

OA Melbourne Intergroup Meetings List

Current at 22.05.2023

All meetings welcome newcomers.

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

Sunday			
<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Windsor 11.00am - 12.15pm (AEST)	Face-to-Face Elwood and St Kilda Early Learning Centre 87 Tennyson Street Elwood Vic 3184 Zoom Meeting ID: 194 421 837 Passcode: Please phone or text meeting contact person to obtain password	Hybrid meeting held face-to-face and via Zoom. Please be advised that for Sunday 28 May our meeting will be on zoom only. There will be no face-to-face meeting for this week only Face to face will resume the following week 4th June If planning on attending the face-to-face meeting for the first time. Please contact the secretary Judith.	Judith 0422 588 230
Monday			
<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Pacific Rim 6:30pm – 7:30 pm (AEST) Note: Starts 6.30pm spring/ summer, 5.30pm at end of daylight savings (Apr-Sept).	Zoom 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

Castlemaine Overeaters Anonymous Group 5:30pm – 6:30 pm (AEST)	Place: Salvation Army Hall, 47 Kennedy Street Castlemaine (Next door to the railway station)	Face- to- face Topic: Steps Study (Using the OA 12x12) for first 3 weeks, 4th week is a guest speaker.	Lee 0408168293
Northcote 7.30pm – 8.30pm (AEST) AS OF THE 22ND OF MAY 2023, NORTHCOTE MEETING WILL COMMENCE FROM 7.30PM - 8.30PM	Zoom 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 OA.	Vishna 0481 370 854

Tuesday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Laverton 7:30pm – 8:30pm	Zoom Meeting ID: 778 498 694	Online via Zoom.	Sherri 0416 192 305

Wednesday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
TEMPORARILY CLOSED UNTIL FURTHER NOTICE Frankston 7:30pm – 8:30pm (AEST)	Zoom Meeting ID: 916 1080 3676 Passcode: Please phone or text meeting contact person to obtain password	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.	Arthur 0404 491 021

Thursday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Heidelberg Heights 7:30pm – 8:45pm (AEST)	Face-to-Face Rosanna Baptist Church Hall Cnr Waiora Rd & Churchill St HEIDELBERG HEIGHTS 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	Sue 0415 743 219

		Week 3: OA literature study Week 4: OA Steps/Traditions study Week 5: Chair's choice	
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Friday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
<p>TEMPORARILY CLOSED UNTIL FURTHER NOTICE</p> <p>Ballarat 10:00am - 11:00am (AEST)</p>		Face- to-face meeting.	Dianne N 03 5332 6422
<p>Warrnambool Kitchen Candle 12pm - 1.00pm (AEST)</p>	<p>Face-to-Face 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.</p> <p>Zoom Meeting ID: 488 624 644 Passcode: Please phone or text meeting contact person to obtain password</p>	Hybrid meeting held face-to face and via Zoom.	MB 0477 544 810
<p>Cheltenham 7.30pm - 8:30 pm (AEST)</p>	<p>Zoom Meeting ID: 230 903 138 Passcode: Please phone or text meeting contact person to obtain password</p>	Online via Zoom. Newcomers welcome	Carolyn 03 5975 6091

Saturday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
<p>Rowville 8.30am - 10.15am (AEST)</p>	<p>Face-to-Face Rowville Uniting Church Cnr Bridgewater Way and Fulham Road Rowville.</p>	<p>Face-to-face meeting.</p> <p>Format of weekly meetings: Weeks' 1, 3 & 5: AA Big Book study Week 2: OA Steps study Week 4: OA Guest speaker</p>	<p>Lorna 0418 225 506</p>
<p>Rainbow Zoom Room (LGBTIQ+) 10:15am - 11:15 pm (AEST)</p> <p><i>For Eastern Standard Time, North America: Day: Friday Time: 08:15 PM (EST)</i></p> <p>Note: Meeting will change to 11:15am AEDT Saturday from October 2 and 12:15pm AEDT from November</p>	<p>Zoom 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.</p>	<p>Online via Zoom.</p> <p>Language: English Closed Special focus: LGBTIQ+, 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</u> and <u>Body Image,</u> <u>Relationships and</u> <u>Sexuality: Personal Journeys</u> <u>of Recovery in Overeaters</u> <u>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.</p>	<p>ESSEN +1 415 678 8290 EST</p>
<p>Hobart 11:30 am - 12:30 pm</p>	<p>Note face-to-face 1st and 3rd Saturday of the month only Face-to-Face 56-58 Melville Street Hobart (next to Melville Street carpark) Access: Call for wheelchair access at side of building. Zoom Meeting ID: 921 7737 4796 Passcode: Please phone or text meeting contact person to obtain password.</p>	<p>Hybrid meeting held face-to face and via Zoom.</p>	<p>Kate 0417 465 565</p>

Saturday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Intergroup Business Meeting 8.00am – 10.00am <i>2nd Saturday of each month except January.</i>	If you wish to participate in, or observe the next Intergroup meeting, please send an email to oa.melb@gmail.com for more information.	This is a business meeting, not a recovery meeting. All OA members are all welcome to attend as observers.	

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.*