

OA Melbourne Intergroup Meetings List: current as of 17.01.2023

All meetings welcome newcomers:

“The only requirement for OA membership is a desire to stop eating compulsively.”

Note for Zoom and hybrid meetings: To connect via zoom, please download the Zoom app on your phone or computer and use the relevant meeting ID and Passcode to access the meeting. Alternatively, call (03) 7018 2005 and enter the Meeting ID and Passcode to join the meeting by phone. Please use your first name only when connecting to the Zoom meetings. Be aware that Zoom meetings support video conferencing - please dress appropriately.

| Sunday | | | |
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| Meeting day, name and time | Location/Address | Details | Contact person |
| Windsor 11.00am - 12.15pm | Meeting ID: 194 421 837 Passcode: Please phone or text meeting contact person to obtain password | Online via Zoom. | Susan 0412 278 064 |
| Ringwood (Closing) 3.30pm - 4.30pm | Central Ringwood Community Centre, Bedford Park, Rosewarne Lane Ringwood (at the Driveway of Ringwood High School) | Final face-to-face 25 December 2022 Topic: Literature | Robyn 0424 590 638 |
| Monday | | | |
| Meeting day, name and time | Location/Address | Details | Contact person |
| Pacific Rim 6:30pm - 7:30 pm Note: Start time 6.30pm spring/summer changes to 5.30pm at the end of daylight savings (April-September). | Meeting ID: 483 519 5807 Passcode: Please phone or text meeting contact person to obtain password | Online via Zoom. Topic: OA approved literature | Rosemary 0427 741 302 |
| Northcote 6:45pm - 7:45pm | Meeting ID: 518 154 825 Passcode: Please phone or text meeting contact person to obtain password | Online via Zoom. Topic: Step study using the book - Twelve Steps and Twelve Traditions of Overeaters Anonymous. | Vishna 0481 370 854 |
| Tuesday | | | |
| Meeting day, name and time | Location/Address | Details | Contact person |
| Laverton 7:30pm - 8:30pm | Meeting ID: 778 498 694 Passcode: Please phone or text meeting contact person to obtain password | Online via Zoom. Format of weekly meetings: Week 1: OA Traditions study | Sherri 0416 192 305 |

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| | | Week 2: OA guest speaker Week 3: AA Big Book study Week 4: OA Steps study Week 5: Leader's choice – usually reading from OA approved literature. | |
| Wednesday | | | |
| Frankston 7:30pm - 8:30pm | Meeting ID: 916 1080 3676 Passcode: Please phone or text meeting contact person to obtain password | Online via Zoom. | Arthur 0404 491 021 |
| Thursday | | | |
| Meeting day, name and time | Location/Address | Details | Contact person |
| Heidelberg Heights 7:30pm - 8:45pm | Rosanna Baptist Church Hall Cnr Waiora Rd & Churchill St HEIDELBERG HEIGHTS and via Zoom Meeting ID: 224 163 762 Passcode: Please phone or text meeting contact person to obtain password | Hybrid meeting held face-to-face and via Zoom. *Bring in your own literature **Attend online if you have flu like symptoms or feeling unwell Format of weekly meetings: Week 1: AA Big Book study Week 2: OA guest speaker Week 3: OA literature study Week 4: OA Steps/Traditions study Week 5: Chair's choice | Sue 0415 743 219 |
| Friday | | | |
| Meeting day, name and time | Location/Address | Details | Contact person |
| Ballarat 10:00am - 11:00am | Eastwood Leisure Complex 13 Eastwood Street Ballarat 3350 | Fac- to-face meeting. | Marie 03 5339 4718 |
| Warrnambool Kitchen Candle 12pm - 1.00pm | St Joseph's Church Cnr Raglan Pde (Princes Hwy) and Kepler St WARRNAMBOOL Drive in off the highway, drive around the back of the building, go through glass doors and turn right. Meeting room on left. and via Zoom Meeting ID: 488 624 644 Passcode: Please phone or text meeting contact person to obtain password | Hybrid meeting held face-to-face and via Zoom. | MB 0477 544 810 |

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| Cheltenham 7.30pm - 8:30 pm | Meeting ID: 230 903 138 Passcode: Please phone or text meeting contact person to obtain password | Online via Zoom. Newcomers welcome | Carolyn 03 5975 6091 |
| Saturday | | | |
| Meeting day, name and time | Location/Address | Details | Contact person |
| Rowville 8.30am - 10.15am | Rowville Uniting Church Cnr Bridgewater Way and Fulham Road Rowville. | Face-to-face meeting. Format of weekly meetings: Weeks' 1, 3 & 5: AA Big Book study Week 2: OA Steps study Week 4: OA Guest speaker | Lorna 0418 225 506 |
| Rainbow Zoom Room (LGBTIQ+) 12:15am - 1:15 pm Day: Friday Time: 08:15 PM (Eastern Standard Time, North America) Note: Meeting will change to 11:15am AEDT Saturday from October 2 and 12:15pm AEDT from 12 November | Meeting ID: 870 7787 0057 Passcode: To ensure the online safety of our members, please email OAMelBowZooRoo@gmail for the Zoom passcode or call the contact person. | Online via Zoom. Language: English Closed Special focus: LGBTQ+ Special Topic: Literature, Tools. Additional notes: We offer an inclusive meeting with a focus on supporting members to achieve and maintain abstinence and recovery from overeating. We alternate between readings from the book <u>Abstinence and Body Image, Relationships and Sexuality: Personal Journeys of Recovery in Overeaters Anonymous</u> and share our experience using the 9 Tools of OA. There is an opportunity for newcomers to ask questions after the meeting. All are welcome. | ESSEN +1 415 678 8290 EST |
| Hobart 11:30 am - 12:30 pm | Note face-to-face 1st and 3rd Saturday of the month only. 56-58 Melville Street Hobart (next to Melville Street carpark) Access: Call for wheelchair access at side of building. and via Zoom | Hybrid meeting held face-to-face and via Zoom. | Kate 0417 465 565 |

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| | <p>Meeting ID: 921 7737 4796</p> <p>Passcode: Please phone or text meeting contact person to obtain password</p> | | |
| <p>Intergroup Business Meeting 8.00am – 10.00am 2nd Saturday of each month. NO MEETING IN JANUARY.</p> | <p>If you wish to participate in, or observe the next Intergroup meeting, please send an email to oa.melb@gmail.com for more information.</p> | <p>This is a business meeting, not a recovery meeting. All OA members are all welcome to attend as observers.</p> | |