

Western Mass Overeaters Anonymous Meetings as of 4/14/2024—(413)285-2034

Zoom (646)876-9923 or (929)205-6099 or (646)558-8656 or (720)707-2699 Meeting IDs are the numbers-only part of the link.

Sun	Greenfield Grp. #19800	10:00a	ZOOM. LITERATURE STUDY. https://us02web.zoom.us/j/85001639028 Passcode 121212 Contact Beth B 413 519-4788
Sun	Southwick Grp. #48371	3:30p	ZOOM. LITERATURE STUDY. https://us06web.zoom.us/j/84159950310?pwd=cXRsdEYwWS9pcFIMemVkMUUVNeE43dz09 Contact Deb 413- 330-0312
Sun	Northampton Grp. #45146	4:00p	PHONE. 90-DAY SPEAKER. 605-475-4700/code 464366# Contact Beth S 413-320-2401
Sun	Longmeadow Grp. #36354	5:00p	IN-PERSON. BIG BOOK STUDY. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Call-in option 267-807-9605 code 753581# Contact Beth C 413-427-1457. <i>In the event of inclement weather, this hybrid meeting will be phone only.</i>
Mon	Westfield Grp. #54038	10:00a	IN-PERSON. LITERATURE STUDY. St. John's Lutheran Church, 60 Broad St. Use the FRONT entrance. Contact Sue S 413-568-5694
Mon	Amherst Grp. #801004	5:15p	ZOOM. THE 12 STEPS & 12 TRADITIONS OF OVEREATERS ANONYMOUS book Zoom ID: 815-8277-4678 Contact Carol for passcode 413-548-5589
Mon	Greenfield Grp. #800143	5:30p	ZOOM. IN-DEPTH STEP STUDY. https://us02web.zoom.us/j/85736676324?pwd=Z09hVWg3ZWsrDQ0MUMzOEFTRVp1dz09 Contact Charlie 413-658-4223
Mon	Feeding Hills Grp. #56684	6:30p	IN-PERSON. OA 3 BOOK & STEP STUDY. St. David's Episcopal Church, 699 Springfield St. Contact Brenda 413-374-5985
Mon	Canaan CT Grp. #48402	7:00p	ZOOM. FORMAT VARIES LEADER'S CHOICE. https://us04web.zoom.us/j/6082004802 Contact Martha 860-459-9286 for password
Tue	Amherst Grp. #48846	12:30p	ZOOM. BODY IMAGE, RELATIONSHIPS, AND SEXUALITY book. https://us06web.zoom.us/j/87480279681?pwd=b3huU1pLRzVBNVhjcUViNEpsdC9qUT09 Passcode 121212 Contact Beth B 413-519-4788
Tue	Holyoke Grp. #38898	5:15p	HYBRID. IN-PERSON at First Baptist Church, 605 South Street, Enter door off driveway or PHONE 712-832-8330/code 6921680# Contact Ellen 973-699-0182 Both venues are STEP STUDY meetings
Tue	Hosted by Western Mass Intergroup	6:30p	ZOOM. Especially for Newcomers. (abstinent speaker, then questions from newcomers) https://tinyurl.com/WMI-Newcomers (Meeting ID 899 1043 8712; Passcode: 123123) More info here: https://www.oawmass.org/for-newcomers/meetings-for-newcomers
Wed	Pittsfield Grp. #54244	12:15p	IN-PERSON. Berkshire Bank, 99 North Street, Community Room. Please wear a mask if you are not vaccinated. Everyone will mask if requested. Contact Ben 617-913-5954
Wed	Westfield Grp. #02642	6:00p	IN-PERSON. The leader chooses one of the following: SPEAKER, STEP, TRADITION, TOPIC DISCUSSION. Church of the Atonement, Court & Pleasant Streets. Contact Felicia 413-875-5663
Wed	Gt.Barrington Grp. #23196	7:30p	ZOOM. STEP or TRADITION week 1. FORMAT VARIES all other weeks. https://us04web.zoom.us/j/6082004802 Contact Maggie 413-329-5157 for password
Thu	Feeding Hills Grp. #18016	10:00a	IN-PERSON. ABSTINENCE book and STEP every week. St. David's Episcopal Church, 699 Springfield St. Contact Brenda 413-374-5985
Thu	Longmeadow Grp. #50243	Noon	IN-PERSON. OA PERSONAL STORIES books. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Contact Ellen 973-699-0182

Thu	Belchertown Grp. #89668	4:30p	<u>ZOOM</u> . Especially for Newcomers. Guest speaker every week. https://us06web.zoom.us/j/84507140698?pwd=eUF5MnF1bmZ1MHN0NXNLeEh0R0kwUT09 Passcode: 301301 Contact Carol 413-548-5589
Thu	Springfield Grp. #23815	5:00p	<u>HYBRID</u> . <i>VOICES OF RECOVERY</i> book. In-person location: Annex behind Sacred Heart Church, 387 Chestnut St., Wheelchair Accessible. Enter from Everett St. or Stafford St. Phone-in: 571-525-1683 / access code 8748496# Contact Julie 413-579-2227
Thu	Sharon CT	7:00p	<u>ZOOM</u> . BIG BOOK. https://us04web.zoom.us/j/6082004802 Contact Mary I 413-262-5434 for password
Fri	Longmeadow Grp. #03263	9:30a	<u>IN-PERSON</u> . Speaker weeks 1, 2, 4, 5. Week 3 is a Step meeting. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Contact Joette 413-244-1832
Fri	Longmeadow Grp. #28818	5:00p	<u>IN-PERSON</u> . <i>Abstinence 2nd Edition</i> book. Last week of month: Speaker. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Contact Anne 413-291-2547
Fri	Southwick Grp. #49627	6:00p	<u>HYBRID</u> . LITERATURE & DISCUSSION. Southwick Congregational Church, New Fellowship Hall, Rt. 10/202 and Depot St., https://us06web.zoom.us/j/81338428162?pwd=V21OamZzM0JXZ1q4dmNQQIFXNIBVZz09 Contact Deb 413-330-0312
Sat	Amherst Grp. #800989	8:30a	<u>ZOOM</u> . FORMAT VARIES. https://us06web.zoom.us/j/86813607332?pwd=WjcrekxBWWdac0s1NUplWjU5bnJYdz09 Contact Mary 413-362-9481
Sat	Greenfield Grp. #37037	9:30a	<u>ZOOM</u> . FORMAT VARIES. https://us06web.zoom.us/j/88041806821?pwd=dVhGWkpNZ0lETjRkD2Y0Si9pZUNUZz09 Passcode 121212 Contact Beth B 413 519-4788
Sat	Longmeadow Grp. #04267	10:45a	<u>IN-PERSON</u> . STEP/TRADITION. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Contact Randi 860-394-7222
Sat	Chicopee Grp. #31670	2:00p	<u>HYBRID</u> . Format varies. Faith United Methodist Church, 191 Montcalm St. or dial in 712-432-3900/code 886388# Contact: Gwen 413-331-3795

If you need the password for your meeting and cannot reach the contact person listed, you may call or text Carol Ch at 413-548-5589.

Service Body Donations —“7th Tradition”

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Attn: Treasurer
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Keep coming back and give a lot of love! It works.