

Western Mass Overeaters Anonymous Meetings as of 1/7/2025—(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=cXRsdEYwWS9pcFIMemVkMUvNeE43dz09 Contact Deb 413- 330-0312
Sun	Northampton Grp. #45146	4:00p	PHONE. 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	HYBRID. 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	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	IN-PERSON. 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	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	North Adams	6:00p	IN-PERSON. Beginners' meeting. All Saints Church, 59 Summer Street. Enter via side door near parking lot. Once inside, go up the ramp to the room on the left.
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 Betty 860-308-0416 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 Leslie 413-306-8873
Thu	Belchertown	4:30p	ZOOM. Especially for Newcomers. Guest speaker every week.

	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 Contact Joyce 336-267-1161
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. 19th Anniversary January 10, 2025—SPEAKER 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.

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

Online donations: oawmass.org
OR MAIL TO:
WMI Treasurer
PO Box 2911
Springfield, MA 01101-2911

30% World Service Office (WSO)
Online donations: oa.org
OR MAIL TO:
P.O. Box 44727
Rio Rancho, NM 87174-4727

10% OA Region 6 Treasurer (R6)
Online donations: oaregion6.org
OR MAIL TO:
Post Office Box 95
Lynbrook, NY 11563

KEEP COMING BACK! IT WORKS!