

OA Melbourne Intergroup Meetings List

Current at 18.03.2025

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>
Elwood <i>(formerly Windsor)</i> 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 zoom and face to face ONCE A MONTH ONLY. Face to face meetings will be held on the FIRST SUNDAY of the month. Please reach out to the contact person before attending the face-to-face meeting for the first time.	Susan 0412 278 064
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) <i>Note: Starts 6.30pm spring/ summer, 5.30pm at end of daylight savings (Apr-Sept).</i>	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)	Zoom Meeting ID: 842 272 035 38 Passcode: Please phone or text meeting contact person to obtain password	Online via Zoom. Topic: Step workshop using the 12 Steps of Overeaters Anonymous Workbook (the purple workbook) for the first three weeks of the month 4th week is a guest speaker.	Jordan 0408 333 126
Northcote 7.30pm – 8.30pm (AEST)	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.	Kaz 0409 139 889

Tuesday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Laverton 7:30pm – 8:30pm (AEST)	Zoom Meeting ID: 778 498 694 Passcode: Please phone or text meeting contact person to obtain password	Online via Zoom. Format of weekly meetings: Week 1: OA Traditions study 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.	Marlene 0438 316 459

Wednesday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Intergroup Business Meeting 7.00pm – 8.00pm (AEST) 2nd Wednesday of each month except January. 8.00pm-8.30pm Fellowship & discussion. This is a business meeting, not a recovery meeting. All OA members are all welcome to attend as observers If you wish to participate in, or observe the next Intergroup meeting, please send an email to oa.melb@gmail.com			

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 contact person to obtain password	Hybrid meeting held face-to face and via Zoom. *Bring in your own literature Format of weekly meetings: Week 1: AA Big Book study Week 2: OA guest speaker Week 3: OA literature study Week 4: OA Steps/Traditions study Week 5: Chair's choice	Sue 0415 743 219

Friday

<i>Meeting Name and Time</i>	<i>Location/Address</i>	<i>Details</i>	<i>Contact Person</i>
Ballarat 10:00am - 11:00am (AEST)	Available upon request.	Face- to-face meeting. Please reach out to the contact person for next meeting details.	Dianne N 03 5332 6422
Warrnambool	Currently inactive		
Cheltenham 7.30pm - 8:30 pm (AEST)	Zoom Meeting ID: 230 903 138 Passcode: Please phone meeting contact person to obtain password	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>Week one- Step Study Week two- Big Book study Week three - OA Literature readings Week four - Personal Story Share Week five - OA Literature Share</p> <p>Please note that Week three there is a short business meeting prior to the main meeting.</p> <p>Everyone who wants to stop compulsive eating and compulsive food behaviours is welcome to attend.</p>	<p>Lorna 0418 225 506</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>Face-to face once a fortnight. Contact Kate to check face to face meeting is held prior to attending.</p>	<p>Kate 0417 465 565</p>

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.