**CAIOA:  Central Arkansas Intergroup Overeaters Anonymous #09138**

PO Box 56712

Little Rock, AR 72215

[CAIOAIntergroup@gmail.com](mailto:CAIOAIntergroup@gmail.com)

[http://OAarkansas.org](http://oaarkansas.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](mailto:OA.LR.Monday@gmail.com)

Rep = Tom

       SOS:  Serenity on Saturday 10am #20506 Saturday: Big Book Meeting 11am

St. Mark's Episcopal Church St. Mark's Episcopal Church

1000 N Mississippi at Evergreen 1000 N Mississippi at Evergreen

OPEN (Overeaters Anonymous 3rd Edition) OPEN (AA Big Book)

Contact:  Jennifer S 501-516-0625 Contact: Jennifer S 501-516-0625

[OA.LR.Saturday@gmail.com](mailto:OA.LR.Saturday@gmail.com)

Rep = Jennifer S

Virtual Meetings:

Sunday 3pm #56649 Tuesday 6:30pm #89697

Zoom (See below for info) Zoom (See below for info)

OPEN (Voices of Recovery) OPEN (Discussion)

Contact: Bea K Contact: Susanna C. 626-676-7191

[OA.NLR.Sunday@gmail.com](mailto:OA.NLR.Sunday@gmail.com) [OA.LR.Tuesday@gmail.com](mailto:OA.LR.Tuesday@gmail.com)

Rep = Bea K Rep = Denise M

Hot Springs:

Friday 3:00pm #52481

Garland County Library Room B

1427 Malvern Avenue

OPEN (Newcomer/Tools)

Contact:

[OA.HotSprings@gmail.com](mailto:OA.HotSprings@gmail.com)

Rep =

OA Region 8:  <http://oaregion8.org>

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

Zoom meeting ID: 869 6341 0195

Passcode: 016228

Host key: 428978

Phone call-in number: 312-626-6799