



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.

Updated 4 May 2025

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	Glebe: Steps and Traditions	Benledi House 186 Glebe Point Rd Glebe, NSW Next to Glebe Library. Bus stop outside. Paid parking on Glebe Point Road. Free parking in Wigram Road. Disabled access via Glebe Library - please call in advance if needed.	Janet: 0409042944
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)
6:30-7:30pm	F2F	Morisset	Morisset Uniting Church (Church in the Trees) 10 Stockton St, Morisset	Samantha 0400047035 Scott 0468890175 Chad 0498667158

7-8 pm	Zoom	OA Men's Focus	Zoom Meeting ID: 84051301259 Zoom Password: 737373 Join from phone: +61280156011	Douglas: 0401503280 doug12step@gmail.com
7:30-8:30 pm	Phone F2F and phone on 1st, 3rd Monday of the month	Haberfield Monday Meeting	Join from phone: 0756606012 Phone Access Code: 135964# Haberfield Library, 78 Dalhousie Street, Haberfield.	Marianne: 0408741352 (please call Marianne to confirm face to face meeting is being held)
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	Leichhardt Wednesday: Steps and Traditions Meeting	Leichhardt Community Centre, Marion Street, Leichhardt.	Jenny: 0423171824
12-1pm	F2F Phone	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
7-8 pm	Zoom	Willoughby: Keep Coming Back. Steps and traditions	Zoom Meeting ID: 758809435 Zoom Password: 498230	Gloria: 0426705224
7-8pm	F2F	Bondi: Face to Face	138 Bondi Road, Bondi School of Arts Building, Room A (building '1914' left of the Masonic Centre)	Ella: 0492902841
Thursday				
9:30-10:30 am	Zoom	Glenbrook: Just for today and voices of recovery	This meeting is temporarily on hold until further notice	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	Cremorne Steps and Traditions	St. Peter's Anglican Church 29 Waters Road Cremorne Meeting is in lower hall, down steps to the left of the church	Janet: 040902944
7-8 pm	Zoom Phone	Zoom OA Men's Focus: Steps and Traditions	Zoom Meeting ID: 84051301259 Zoom Password: 737373 Or join by phone: +61280156011	Douglas: 0401503280
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) Or join by phone on: +61280156011	Sandi: 0416231309
6-7pm	F2F	Canberra: Steps and Traditions: OA and AA literature (held weekly)	Downer Community Centre (West Hall) Frencham Place, Downer	Gail: 0404476917
8-9pm	Hybrid (F2F + phone)	Woy Woy	Join by phone: 0756606013 Phone Password: 358018# Peninsula Community Centre 93 McMasters Road, Woy Woy	Lucy: 0412756446
Saturday				
8-9 am	F2F	Haberfield Spiritual Concepts Meeting	Mervyn Fletcher Hall Cnr Dalhousie and Dickson Streets, Haberfield Enter from Dickson Street	Col: 0424495761
8-9 am	Zoom	Dulwich Hill: Spiritual Concepts	Zoom Meeting ID: 99084566161 Or join by phone on: +61280156011	Trace: 0451410071 trace.aa@gmail.com
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	Genene: 0468378263

			4th Saturday. Join by phone: 0756606012 Phone Password: 263151	
4-5 pm	Zoom Phone	Willoughby: Literature Meeting	Zoom Meeting ID: 445286103 Zoom Password: 230498 Or join by phone: +61280156011	Gloria: 0426850186

All Overeaters 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.