

Western Mass Overeaters Anonymous Meetings as of 9/18/2026—(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 Passcode required. Contact Deb 413- 330-0312 for passcode.
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=Z09hVWg3ZWsrADQ0MUMzOEFTRVp1dz09 Contact Charlie 413-658-4223
7	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
8	Tue	Amherst Grp. #48846	12:30p	<u>ZOOM</u> . BODY IMAGE, RELATIONSHIPS, AND SEXUALITY book. https://us06web.zoom.us/j/87480279681?pwd=b3huU1pLRzVBNVhicUViNEpsdC9qUT09 Passcode 121212 Contact Beth B 413-519-4788
9	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
10	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
11	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
12	Wed	Westfield Grp. #02642	6:00p	<u>IN-PERSON</u> . SPEAKER MEETING. Church of the Atonement, Court & Pleasant Streets. Contact Felicia 413-875-5663
13	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
14	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
15	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
16	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
17	Thu	Springfield Grp. #23815	5:00p	<u>HYBRID</u> . VOICES OF RECOVERY book. Annex diagonally behind Sacred Heart Church, 387 Chestnut St., Wheelchair Accessible. Phone-in: 571-525-1683 / access code 8748496# Contact Gwen 413-237-7901 Meets all Thursdays except Thanksgiving Call contact; sometimes the in-person part is cancelled.
	Thu	Sharon CT #800645	7:00p	<u>ZOOM</u> . BIG BOOK. https://us04web.zoom.us/j/6082004802 Contact Joyce 336-267-1161

18	Fri	Longmeadow Grp. #03263	9:30a	IN-PERSON. Week 1 Speaker, Week 2 <i>Abstinence</i> book, Week 3 Step, Weeks 4 & 5 Topic. First Church of Christ, 763 Longmeadow St.(Rte. 5). Side entrance, downstairs (elevator available). Handicap access, safe seating. <i>Contact Joette 413-244-1832</i>
19	Fri	Great Barrington Grp. # 00980	1:00p	IN-PERSON. FOR TODAY & VOICES OF RECOVERY. Southern Berkshire Ambulance Garage, 31 Lewis Avenue. <i>Contact Emily 413-329-7224</i>
20	Fri	Longmeadow Grp. #28818	5:00p	IN-PERSON. <i>A NEW BEGINNING: Stories of Recovery from Relapse</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. <i>Contact Anne 413-291-2547</i>
21	Fri	Southwick Grp. #49627	6:00p	ZOOM. (no longer hybrid after 8/21/26) LITERATURE & DISCUSSION. https://us06web.zoom.us/j/81338428162?pwd=V21OamZzM0JXZ1g4dmNQQIFXNIBVZz09 Passcode required. <i>Contact Deb 413- 330-0312 for passcode.</i>
22	Sat	Amherst Grp. #800989	8:30a	ZOOM. FORMAT VARIES. https://us06web.zoom.us/j/86813607332?pwd=WjcrekxBWWdac0s1NUplWjU5bnJYdz09 <i>Contact Mary 413-362-9481</i>
23	Sat	Greenfield Grp. #37037	9:30a	ZOOM. FORMAT VARIES. https://us06web.zoom.us/j/88041806821?pwd=dVhGWkpNZ0lETjRKd2Y0Si9pZUNUZz09 Passcode 121212 <i>Contact Beth B 413 519-4788</i>
24	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. <i>Contact Valarie 413-262-2224</i>
25	Sat	Chicopee Grp. #31670	2:00p	HYBRID. Format varies. Faith United Methodist Church, 191 Montcalm St. or dial in 712-432-3900/code 886388# <i>Contact: Gwen 413-237-7901</i>
26	Sat	Springfield Grp. #58522	4:00p	IN-PERSON. LITERATURE STUDY. Community Room behind Sacred Heart Church, 395 Chestnut St., Wheelchair access. <i>Contact: Lynn 413-478-8600</i>

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!