



Sydney Intergroup Identifying Meetings

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				
10-11:00 am	Zoom	Canberra: OA Steps and Traditions Online	Zoom Meeting ID: 531813858 Zoom Password: 132011 Join from phone: +61280156011	Leesa: 0422 199 922 oasundaystepsonline@gmail.com
10-11:00 am	F2F	Dulwich Hill	Benledi House, 186 Glebe Point Rd, Glebe Next to Glebe Library with bus stop and paid parking nearby. Limited free parking at the rear accessed from Wigram Lane.	Janet: 0409 042 944 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: 0400 402 226
5-6:00 pm	Zoom Phone	Randwick: Steps and Literature	Zoom Meeting ID: 126084300 Zoom Password: 534371 Join from phone: +612801057	Leah: 0402 415 134
5-6:00 pm	F2F	Randwick: Steps and Literature	Ventnor House, in the parking lot of Our Lady of Sacred Heart Church 193 Avoca Street, Randwick	Carol: 0468 945 931
Monday				
9:30-10:30 am	Zoom	Richmond: General Share and Literature Zoom	Zoom Meeting ID: 233409141 Zoom Password: 149771	Fiona: 0426 508 022
5:30-6:30 pm	F2F	Albion Park Rail	Albion Park Rail Community Centre Ash Avenue	Wendy: (02) 4295 7473 or Rosa: (02) 7208 6793 (please call on day to confirm meeting is on)
7-8:00 pm	Zoom	OA Men's Focus	Zoom Meeting ID: 84051301259 Zoom Password: 737373 Join from phone: +61280156011	Douglas: 0401 503 280 doug12step@gmail.com
7:30-8:30 pm	F2F and phone on 1st, 3rd Monday of the month	Haberfield Monday	Join from phone: 0756606012 Phone Access Code: 135964# Haberfield Library, 78 Dalhousie Street, Haberfield.	Marianne: 0408 741 352
8-9:00 pm	Zoom	Willoughby: OA Literature	Zoom Meeting ID: 491566006 Zoom Password: 498230	Gloria: 0426 705 224
Tuesday				
7-8:00 am	Zoom Phone	Willoughby: Steps 1, 2, 3.	Zoom Meeting ID: 96785377902 Zoom Password: 689651 Join by phone: +61 861 193 900 or +61 871 501 149 Phone Access Code: 9678537792 Phone Password: 689652	Gloria: 0426 705 224

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5:30-6:30 pm	Zoom Phone	Weston Creek: Steps and Traditions	Zoom Meeting ID: 92136765806 Zoom Password: 607432 Or join from phone: +61 280 156 011	Colin: 0410 027 630
7-8:00 pm	Zoom Phone	Bondi Junction: Abstinence and Literature.	Zoom Meeting ID: 974409358 Zoom Password: 255409 Or join by phone: +61 4280 156 011	Megan: 0410 414 038
Wednesday				
12-1:00 pm	F2F	Leichhardt Wednesday: Steps and Traditions Meeting	Leichhardt Community Centre, Marion Street, Leichhardt.	Jenny: 0423 171 824
12-1:00 pm	F2F Phone	Casino Hybrid	Casino Uniting Church Hall Cnr Dairy and Canterbury Streets Or join by phone: +61 38672 0101 Phone Password: 2849 437# Meeting ID: casinooawelcome	Angela: 0459 124 066 Ina: 0437 494 269
12:30-1:30 pm	Zoom	Canberra City: Abstinence focus (Step 1 and ID topic).	Zoom Meeting ID: 84057993075 Zoom Meeting Password: 583780	Kathy: 0421 863 911
7-8:00 pm	Zoom	Willoughby: Keep Coming Back. Steps and traditions	Zoom Meeting ID: 758809435 Zoom Password: 498230	Gloria: 0426 705 224
Thursday				
9:30-10:30 am	Zoom	Glenbrook: Just for Today and Voices of Recovery	Zoom Meeting ID: 199093089 Zoom Password: 967741	Jo: 0418 283 776
10:30-11:30 am	F2F	Taree: Steps 1, 2, 3 and general sharing.	St Marys Church Hall 73 Albert Street, Taree	Don: 0418 480 091
6-7:00 pm	F2F	Canberra City	Dickson Library Antill Street, Dickson	Gail: 0404 476 917
6:30-7:30 pm	F2F	Cremorne Steps Meeting Newcomers Welcome	St Peters Anglican Church 29 Waters Street, Cremorne Meeting in the church hall, which is down a few steps to the left of the church.	Esther: 0422 723 253 Janet: 0409 042 944
7-8:00 pm	Zoom Phone	Zoom OA Men's Focus: Steps and Traditions	Zoom Meeting ID: 84051301259 Zoom Password: 737373	Douglas: 0401 503 280

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			Or join by phone: +61 280 156 011	
7:30-08:30 pm	Zoom Phone	Curl Curl: Steps and Traditions	Zoom Meeting ID: 97487202355 Zoom Password: 655171 Or join by phone on: +61 28015 6011	Chris: 0418 448 022
Friday				
6:30-7:30 pm	Zoom	Willoughby: Literature Meeting and General Share	Zoom Meeting ID: 8421222 Zoom Password: 498230 (WSO: 801059)	Sandi: 0416 231 309
6:30-7:30 pm	F2F	Canberra: Steps and Traditions: OA and AA literature (held weekly)	Downer Community Centre (West Hall) Frencham Place, Downer	Gail: 0404 476 917
8-9:00 pm	Phone	Woy Woy	Join by phone: 07 5660 6013 Phone Password: 358018#	Lucy: 0412 756 446
Saturday				
8-9:00 am	F2F	Dulwich Hill/Leichardt: Spiritual Concepts	Leichhardt Community Centre, Marion Street, Leichhardt.	Col: 0424 495 761
8-9:00 am	Zoom	Dulwich Hill: Spiritual Concepts	Zoom Meeting ID: 99084566161 Or join by phone on: +61280156011	Trace: 0451 410 071 trace.oa@gmail.com
8-9:00 am	F2F	Narrabeen	Tramshed 1395 Pittwater Road, Narrabeen.	Annie: 0416 160 656
9-10:00 am	F2F	Randwick OA Literature and Big Book Study	Our Lady of Sacred Heart 193 Avoca Street, Randwick.	Mary: 0402 459 097
10-11:00 am	F2F (1 st & 3 rd of each month) Phone (2 nd & 4 th of each month)	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	Genene: 0468 378 263

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4-5:00 pm	Zoom Phone	Willoughby: Literature Meeting	Zoom Meeting ID: 445286103 Zoom Password: 230498 Or join by phone: +61 28015 6011	Gloria: 0426 850 186

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. There is also an online region.