

Western Mass Overeaters Anonymous Meetings as of 2/8/2026—(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.

1	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
2	Sun	Southwick Grp. #48371	3:30p	<u>ZOOM</u> . LITERATURE STUDY. https://us06web.zoom.us/j/84159950310?pwd=cXRsdEYwWS9pcFIMemVkMUVNeE43dz09 Contact Deb 413- 330-0312
3	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
4	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
5	Mon	Amherst Grp. #801004	5:15p	<u>ZOOM</u> . THE 12 STEPS & 12 TRADITIONS OF OVEREATERS ANONYMOUS book https://us06web.zoom.us/j/81582774678?pwd=grvozSFIQ3CvPuvzThnhk07mEkn5hF.1 Zoom ID: 815-8277-4678 Passcode 450369 Contact Carol 413-548-5589
6	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
7	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 David 520-940-7034
8	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
9	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
10	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
11	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
12	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
13	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
14	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 Jess 989-280-2682 for password
15	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
16	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 Marla 413-348-5786
17	Thu	Belchertown Grp. #89668	4:30p	<u>ZOOM</u> . Especially for Newcomers. Guest speaker every week. https://us06web.zoom.us/j/84507140698?pwd=eUF5MnF1bmZ1MHN0NXNLeEh0R0k

				wUT09 Passcode: 301301 Contact Carol 413-548-5589
18	Thu	Springfield Grp. #23815	5:00p	HYBRID. VOICES OF RECOVERY book. Annex diagonally behind Sacred Heart Church, 387 Chestnut St., Wheelchair Accessible. Phone-in: 571-525-1683 / access code 8748496# Contact Julie 413-579-2227 Meets all Thursdays except Thanksgiving
	Thu	Sharon CT #800645	7:00p	ZOOM. BIG BOOK. https://us04web.zoom.us/j/6082004802 Contact Joyce 336-267-1161
19	Fri	Longmeadow Grp. #03263	9:30a	IN-PERSON. 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
20	Fri	Great Barrington Grp. # 00980	1:00p	IN-PERSON. FOR TODAY & VOICES OF RECOVERY. Southern Berkshire Ambulance Garage, 31 Lewis Avenue. Contact Emily 413-329-7224
21	Fri	Longmeadow Grp. #28818	5:00p	IN-PERSON. A NEW BEGINNING: Stories of Recovery from Relapse 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
22	Fri	Southwick Grp. #49627	6:00p	HYBRID. LITERATURE & DISCUSSION. Southwick Congregational Church, New Fellowship Hall, Rt. 10/202 and Depot St. Call contact; sometimes the in-person part is cancelled. https://us06web.zoom.us/j/81338428162?pwd=V21OamZzM0JXZ1g4dmNQIFXNIBVZz09 Contact Deb 413-330-0312
23	Sat	Amherst Grp. #800989	8:30a	ZOOM. FORMAT VARIES. https://us06web.zoom.us/j/86813607332?pwd=WjcrekxBWWdac0s1NUplWjU5bnJYdz09 Contact Mary 413-362-9481
24	Sat	Greenfield Grp. #37037	9:30a	ZOOM. FORMAT VARIES. https://us06web.zoom.us/j/88041806821?pwd=dVhGWkpNZ0lETjRKd2Y0Si9pZUNUZz09 Passcode 121212 Contact Beth B 413 519-4788
25	Sat	Longmeadow Grp. #04267	10:45a	IN-PERSON. 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
26	Sat	Chicopee Grp. #31670	2:00p	HYBRID. Format varies. Faith United Methodist Church, 191 Montcalm St. or dial in 712-432-3900/code 886388# Contact: Gwen 413-331-3795
27	Sat	Springfield Grp. #58522	4:00p	IN-PERSON. LITERATURE/TOPIC/Bariatric Surgery Focus. Community Room behind Sacred Heart Church, 395 Chestnut St., Wheelchair access. This meeting has a special focus for those who have had or are considering bariatric surgery, but everyone is welcome.

Groups with ordinal numbers are affiliated with Western Mass Intergroup in their WSO Registration.

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

50% Western Mass Intergroup —OA WSO ID #09130	Online donations: Member Contributions or oawmass.org Checks: Treasurer, PO Box 2911, Springfield MA 1101-2911
40% OA World Service Office (WSO)	Online donations: oa.org Checks: PO Box 44727, Rio Rancho, NM 87174-4727
10% OA Region Six (R6)	Online donations: oaregion6.org Checks: Treasurer, 4 Essex Ctr. Dr. #3974, Peabody, MA 10961

KEEP COMING BACK! IT WORKS!