

| Type      | Meeting Name   | Day       | Start Time | End Time | Zoom Link   | Zoom ID       | Passcode | Location   | Contact                    | Description                                     |
|-----------|--|-----------|------------|----------|---|---------------|----------|--|----------------------------|---|
| Zoom      | San Marcos 12 Steps  | Sunday    | 7:00 AM    | 8:00 AM  | <a href="https://us02web.zoom.us/j/86953314480?pwd=ZFRUKzhBUHRsdjFnNEhOckJu">https://us02web.zoom.us/j/86953314480?pwd=ZFRUKzhBUHRsdjFnNEhOckJu</a>       | 869 5331 4480 | recovery |  | Katie S (530) 574-1989     |   |
| Zoom      | Women's Meeting: Meditation & Writing                      | Sunday    | 9:00 AM    | 10:30 AM | <a href="https://us02web.zoom.us/j/85180030077?pwd=TDB3RDcwUHd6Qmx4MFFaY20">https://us02web.zoom.us/j/85180030077?pwd=TDB3RDcwUHd6Qmx4MFFaY20</a>         | 851 8003 0077 | 188464   |  | Avis J (AJ) (760) 468-9872 |   |
| In-Person | Men's Meeting: Steps & Traditions IP                       | Sunday    | 9:00 AM    | 10:00 AM |   |               |          | 5107 Waring Rd, San Diego 92120 (Small building behind Chevron station)  | TJ O (619) 777-8304        |   |
| Zoom      | Men's Meeting: Steps & Traditions                          | Sunday    | 9:00 AM    | 10:30 AM | <a href="https://us02web.zoom.us/j/87980870221?pwd=NFcrK05sYnZrMwVibVpK0s1Y">https://us02web.zoom.us/j/87980870221?pwd=NFcrK05sYnZrMwVibVpK0s1Y</a>       | 879 8087 0221 | 826463   |  | Dave B (619) 787-2937      |   |
| Zoom      | Recovering from Anorexia & Bulimia Step Study              | Sunday    | 9:00 AM    | 10:00 AM | <a href="https://us02web.zoom.us/j/88129171025?pwd=TFdRZlU5bndBRkVCLzNhtGR">https://us02web.zoom.us/j/88129171025?pwd=TFdRZlU5bndBRkVCLzNhtGR</a>         | 881 2917 1025 | 605483   |  | Kym A (805) 405-6731       |   |
| Zoom      | Vista Big Book Study                                       | Sunday    | 5:30 PM    | 6:30 PM  | <a href="https://us02web.zoom.us/j/81310861668?pwd=ZFNDUUVNrmk2YVlweHFxSEZY">https://us02web.zoom.us/j/81310861668?pwd=ZFNDUUVNrmk2YVlweHFxSEZY</a>       | 813 1086 1668 | 584748   |  | Elmer Z (760) 941-4131     |   |
| Zoom      | LGBTQ+ and Friends   | Sunday    | 6:00 PM    | 7:00 PM  | <a href="https://us04web.zoom.us/j/136805531">https://us04web.zoom.us/j/136805531</a>   | 136 805 531   | (none)   |  | Ariell (858) 336-9720      |   |
| Zoom      | Encinitas Journaling and Step Study                        | Sunday    | 6:15 PM    | 7:30 PM  | <a href="https://us02web.zoom.us/j/84389328325?pwd=QnY4bWJNRf00cjdjUeZwU2toR">https://us02web.zoom.us/j/84389328325?pwd=QnY4bWJNRf00cjdjUeZwU2toR</a>     | 843 893 28325 | 139669   |  | Barbara R (619) 857-9083   |   |
| Zoom      | Literature: For Today                                      | Monday    | 9:00 AM    | 10:00 AM | <a href="https://us02web.zoom.us/j/89417159515?pwd=NIFZejdBOSnUG1nL1UzbGI2aV">https://us02web.zoom.us/j/89417159515?pwd=NIFZejdBOSnUG1nL1UzbGI2aV</a>     | 894 1715 9515 | 826463   |  | Linda R (619) 742-4193     |   |
| In-Person | For Today, Sharing (mask optional)                         | Monday    | 12:30 PM   | 1:30 PM  |   |               |          | Mission Hills United Church of Christ, 4070 Jackdaw St, San Diego CA 92103. Enter on Jackdaw St side.                      | Loretta S (619) 456-7882   |   |
| Zoom      | Eleventh Step Writing                                      | Monday    | 4:00 PM    | 5:00 PM  | <a href="https://us02web.zoom.us/j/83925471078?pwd=VVRZMnYwSONkenl4bkswanJPb">https://us02web.zoom.us/j/83925471078?pwd=VVRZMnYwSONkenl4bkswanJPb</a>     | 839 2547 1078 | 826463   |  | Jeri A (619) 665-3637      |   |
| Zoom      | Beginners Intro  | Monday    | 6:30 PM    | 7:00 PM  | <a href="https://us02web.zoom.us/j/83864341447?pwd=MEdNT0k3M3lvenlhK0taKORWe">https://us02web.zoom.us/j/83864341447?pwd=MEdNT0k3M3lvenlhK0taKORWe</a>     | 838 6434 1447 | 188464   |  | Jeff N (858) 740-7897      |   |
| Zoom      | Speaker Meeting  | Monday    | 7:00 PM    | 8:15 PM  | <a href="https://us02web.zoom.us/j/84641049667?pwd=d0dmczA0UjZzZzq4amY1UXVT">https://us02web.zoom.us/j/84641049667?pwd=d0dmczA0UjZzZzq4amY1UXVT</a>       | 846 4104 9667 | 826463   |  | Jeff N (858) 740-7897      |   |
| Zoom      | Literature: For Today                                      | Tuesday   | 6:30 AM    | 7:30 AM  | <a href="https://us02web.zoom.us/j/84941048164?pwd=WmpEQWh2RFVzajJyS2I3dXBs">https://us02web.zoom.us/j/84941048164?pwd=WmpEQWh2RFVzajJyS2I3dXBs</a>       | 849 4104 8164 | 826463   |  | Sherri K (858) 220-0212    |   |
| In-Person | Escondido Literature                                       | Tuesday   | 8:45 AM    | 10:00 AM |   |               |          | Trinity Episcopal Church, 845 Chestnut Street, Escondido CA 92025 in the Library   | Hope B (760) 997-8050      |   |
| Zoom      | Night Snackers: Tools                                      | Tuesday   | 7:00 PM    | 8:00 PM  | <a href="https://us02web.zoom.us/j/87930346694?pwd=UDU2VFlNv01yY3Vtd2YvNjVj6L0">https://us02web.zoom.us/j/87930346694?pwd=UDU2VFlNv01yY3Vtd2YvNjVj6L0</a> | 879 3034 6694 | 826463   |  | Lou B (858) 705-1529       |   |
| Zoom      | Literature: For Today                                      | Wednesday | 9:00 AM    | 10:00 AM | <a href="https://us02web.zoom.us/j/88250024070?pwd=ODZlU0EtsVnZobDZjZjNlVhO">https://us02web.zoom.us/j/88250024070?pwd=ODZlU0EtsVnZobDZjZjNlVhO</a>       | 882 5002 4070 | 826463   |  | Diane S. (619) 564-1410    |   |
| Zoom      | Big Book Study   | Wednesday | 5:00 PM    | 6:00 PM  | <a href="https://us02web.zoom.us/j/85112000250?pwd=emhDVkVCEZsVehWWhkMn">https://us02web.zoom.us/j/85112000250?pwd=emhDVkVCEZsVehWWhkMn</a>               | 851 1200 0250 | 826463   |  | Alice C (619) 985-7643     |   |
| In-Person | Steps/Traditions Study                                     | Thursday  | 11:00 AM   | 12:00 PM |   |               |          | First Lutheran Church, 867 South Lincoln Ave., El Cajon, CA 92020  | Corrine W (619) 977-1546   |   |
| Zoom      | Speaker & Sharing  | Thursday  | 12:00 PM   | 1:00 PM  | <a href="https://us02web.zoom.us/j/81737459213?pwd=NEVEaidaYzFmVjEjMmZyMGxs">https://us02web.zoom.us/j/81737459213?pwd=NEVEaidaYzFmVjEjMmZyMGxs</a>       | 817 3745 9213 | 188464   |  | Polly (619) 291-9328       |   |
| Zoom      | Literature: For Today                                      | Thursday  | 12:00 PM   | 1:00 PM  | <a href="https://us02web.zoom.us/j/81633374262?pwd=K3JueTVYMGZbDdKNk9xcmV">https://us02web.zoom.us/j/81633374262?pwd=K3JueTVYMGZbDdKNk9xcmV</a>           | 816 3337 4262 | 826463   |  | Nancy N (619) 602-3043     |   |
| In-Person | Steps & Traditions   | Thursday  | 12:00 PM   | 1:00 PM  |   |               |          | Vision: A Center for Spiritual Living, Suite H (Marjorie's Room), 4780 Mission Gorge Pl, San Diego. Parking on south side. | Alice C (619) 985-7643     |   |
| In-Person | Literature: OA Twelve & Twelve                             | Thursday  | 4:00 PM    | 5:00 PM  |   |               |          | The Refinery Church, 494 E St., Chula Vista, CA  | Jeri A (619) 665-3637      |   |
| Zoom      | Recovering from Anorexia & Bulimia                         | Thursday  | 6:00 PM    | 7:00 PM  | <a href="https://us02web.zoom.us/j/83625063501?pwd=N05DSDhZNDhZR1BwMjd0ZzIV">https://us02web.zoom.us/j/83625063501?pwd=N05DSDhZNDhZR1BwMjd0ZzIV</a>       | 836 2506 3501 | 188464   |  | Misha H (818) 799-3141     |   |
| In-Person | Living in the Solution                                     | Thursday  | 6:30 PM    | 7:30 PM  |   |               |          | City View Church, 8404 Phyllis PL, San Diego 92123   | Susan W (858) 531-9424     |   |
| In-Person | Vista 12 Steps   | Thursday  | 7:00 PM    | 8:00 PM  |   |               |          | Unity Way Church 171 Unity Way Vista, CA 92083   | Kristine E. (425) 802-2839 |   |
| Zoom      | Thursday Vista Participation                               | Thursday  | 7:30 PM    | 8:30 PM  | <a href="https://us02web.zoom.us/j/89432217994?pwd=MDBitcHpRT0c0ZmdlVzF4VnZkU">https://us02web.zoom.us/j/89432217994?pwd=MDBitcHpRT0c0ZmdlVzF4VnZkU</a>   | 894 3221 7994 | 188464   |  | Dona D (760) 670-9059      |   |
| Zoom      | Friday Vista Participation                                 | Friday    | 10:00 AM   | 11:00 AM | <a href="https://us02web.zoom.us/j/86849007303?pwd=cWU1WXdTZzVSNzQyampWZ1J">https://us02web.zoom.us/j/86849007303?pwd=cWU1WXdTZzVSNzQyampWZ1J</a>         | 868 4900 7303 | 826463   |  | Barbara Ru (760) 717-9245  |   |
| Zoom      | Big Book Study   | Friday    | 12:00 PM   | 1:00 PM  | <a href="https://us02web.zoom.us/j/81804120499?pwd=TmF2K3NFENMdfNsaWJEY1lp">https://us02web.zoom.us/j/81804120499?pwd=TmF2K3NFENMdfNsaWJEY1lp</a>         | 818 0412 0499 | 826463   |  | Alice C (619) 985-7643     |   |
| In-Person | Fiesta Dog Park Meeting                                    | Friday    | 10:00 AM   | 11:00 AM |   |               |          | Fiesta Dog Park, 1750 Fiesta Island Rd, San Diego. Meet at park gate at 9:45 AM. Canceled if rain likely.                  | Beth C (619) 454-8263      |   |
| In-Person | Beach Fire Ring Mtg at Paradise Pt Mission Bay (San Diego) | Friday    | 7:00 PM    | 8:00 PM  |   |               |          | Paradise Pt 1404 Vacation Rd, San Diego, CA 92109  | Lynda W (619) 463-0011     | NOTE: Steps & Traditions; MID-JULY TO EARLY-OCT |

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|-----------|----------------------------------|----------|------------|----------|---|---------------|----------|--|---------------------------|---|
| Zoom      | Abstinence                       | Friday   | 7:00 PM    | 8:00 PM  | <a href="https://us02web.zoom.us/j/86043396227?pwd=QjlmZHBzVzRnaTgzR1JESGppY">https://us02web.zoom.us/j/86043396227?pwd=QjlmZHBzVzRnaTgzR1JESGppY</a> | 860 4339 6227 | 826463   |  | Jeff N (858) 740-7897     |   |
| Zoom      | Meditation & Sharing             | Saturday | 7:00 AM    | 8:00 AM  | <a href="https://us02web.zoom.us/j/83672820001?pwd=ZFITRTRFGZzJaUEFZMXAxTEsP">https://us02web.zoom.us/j/83672820001?pwd=ZFITRTRFGZzJaUEFZMXAxTEsP</a> | 836 7282 0001 | 840890   |  | Mary V (619) 962-2449     |   |
| Hybrid    | Carlsbad Tools, Recovery Relapse | Saturday | 7:00 AM    | 8:15 AM  | <a href="https://us02web.zoom.us/j/83821768086?pwd=Nlp3MTRONmFza0RCVky3ODIv">https://us02web.zoom.us/j/83821768086?pwd=Nlp3MTRONmFza0RCVky3ODIv</a>   | 838 2176 8086 | 478380   | Pilgrim Church (corner of Chestnut and Monroe), Carlsbad, CA                                   | Barbara Ru (760) 717-9245 |   |
| Zoom      | Newcomers Program Introduction   | Saturday | 8:00 AM    | 8:30 AM  | <a href="https://us02web.zoom.us/j/84446456127?pwd=ZnNhVUxiWUJlVME8OR21DShk">https://us02web.zoom.us/j/84446456127?pwd=ZnNhVUxiWUJlVME8OR21DShk</a>   | 844 4645 6127 | 188464   |  | Dave B (619) 787-2937     |   |
| Zoom      | Maintainer's Sharing             | Saturday | 8:30 AM    | 9:45 AM  | <a href="https://us02web.zoom.us/j/84482273997?pwd=R2RNVlFZMTVOUWRRZ01VQT">https://us02web.zoom.us/j/84482273997?pwd=R2RNVlFZMTVOUWRRZ01VQT</a>       | 844 8227 3997 | 826463   |  | Susie H (804) 337-3752    |   |
| Zoom      | Encinitas Speaker & Sharing      | Saturday | 9:30 AM    | 10:30 AM | <a href="https://us02web.zoom.us/j/84076322836?pwd=dFU0WjVqNXlDMHpKV3VnaVhD">https://us02web.zoom.us/j/84076322836?pwd=dFU0WjVqNXlDMHpKV3VnaVhD</a>   | 840 7632 2836 | 704295   |  | Terry B (917) 309-8816    |   |
| In-Person | Varied Format Encinitas Meeting  | Saturday | 9:30 AM    | 10:30 AM |   |               |          | Seacoast Community Church 1050 Regal Road, Encinitas (downstairs in room C4, follow the signs) | Michelle B (619) 723-4863 | Steps, OA Literature, Meditation, Speaker, Open |
| Zoom      | Step Study                       | Saturday | 10:30 AM   | 11:30 AM | <a href="https://us02web.zoom.us/j/88567192817?pwd=M042U2Qvb2NTQUkzd2hyVXFG">https://us02web.zoom.us/j/88567192817?pwd=M042U2Qvb2NTQUkzd2hyVXFG</a>   | 885 6719 2817 | 188464   |  | Jack D (415) 254-2937     |   |
| Zoom      | Overcomers: 100 Pounder Sharing  | Saturday | 6:30 PM    | 7:45 PM  | <a href="https://us02web.zoom.us/j/89424904306?pwd=YjB2ODFZaVlGK0R5WEhUL3FIL">https://us02web.zoom.us/j/89424904306?pwd=YjB2ODFZaVlGK0R5WEhUL3FIL</a> | 894 2490 4306 | 826463   |  | Milly D (619) 990-9683    | (note: now Zoom only)                           |