.msn.com
88022	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 7:00 p.m. EST	Marie	marie@myself.com
88023	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Thur @ 8:00 p.m. EST	Eileen	free2bee@msn.com
88025	http://delphi.com/	Click on the blue title for the meeting to enter	Sat @ 7:30 a.m. EST	Ellen	ellen42day@hotmail.com

	wanachat/chat	the room			
88026	http://delphi.com/wanachat/chat	Click on the blue title for the meeting to enter the room	Weds @ 7:30 a.m. EST	Connie	dragon1024@earthlink.net
88027	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Weds @ 10:00 a.m. EST	Lita	vickysis@aol.com
88028	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Tue @ 10:00 a.m. EST	Lita	vickysis@aol.com
88029	http://delphi.com/wanachat/chat	Click on the blue title for the meeting to enter the room	Tue @ 7:30 a.m. EST	Connie	dragon1024@earthlink.net
88030	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Mon @ 11:00 p.m. EST	Kelly	Kellyh001@sprintmail.com
88031	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Fri @ 11:00 p.m. EST	Anne	star-599@hotmail.com
88033	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Weds @ 7:00 a.m. EST	Anne	star-599@hotmail.com
88034	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Tue @ 2:30 p.m. EST	Anne	star-599@hotmail.com
88035	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 2:30 p.m. EST	Anne	star-599@hotmail.com
88036	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sun @ 11:00 p.m. EST	Anne	star-599@hotmail.com
88037	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Mon @ 10:00 a.m. EST	Joy	Programal@aol.com
88039	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Thur @ 9:30 p.m. EST	Kathleen	laurent.morin2@sympatico.ca
88040	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Fri @ 9:30 p.m. EST	Kathleen	laurent.morin2@sympatico.ca

88041	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Fri @ 6:30 am EST	Lisa	lilyleebug@aol.com
88042	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Thur @ 6:30 am EST	Lisa	lilyleebug@aol.com
88043	AOL	Click on "People" Click on "Find a Chat" Click on "Private Chat" Suggestion: My Favorites Type in "ODATMTG"	Tue @ 6:30 am EST	Lisa	lilyleebug@aol.com
88044	irc.starchat.net	Go to http://powerzone.starchat.net/recovery Enter a nickname in the box Click on "Connect Now"	Sun @ 3:30 pm EST	Loreta	lolly@sapienza.it
88045	irc.starchat.net	Go to http://linuxl.onepower.net/recovery/ Enter a nickname in the box Click on "Connect Now"	Thur @ 2:30 pm EST	Judy	ktjude@vvm.com
88046	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Sun @ 8:00 p.m. EST	Florence	florencer@webtv.net
88047	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Tue @ 8:00 p.m. EST	Florence	florencer@webtv.net
88048	irc.starchat.net	Go to http://polaris.starchat.net When the site comes up, click on "Star Chat" Click on "Chat Now" Type in "OA-Homebound"	Thur @ 8:00 p.m. EST	Florence	florencer@webtv.net
88049	AOL	Go to key word A&R Click on "Chats" Select the food area, which links you to "Stepping Stones" Enter the chat room.	Weds @ 8:30 p.m. CST	Joyce	joycebk@aol.com
88050	AOL	Go to key word A&R Click on "Chats" Select the food area, which links you to "Stepping Stones" Enter the chat room	Tue @ 11:00 a.m. CST	Gayle	zenspiritone@aol.com
88051	AOL	Go to key word A&R Click on "Chats"	Tue @ 12:00 a.m. EST	Debra	willingtonchange@aol.com

		Select the food area, which links you to "Stepping Stones" Enter the chat room			
88052	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Tue @ 9:30 p.m. EST	Patricia	plomba3200@aol.com
88053	AOL	Go to key word A&R Click on "Chats" Select the OA meeting, which links you to "Stepping Stones" Click on door icon	Sun @ 9:00 p.m. EST	Heather	hmcna@aol.com
88054	AOL	Go to key word A&R Click on "Chats" Select the OA meeting, which links you to "Stepping Stones" Click on door icon	Thur @ 9:00 p.m. EST	Beth	BAM143@aol.com
88055	AOL	Go to key word A&R Click on "Chats" Select the OA meeting, which links you to "Stepping Stones" Click on door icon	Sat @ 12:00 a.m. EST	Cathy	Wepa27@aol.com
88056	AOL	Go to key word A&R Click on "Chats" Select the OA meeting, which links you to "Stepping Stones" Click on door icon	Mon @ 1:00 p.m. EST	Wendy	IWENDYPOO@aol.com
88057	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Mon @ 2:30 p.m. EST	Vicki	vwilcox@telemedicine.alaska.edu
88058	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Fri @ 2:30 p.m. EST	Vicki	vwilcox@telemedicine.alaska.edu
88059	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Weds @ 9:30 p.m. EST	Teresa	stmd@altavista.com
88060	irc.starchat.net	"Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Sat @ 2:30 p.m. EST	Judy	jacorn@webtv.net
88061	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Weds @ 2:30 p.m. EST	Judy	jacorn@webtv.net
88062	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Tue @ 1:00 a.m. EST	Helen	HELENEJH@aol.com

88063	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room #recovery:	Fri @ 1:00 a.m. EST	Helen	HELENEJH@aol.com
88064	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room # SwedishRecovery:	Tue @ 3:00 p.m. EST	Gunnel	gunnel.asplund@telia.com
88065	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room # SwedishRecovery:	Sun @ 3:00 p.m. EST	Gunnel	gunnel.asplund@telia.com
88066	irc.starchat.net	Go to http://recovery.hiwaay.net/javachat/index.html Go directly to room # SwedishRecovery:	Sat @ 9:30 p.m. EST	Carolyn	cmfields@netzero.net
88067	AOL	Go to key word A&R Click on "Chats" Select the OA meeting, which links you to "Stepping Stones" Click on door icon	Tue @ 10:00 p.m. EST	Jen	linnet1000@aol.com
88068	AOL	"Go to key word A&R Click on "Chats" Go to "Rainbow Retreat" Click on double doors.	Thur @ 8:30 p.m. EST	Karen	ACCEPTthesteps@aol.com
88069	AOL	Go to key word IVchat Click on "Recovery Village"	Sun @ 3:00 p.m. EST	Maria	Samsara@aol.com
88070	AOL	Go to key word IVchat Click on "Recovery Village"	Mon @ 3:00pm EST	Maria	Samsara@aol.com
88071	AOL	Go to key word IVchat Click on "Recovery Village"	Mon @ 10:00pm EST	Maria	Samsara@aol.com
88072	AOL	Go to key word IVchat Click on "Recovery Village"	Sat @ 11:00pm EST	Maria	Samsara@aol.com
88073	AOL	Go to key word IVchat Click on "Recovery Village"	Fri @ 9:00pm EST	Maria	Samsara@aol.com
88074	AOL	Go to key word IVchat Click on "Recovery Village"	Thurs @ 9:00pm EST	Maria	Samsara@aol.com
88075	AOL	Go to key word IVchat Click on "Recovery Village"	Wed @ 1:00pm EST	Maria	Samsara@aol.com
88076	AOL	Go to key word IVchat Click on "Recovery Village"	Tues @ 11:00pm EST	Maria	Samsara@aol.com
88077	AOL	Go to key word IVchat Click on "Recovery Village"	Tues @ Noon EST	Maria	Samsara@aol.com