



Sydney Intergroup
 All Regional and Metropolitan Meetings
 Phone line: 0400 074 956

Overeaters Anonymous is a fellowship of individuals, who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members: we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organisation, political movement, ideology or religious doctrine: we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry this message of recovery to those who still suffer.

Sunday				
10-11 am	Zoom	Canberra: OA Steps and Traditions Online	Zoom Meeting ID: 531813858 Zoom Password: 132011 Join from phone: +61280156011	Leesa: 0422199922 oasundaystepsonline@gmail.com
10-11 am	F2F Zoom Phone	Dulwich Hill Hybrid	33 Lewisham Street, Dulwich Hill Meeting ID: 814-7770-5317 Password: Fellowship (video must be on) Join from phone: +61280156011	Janet: 040902944 janetb@oa@gmail.com
10-11:00 am	F2F	Canberra: Steps and Traditions	The Griffin Centre Floor 1 Room 4 20 Genge Street, Canberra (Civic) Centre	Jane: 0400402226
5-6pm	Zoom Phone	Randwick: Steps and Literature	Zoom Meeting ID: 126084300 Zoom Password: 534371 Join from phone: +612801057	Leah: 0402415134
5-6pm	F2F	Randwick: Steps and Literature	Ventnor Building Our Lady of Sacred Heart Church 192 Avoca Street, Randwick	Carol: 0468945931
Monday				
9:30-10:30 am	Zoom	Richmond: General Share and Literature Zoom	Zoom Meeting ID: 233409141 Zoom Password: 149771	Fiona: 0426508022
5:30-6:30 pm	F2F	Albion Park Rail OA Meeting	Albion Park Rail Community Centre Ash Avenue	Wendy: (02) 42957473 or Rosa: (02) 72086793 (please call on day to confirm meeting is on)
7-8 pm	Zoom	OA Men's Focus	Zoom Meeting ID: 8266134815 Zoom Password: 737373 Join from phone: +61280156011	Douglas T: 0401503280 doug12step@gmail.com
7:30-8:30 pm	Phone F2F and phone on	Dulwich Hill Phone Meeting Newcomers/Topic.	Join from phone: 0756606012 Phone Access Code: 135964# Haberfield Library, 78 Dalhousie	Marianne: 0408741352

	1st, 3rd Monday of the month		Street, Haberfield.	
8-9 pm	Zoom	Willoughby: OA Literature	Zoom Meeting ID: 491566006 Zoom Password: 498230	Gloria: 0426705224
Tuesday				
7-8 am	Zoom Phone	Willoughby: Steps 1, 2, 3.	Zoom Meeting ID: 96785377902 Zoom Password: 689651 Join by phone: +61861193900 OR +61871501149 Phone Access Code: 9678537792 Phone Password: 689652	Gloria: 0426705224
5:30-6:30 pm	Zoom Phone	Weston Creek: Steps and Traditions	Zoom Meeting ID: 92136765806 Zoom Password: 607432 Or join from phone: +61280156011	Colin: 0410027630
7-8 pm	Zoom Phone	Bondi Junction: Abstinence and Literature.	Zoom Meeting ID: 974409358 Zoom Password: 255409 Or join by phone: +614280156011	Megan: 0410414038
Wednesday				
12-1 pm	F2F	Dulwich Hill: Steps and Traditions Meeting	33 Lewisham Street, Dulwich Hill	Jenny: 0423171824
12-1pm	F2F Zoom	Casino Hybrid	Casino Uniting Church Hall Cnr Dairy and Canterbury Streets Or join by phone: +6138672101 Phone Password: 2849437# Meeting ID: casinooawelcome	Angela: 0459124066 Ina: 0437494269
12:30-1:30 pm	Zoom	Canberra City: Abstinence focus (Step 1 and ID topic).	Zoom Meeting ID: 84057993075 Zoom Meeting Password: 583780	Kathy: 0421863911
6:30-7:30 pm	F2F	Curl Curl (previously Freshwater)	John Fisher Netball Courts 240 Abbott Road, North Curl Curl (above public toilets next to netball courts)	Rachel: 045978967
7-8 pm	Zoom	Willoughby: Keep Coming Back. Steps and traditions	Zoom Meeting ID: 758809435 Zoom Password: 498230	Gloria: 0426705224
Thursday				
9:30-10:30 am	Zoom	Glenbrook: Just for today and voices of recovery	Zoom Meeting ID: 199093089 Zoom Password: 967741	Jo: 0418283776
10:30-11:30 am	F2F	Taree: Steps 1, 2, 3 and general sharing.	St Marys Church Hall 73 Albert Street, Taree	Don: 0418480091
6-7 pm	F2F	Canberra City	Dickson Library Antill Street, Dickson	Gail: 0404476917
6:30-7:30 pm	F2F	Crows Nest Steps Meeting. Newcomers Welcome	2/34 Oxley Street, St Leonards (see website for parking details)	Esther: 0422723253

7-8 pm	Zoom Phone	Zoom OA Men's Focus: Steps and Traditions	Zoom Meeting ID: 82661334815 Zoom Password: 737373 Or join by phone: +61280156011	Douglas: 0401503280 doug12step@gmail.com
7:30-08:30 pm	Zoom Phone	Curl Curl: Steps and Traditions	Zoom Meeting ID: 97487202355 Zoom Password: 655171 Or join by phone on: +61280156011	Chris: 0418448022
Friday				
6:30-7:30 pm	Zoom	Willoughby: Literature Meeting and General Share	Zoom Meeting ID: 8421222 Zoom Password: 498230 (WSO: 801059)	Sandi: 0416231309
6:30-7:30pm	F2F	Canberra: Steps and Traditions: OA and AA literature	Downer Community Centre (West Hall) Frencham Place, Downer	Angela: 0459124066
7-8 pm	F2F	Southerland	Sutherland Multi Purpose Centre 123 Flora Street, Sutherland	Lynn: 0451653774
8-9pm	Phone	Woy Woy	Join by phone: 0756606013 Phone Password: 358018#	Lucy: 0412756446
Saturday				
8-9 am	F2F	Dulwich Hill: Spiritual Concepts	Leichhardt Community Centre, Marion Street, Leichhardt.	Col: 0424495761
8-9 am	Zoom	Dulwich Hill: Spiritual Concepts	Zoom Meeting ID: 99084566161 Zoom Password: 80564278 Or join by phone on: +61280156011	Trace: 0451410071 trace.aa@gmail.co
8-9 am	F2F	Narrabeen	Tramshed 1395 Pittwater Road, Narrabeen.	Annie: 0416160656
9-10 am	F2F	Randwick OA literature and Big Book Study	Our Lady of Sacred Heart 193 Avoca Street, Randwick.	Mary: 0402459097
10-11 am	F2F (1st & 3rd) Phone (2nd, 4th)	Newcastle: For Today and Voices of Recovery	F2F meeting: 1st and 3rd Saturday of the month. Jesmond Neighbourhood Centre, Mordue Street, Jesmond. Phone meeting (30 mins) 2nd and 4th Saturday. Join by phone: 0756606012 Phone Password: 263151	Genevieve: 0468378263
4-5 pm	Zoom Phone	Willoughby: Literature Meeting	Zoom Meeting ID: 445286103 Zoom Password: 230498 Or join by phone: +61280156011	Gloria: 0426850186

All Overeater Anonymous meetings both national and international are made available on the World Service website: <https://oa.org/find-a-meeting/?type=0>. Please note within Australia: Queensland, Melbourne, Adelaide and Perth are separate intergroups with designated websites.