

Western Mass Overeaters Anonymous Meetings as of 11/20/2024—(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.

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| Sun | Greenfield Grp. #19800 | 10:00a | <u>ZOOM</u> . LITERATURE STUDY. https://us02web.zoom.us/j/85001639028 Passcode 121212 Contact Beth B 413 519-4788 |
| Sun | Southwick Grp. #48371 | 3:30p | <u>ZOOM</u> . LITERATURE STUDY. https://us06web.zoom.us/j/84159950310?pwd=cXRsdEYwWS9pcFIMemVkMUVNeE43dz09 Contact Deb 413- 330-0312 |
| Sun | Northampton Grp. #45146 | 4:00p | <u>PHONE</u> . 90-DAY SPEAKER. 605-475-4700/code 464366#. PLEASE NOTE: T-Mobile users dial 716-293-9754 followed by 605-475-4700/code 464366# Contact Isa 201-874-9543 |
| Sun | Longmeadow Grp. #36354 | 5:00p | <u>HYBRID</u> . The Little Big Book Meeting That Could. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Phone-in option 267-807-9605 code 753581# Contact Beth C 413-427-1457. In the event of inclement weather, this hybrid meeting will be phone only. |
| Mon | Westfield Grp. #54038 | 10:00a | <u>IN-PERSON</u> . 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 | <u>ZOOM</u> . 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 | <u>ZOOM</u> . IN-DEPTH STEP STUDY. https://us02web.zoom.us/j/85736676324?pwd=Z09hVWg3ZWsrDQ0MUMzOEFTRVp1dz09 Contact Charlie 413-658-4223 |
| Mon | Feeding Hills Grp. #56684 | 6:30p | <u>IN-PERSON</u> . 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 | <u>ZOOM</u> . FORMAT VARIES LEADER'S CHOICE. https://us04web.zoom.us/j/6082004802 Contact Martha 860-459-9286 for password |
| Tue | Amherst Grp. #48846 | 12:30p | <u>ZOOM</u> . 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 | <u>IN-PERSON</u> . STEP STUDY. First Baptist Church, 605 South Street, Enter door off driveway. Contact Ellen 973-699-0182 |
| Tue | Hosted by Western Mass Intergroup | 6:30p | <u>ZOOM</u> . 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 | <u>IN-PERSON</u> . 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 | <u>IN-PERSON</u> . 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 | North Adams | 6:00p | <u>IN-PERSON</u> . Beginners' meeting. All Saints Church, 59 Summer Street. Enter via side door near parking lot. Once inside, go up ramp to room on left. |
| Wed | Gt.Barrington Grp. #23196 | 7:30p | <u>ZOOM</u> . STEP or TRADITION week 1. FORMAT VARIES all other weeks. https://us04web.zoom.us/j/6082004802 Contact Betty 860-308-0416 for password |
| Thu | Feeding Hills Grp. #18016 | 10:00a | <u>IN-PERSON</u> . ABSTINENCE book and STEP every week. St. David's Episcopal Church, 699 Springfield St.Contact Brenda 413-374-5985 |
| Thu | Longmeadow Grp. #50243 | Noon | <u>IN-PERSON</u> . OA PERSONAL STORIES books. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. Contact Leslie 413-306-8873 |
| Thu | Belchertown | 4:30p | <u>ZOOM</u> . Especially for Newcomers. Guest speaker every week. |

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| | Grp. #89668 | | https://us06web.zoom.us/j/84507140698?pwd=eUF5MnF1bmZ1MHN0NXNLeEh0R0kwUT09 Passcode: 301301 Contact Carol 413-548-5589 |
| Thu | Springfield Grp. #23815 | 5:00p | <u>HYBRID</u> . VOICES OF RECOVERY 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 #800645 | 7:00p | <u>ZOOM</u> . BIG BOOK. https://us04web.zoom.us/j/6082004802 No contact person |
| 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 | Great Barrington Grp. # 00980 | 1:00p | <u>IN-PERSON</u> . FOR TODAY & VOICES OF RECOVERY. Southern Berkshire Ambulance Garage, 31 Lewis Avenue. Contact Emily 413-329-7224 |
| Fri | Longmeadow Grp. #28818 | 5:00p | <u>IN-PERSON</u> . DIVERSE VOICES 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=V21OamZZM0JXZ1g4dmNQQIFXNIBVZz09 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.

60% **WMass Intergroup's ID Number assigned by World Service is 09130**

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KEEP COMING BACK! IT WORKS!