

## Southern Arizona Intergroup of Overeaters Anonymous - #09078

**(Tucson, Green Valley, Patagonia, Sierra Vista, Yuma)**

Updated: 12/20/2025

### IN-PERSON MEETINGS: **Tucson**

| Group # | Meeting Name & Location                                                                                                        | Day   | Time (Arizona)    | Contact Info                                   | Notes                                                    |
|---------|--------------------------------------------------------------------------------------------------------------------------------|-------|-------------------|------------------------------------------------|----------------------------------------------------------|
| 40522   | Monday Far East - Literature<br>St. Matthew's Episcopal Church<br>9071 E. Old Spanish Trail, Matt's Place <b>Tucson, AZ</b>    | Mon   | 7:00-8:00 pm      | Cheryl L. 520-591-8025                         |                                                          |
| 40963   | NW Tender Solutions<br>Dove of Peace Lutheran Church<br>665 W. Roller Coaster Rd. <b>Tucson, AZ</b>                            | Tues  | 10:45 am-Noon     | Ann A. 520-797-7579                            |                                                          |
| 56000   | Relapse Recovery & Prevention<br>St. Phillips in the Hills Church<br>4440 N. Campbell Ave., La Paz Conf Rm <b>Tucson, AZ</b>   | Tues  | 5:30-6:30 pm      | Dulcie (818) 384-1224<br>Pam P. (520) 631-6623 |                                                          |
| 04330   | Welcome Home<br>Streams in the Desert Lutheran Church<br>5360 E. Pima St <b>Tucson, AZ</b>                                     | Wed   | 11:30 am-12:30 pm | Judith H. 520-323-9845                         |                                                          |
| 00439   | Seeking the Spiritual Path – Book Study<br>Resurrection Lutheran Church<br>11575 N. 1 <sup>st</sup> Ave. <b>Oro Valley, AZ</b> | Thurs | 10:45-11:45 am    | Pam R. 520-297-4704                            | Meeting held in Outreach Ctr, Bldg C, Luther's Lair Room |
| 45696   | Saturday Newcomer – Newcomer/12 & 12 Study<br>Eastside Covenant Church<br>551 N. Camino Seco <b>Tucson, AZ</b>                 | Sat   | 9:00-10:00 am     | Chris N. 520-661-1991                          |                                                          |
| 802800  | 11th Step Study<br>Streams in the Desert Lutheran Church<br>5360 E Pima St <b>Tucson, AZ</b>                                   | Sun   | 5:30-6:30 pm      | Liz P. 520-891-9707<br>(text or call)          | <b>New Meeting!</b>                                      |

### IN-PERSON MEETINGS: **Green Valley, Patagonia, Sierra Vista (AZ)**

|       | Meeting Name & Location                                                                                                               | Day | Time (Arizona) | Contact Info            | Notes |
|-------|---------------------------------------------------------------------------------------------------------------------------------------|-----|----------------|-------------------------|-------|
| 17537 | Monday Night Miracles – Literature Study<br>St. Stephen's Episcopal Church<br>2750 Cardinal Dr <b>Sierra Vista, AZ</b>                | Mon | 6:30-7:30 pm   | Lang S. 520-458-6698    |       |
| 58097 | OA Sky Islands Recovery – East Santa Cruz County<br>Food Bank, 772 Harshaw Ave, Meeting Rm at end of<br>driveway <b>Patagonia, AZ</b> | Wed | 11 am-Noon     | Adrienne 520-404-3490   |       |
| 58079 | Green Valley OA<br>Alano Club<br>880 W. Camino Casa Verde <b>Green Valley, AZ</b>                                                     | Wed | 5:00-6:00 pm   | Rhoda H. 701-290-9339   |       |
| 40592 | Saturday Sierra Vista<br>St. Stephen's Episcopal Church<br>2750 Cardinal Dr <b>Sierra Vista, AZ</b>                                   | Sat | 11:00 am-Noon  | Danette F. 520-508-8473 |       |

## IN-PERSON MEETINGS: **Yuma (AZ)**

| Group # | Meeting Name & Location                                                                                                   | Day   | Time (Arizona) | Contact Info         | Notes                                                |
|---------|---------------------------------------------------------------------------------------------------------------------------|-------|----------------|----------------------|------------------------------------------------------|
| 57473   | Yuma Varied Topic<br>Central Church of Christ<br>651 W 28 <sup>th</sup> St. <b>Yuma, AZ</b>                               | Thurs | 12:00-1:00 pm  | Glen V. 928-580-3456 |                                                      |
| 56225   | Yuma Big Book Study<br>Yuma Center for Spiritual Living<br>781 S. Second Ave (corner of 8th St & 2nd Ave) <b>Yuma, AZ</b> | Sat   | 9:30-10:30 am  | Bill B. 215-688-0233 | <b>In-Person</b> held Nov 8, 2025<br>thru March 2026 |

## ZOOM MEETINGS:

| Group # | Zoom Meeting Name                             | Day   | Time (Arizona) | Zoom Meeting ID                           | Passcode            | Zoom Link                 | Dial-In Number | Contact/Host Info                                                                           |
|---------|-----------------------------------------------|-------|----------------|-------------------------------------------|---------------------|---------------------------|----------------|---------------------------------------------------------------------------------------------|
| 53361   | Recovery Through Reading, Writing & Sharing   | Sun   | 5:30-6:30 pm   | 838 3441 7816                             | 415613              | <a href="#">Zoom Link</a> | 669-900-9128   | Marie R. 520-270-9568                                                                       |
| 800807  | OA 12 & 12 Study                              | Mon   | 7:30-8:30 am   | <b>New Zoom</b><br><b>#893 0201 4218*</b> | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Suzanne F.<br>703-395-8741                                                                  |
| 800280  | Yuma Foothills                                | Mon   | 1:00-2:00 pm   | 85726518720                               |                     | <a href="#">Zoom Link</a> | 669-900-9128   | Jody M. 928-580-9553                                                                        |
| 49982   | Step Study                                    | Tues  | 9:00-10:00 am  | 890 6282 6278                             | 12Steps             |                           | 890-6282-6278  | Jill F. 520-661-6445<br><a href="mailto:fabianjill@hotmail.com">fabianjill@hotmail.com</a>  |
| 56000   | Relapse Recovery & Prevention – <b>Hybrid</b> | Tues  | 5:30-6:30 pm   | 919 8566 8121                             | <b>Call Contact</b> | <a href="#">Zoom Link</a> | 669-900-9128   | Dulcie (818) 384-1224<br>Pam P. (520) 631-6623                                              |
| 800642  | Early Morning Big Book Study                  | Wed   | 7:30-8:30 am   | <b>New Zoom</b><br><b>#893 0201 4218*</b> | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Sara J. 520-343-3090                                                                        |
| 801627  | Recovery Stories                              | Thurs | 7:30-8:30 am   | <b>New Zoom</b><br><b>#893 0201 4218*</b> | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Emily R-S.<br>520-490-1409                                                                  |
| 57473   | Yuma Varied Topic - <b>Hybrid</b>             | Thurs | 12:00-1:00 pm  | 838 9427 2100                             |                     | <a href="#">Zoom Link</a> | 669-900-9128   | Glen V. 928-580-3456                                                                        |
| 800587  | Sierra Vista Zoom                             | Thurs | 6:30–7:30 pm   | 871 2595 4879                             | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Jan F. 520-678-0369                                                                         |
| 800641  | Friday Fresh Start                            | Fri   | 7:30-8:30 am   | <b>New Zoom</b><br><b>#893 0201 4218*</b> | 606137              |                           | 669-900-9128   | Danni M. 781-696-3711                                                                       |
| 800802  | Living in the Solution                        | Fri   | 10:30-11:30 am | 898 6359 7970                             | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Martha S-N.<br>520-730-7605<br><a href="mailto:marthas19@gmail.com">marthas19@gmail.com</a> |
| 12117   | Saturday Morning Study Group                  | Sat   | 7:30-8:30 am   | 875 8374 3796                             | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Judith H. 520-323-9845                                                                      |
| 800316  | Zooming to Recovery                           | Sat   | 9:00-10:00 am  | 813 5011 2301                             | 606137              | <a href="#">Zoom Link</a> | 669-900-9128   | Michael A.<br>847-370-5845                                                                  |
| 34898   | Step & Tradition Study                        | Sat   | 9:00-10:15 am  | 886 9016 3841                             | 12Steps             | <a href="#">Zoom Link</a> | 886-9016-3841  | Jill F. 520-661-6445<br><a href="mailto:fabianjill@hotmail.com">fabianjill@hotmail.com</a>  |
| 56225   | Yuma Big Book Study - <b>Hybrid</b>           | Sat   | 9:30-10:30 am  | 890 5946 0135                             |                     | <a href="#">Zoom Link</a> | 669-900-9128   | Bill B.<br>215-688-0233                                                                     |

\*The Zoom Meeting ID for this meeting is 874 7393 3351 until Jan 1 2026.

**Southern Arizona Intergroup of Overeaters Anonymous - #09078**  
**P.O. Box 43221**  
**Tucson, AZ 85733-3221**  
**520-733-0880**

**Intergroup meets on Zoom** on the 3<sup>rd</sup> Saturday of every month at 11 a.m., except January, which meets on the 2<sup>nd</sup> Saturday.  
Meeting ID: 960 7946 5698  
Passcode: 606137  
[Zoom Link](#)

**Intergroup Board meets on Zoom** at 10 a.m. on the same days as Intergroup.  
Meeting ID: 975 3959 7462  
Passcode: 606137  
[Zoom Link](#)

**Intergroup Board 2026**

|                     |            |              |                                                                                        |
|---------------------|------------|--------------|----------------------------------------------------------------------------------------|
| Chair               | Michael A. | 847-370-5845 | <a href="mailto:chair@oasouthernaz.org">chair@oasouthernaz.org</a>                     |
| Vice Chair          | Lauren M.  | 520-241-3616 | <a href="mailto:vice-chair@oasouthernaz.org">vice-chair@oasouthernaz.org</a>           |
| Secretary           | Nan B.     | 520-940-0702 | <a href="mailto:secretary@oasouthernaz.org">secretary@oasouthernaz.org</a>             |
| Treasurer           | Emily R-S. | 520-490-1409 | <a href="mailto:treasurer@oasouthernaz.org">treasurer@oasouthernaz.org</a>             |
| Delegate/Region Rep | Barbara V. | 512-657-3297 | <a href="mailto:senior.delegate@oasouthernaz.org">senior.delegate@oasouthernaz.org</a> |
| Delegate/Region Rep | Randi F.   | 520-743-6576 | <a href="mailto:junior.delegate@oasouthernaz.org">junior.delegate@oasouthernaz.org</a> |

**Committee Chairs 2026**

|                                |             |              |                                                                                      |
|--------------------------------|-------------|--------------|--------------------------------------------------------------------------------------|
| 12th Step Within & Events      | <b>OPEN</b> |              |                                                                                      |
| IR Trainer                     | Chris N.    | 520-661-1991 | <a href="mailto:ir.trainer@oasouthernaz.org">ir.trainer@oasouthernaz.org</a>         |
| Unity with Diversity Community | Stefanie G. | 520-955-3370 | <a href="mailto:idea-community@oasouthernaz.org">idea-community@oasouthernaz.org</a> |
| Meeting List                   | Gayle P.    | 435-830-7338 | <a href="mailto:meeting-list@oasouthernaz.org">meeting-list@oasouthernaz.org</a>     |
| Newsletter                     | Martha S-N. | 520-730-7605 | <a href="mailto:newsletter@oasouthernaz.org">newsletter@oasouthernaz.org</a>         |
| PIPO                           | Elisa M.    | 520-243-0123 | <a href="mailto:pipo@oasouthernaz.org">pipo@oasouthernaz.org</a>                     |
| Website                        | Marie R.    | 520-270-9568 | <a href="mailto:website@oasouthernaz.org">website@oasouthernaz.org</a>               |