

OA APPROVED MEETING OPTIONS

PHONE MEETING LIST:

- 55012 Call 319-256-0500, Pin Number 315108#
Sun @ 7:00 p.m. CST Cindy 214-802-5764
- 55008 Call 641-297-8000, Pin Number 79822#
Sun @ 8:00 p.m. EST Verna 781-648-3762,
or 781-354-5022
- 55003 Call 641-297-5500, Pin Number 79822#
Mon @ 10:00 a.m. EST Jennifer 508-384-2646
- 55015 Call 712-432-3000, Pin Number 304567, or
8299# this may also be necessary. Mon @ 9:00 p.m.
EST Rachel 307-732-6639
- 55013 Call 712-580-8020, Pin Number 22072#
Mon @ 9:00 p.m. CST Laura 512-267-0992
- 55005 Call 402-756-9000, Pin Number 599734#
Tue @ 8:30 a.m. EST Kim 303-358-0342
- 55001 Call 641-297-5400, Pin Number 59002#
Tue @ 8:00 p.m. EST Carol 248-547-6464
- 55006 Call 402-756-9000, Pin Number 599734#
Wed @ 8:30 a.m. EST Kathy 847-359-9136
- 55014 Call 319-256-0500, Pin Number 951766#
Wed @ 6:30 p.m. CST Jerry 469-323-8210
- 55011 Call 712-580-1800, Pin Number 12128#
Wed @ 8:30 p.m. EST Ruth 315-457-6261
- 55010 Call 620-782-8800, Pin Number 85742#
Wed @ 9:00 p.m. EST Carol, or Susan 248-547-
6464, or 973-376-5510
- 55002 Call 641-793-7500, Pin Number 135103#
Thur @ 8:00 p.m. EST Liz 617-889-2801
- 55007 Call +354-755-7755 Pin Number 3724253,
This is an Icelandic meeting Thur @ 9:00 p.m.
GMT Sigurborg 354-866-5527
- 55009 Call 641-985-8000, Pin Number 742371#
Fri @ 9:00 a.m. PST Carol 209-379-2314

ONLINE MEETING LIST CAN BE FOUND @

www.oa.org/pdf/OnlineMeetingsList.pdf

Connecticut Intergroup meets the third Monday
of each month at 7:00p.m. Elmwood Community
Church, 26 Newington Rd, West Hartford, CT 06110
Contact Wendy 860-646-7844.

SPECIAL FOCUS OA MEETINGS

Newcomers/Renewal

For those new to OA and for those OA members who
want to renew or refresh their own OA recovery.
Wednesday - 7:00 pm - Recovery Club, 118 Palisado Ave,
Windsor, Ct.

FOR MEETINGS IN OTHER AREAS

- Bridgeport/Fairfield: 203-454-6607
- New Haven Intergroup: 203-781-9470
- Southeastern CT Intergroup: 860-464-1214
- Central MA Intergroup: 508-754-7712
- Western MA Intergroup: 413-783-4198

Region 6 – OA

PO Box 3073
Milford, CT 06460
www.oaregion6.org

World Service Office

P.O. Box 44020
Rio Rancho, NM 87174-4020
www.overeatersanonymous.org
email: overeater@technet.nm.org

To Report changes or corrections to this meeting list

Write to: Connecticut Intergroup

PO Box 1275

Manchester CT, 06045-1275

Or email changes to tinalee9@yahoo.com



www.connecticutoa.org

OVEREATERS ANONYMOUS®



CONNECTICUT INTERGROUP MEETING LIST (NORTHERN CONNECTICUT)

January 2012

visit us @

www.ConnecticutOA.org
860-218-8550

WHAT IS OA?

OA 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.

IS OA FOR YOU?

Only you can decide that question, no one else can
make that decision for you. We who are now in OA
have found a way of life that enables us to live without
the need for excess food. We believe that compulsive
overeating is a progressive illness, one that, like
alcoholism and some other illnesses, can be arrested.

Remember, there is no shame in admitting you
have a problem; the most important thing is to do
something about it.

MONDAY

AVON - 7:30 p.m.

Format: Varies -- Group #324020
West Avon Cong. Church, 280 Country Club Rd
Contact: Allyssa 521-4936

CANAAN - 7 pm

Pilgrim House, 30 Granite Ave
Contact: Martha 860-824-0017

MANCHESTER - 5:00 p.m.

Format: Voices of Recovery -- Group #34273
St. Mary's Church, Corner of Park and Church
Contact: Wendy 646-7844

MIDDLETOWN - 7:00p.m.

Format: Big Book -- Group #30227
Holy Trinity Church, 381 Main Near Amato's Toys
Contact: Michelle 860-643-5053

TUESDAY

ENFIELD – 6:45 p.m.

Format: Speaker -- Group #17557
Enfield Congregational Church
1295 Enfield St. (Rte 5)
Contact: Vicky 860-875-8084

TERRYVILLE – 6:30 p.m.

Format: Varies -- Group # 48999
Terryville Congregational Church
223 Main St. - Rte 6 (back entrance)
Contact: Kathy 860-589-3173

WETHERSFIELD - 7:30 p.m.

Format: Step -- Group #28098
St. Paul's Lutheran Church, 371 Wolcott Hill Rd
Contact: Carol 860-563-7074

WEDNESDAY

EAST HARTFORD - 10:00 a.m.

Format: Step -- Group #38886
Faith Lutheran Church, 1120 Silver Lane
Contact: Jeanette 568-5559

WEDNESDAY continued

HARTFORD - 12:00 Noon

Format: Step Meeting -- Group # 47620
1st Church of Christ, Corner Lewis and Gold Sts.
Contact: Alice 277-1126

SOUTHINGTON - 5:30 p.m.

Format: Step -- Group #34617
St Paul's Church, 145 Main St
Contact: Jan 621-7047

WINDSOR - 7 p.m.

Format: Focus on Newcomers/Renewal - Group #40872
Recovery Club, 118 Palisado Ave, Windsor, Ct.
Contact: Need contact person

THURSDAY

EAST HARTFORD - 5:30 p.m.

Format: OA Step/Speaker Meeting -- Group #45971
Aurora Rehabilitation Center
51 Applegate Lane (off Silver Lane, park in fenced lot
on left), East Hartford, CT 06118
Contact: Stacy 860-519-4011

COLLINSVILLE – 7:00 p.m.

Format: Discussion – Group #50693
Collinsville Congregational Church
7 South Street
Contact: Robin 860-693-1969

FRIDAY

EAST HARTFORD – 1:00 p.m.

Format: Big Book -- Group #17253
Faith Lutheran Church, 1120 Silver Lane
Contact: Jeannette568-5559 or Mary Anne 228-1489

SOUTHINGTON - 5:30 p.m.

Format: OA Brown Book -- Group #36214
St Paul's Church, 145 Main ST
Contact: Jan 621-7047

SATURDAY

BRISTOL – 11:00 a.m.

Format: OA Literature Discussion Group
Bristol Hospital, Bruster Road
Meeting located in cafeteria
Contact: need volunteer

ROCKVILLE - 10:00 a.m.

Format: OA Brown Book -- Group #38136
Rockville Hospital, 31 Union ST
Contact: Paul 870-7813 or Rob 742-1736

WEST HARTFORD - 9:30 a.m.

Format: As Bill Sees It -- Group #37359
Westminster Presbyterian Church
Corner of Boulevard and Ridgewood
Contact: Diane C. 860.874.3555 or
Judi 860.232.5742

WILLIMANTIC - 10:00 a.m.

Format: Varies
Windham Memorial Hospital -- Group # 19270
112 Mansfield Ave.
Contact: Beverly 860-617-3442 & Phyllis 860-228-
3416

SUNDAY

SOUTH GLASTONBURY - 7:00 p.m.

Format: Discussion/Speaker -- Group #39397
S. Glastonbury Congregational Church, 16 High St
Contact: Philomen 860-568-3855

UNIONVILLE - 7:00 p.m.

Format: Big Book – Group #51837
1st Church of Christ, 61 Main St
Contact Robin 860-693-1969