

OA APPROVED MEETING OPTIONS

For a comprehensive list of Face-to-Face, Telephone or Online meetings:

<https://oa.org/find-a-meeting/>

Connecticut Intergroup meets the third Monday of each month at 7 PM Elmwood Community Church, 26 Newington Rd, West Hartford, CT 06110
Contact Tom (917) 952-7052.

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 PM – Recovery Club, 118 Palisado Ave, Windsor, Ct.

FOR MEETINGS IN OTHER AREAS

- Southwestern Connecticut Intergroup: 203-781-9470
- Southeastern CT Intergroup: 860-464-1214
- Central MA Intergroup: 508-754-7712
- Western MA Intergroup: 413-783-4198

Region 6 Treasurer
PO Box 1792
Westfield, MA 01086
www.oaregion6.org

World Service Office
P.O. Box 44020
Rio Rancho, NM 87174-4020
www.oa.org

To Report changes or corrections to this meeting list

Email: connecticutoa@gmail.com

Address: Connecticut OA Intergroup
PO Box 331472
West Hartford, CT. 06133
Group #09054

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CONNECTICUT INTERGROUP

MEETING LIST

(NORTHERN CONNECTICUT)

Updated April 2017

visit us at

www.ConnecticutOA.org
860-840-2475

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 - 7:00 PM (Group #324020)

Format: Varies

West Avon Cong. Church, 280 Country Club Rd

Contact: Alyssa (860) 521-4936

CANAAN - 7 PM (Group #48402)

Pilgrim House, 30 Granite Ave

Contact: Martha (860) 459-9286

EAST HARTFORD – 1 PM (Group #52864)

Faith Lutheran Church, 1120 Silver Lane

Contact: Leslie (860) 404-9496

MANCHESTER – 5 PM (Group #34273)

Format: Voices of Recovery

St. Mary's Church, Corner of Park and Church

Contact: Wendy (860) 646-7844

MIDDLETOWN – 6:45 PM (Group #30227)

Format: Big Book

Holy Trinity Church, 381 Main Near Amato's Toys

Contact: Michelle (860) 643-5053

TUESDAY

NEW BRITAIN – 7:00 PM (Group #52542)

Format: Big Book Step Study

St John's Lutheran Church basement

303 Arch St - rear entrance

Contact: Wayne (860) 558-5354

WEDNESDAY

BRISTOL – 10AM (Group# 53363)

Format: Varies

Bristol Recovery Club, 67 West Street

Contact: MaryLynne (860) 992-5989

EAST HARTFORD – 10 AM (Group #38886)

Format: Step

Faith Lutheran Church, 1120 Silver Lane

Contact: Marie (860) 872-0426 or

Phyllis (860) 228-3416

SOUTHINGTON – 5:30 PM (Group #34617)

Format: Step

St Paul's Church, 145 Main St

Contact: Elaine (860) 747-6247

WINDSOR – 7 PM (Group #40872)

Format: Focus on Newcomers/Renewal

Recovery Club, 118 Palisado Ave, Windsor, Ct.

Contact: Antonia (860) 219-9857

THURSDAY

WINSTED 10:00 AM (Group #54981)

Format: 12 Steps & 12 Traditions

First Church of Winsted

95 North Main Street

Contact: Sandra (978) 322-0423

EAST HARTFORD 5:30 PM (Group #45971)

Format: OA 12 & 12 Meeting

Faith Lutheran Church, 1120 Silver Lane, East Hartford

Contact: Jim (530) 350-0960

WEST HARTFORD – 6 PM (Group #52697)

Format: Big Book Step/AA 12 & 12

Universalist Church, 433 Fern St - Meditation Room,

West Hartford, Ct 06107

Contact: Rebecca (860) 543-3055

COLLINSVILLE – 7 PM (Group #50693)

Format: Step Meeting

Collinsville Congregational Church, 7 South Street

Contact: Edie (860) 459-9686

NEW BRITAIN – 7:00 PM (Group #53169)

Format: Men's OA Step Meeting

St John's Lutheran Church basement

303 Arch St. - rear entrance

Contact: Wayne (860) 558-5354

HEBRON/AMSTON – 7:15 PM (Group #54929)

Format: Together We Can

Christ Lutheran Church

330 Church St

Contact: Amy (860) 208-2809

FRIDAY

EAST HARTFORD – 1 PM (Group #17253)

Format: Big Book

Faith Lutheran Church, 1120 Silver Lane

Contact: Byron (860) 305-1050

SATURDAY

SOUTHINGTON – 5:30 PM (Group #36214)

Format: OA Brown Book

St Paul's Church, 145 Main Street

Contact: Mike (860) 344-9484

BRISTOL – 11 AM (Group #49817)

Format: OA Literature Discussion Group

Bristol Hospital, 41 Brewster Road – in Cafeteria

Contact: Stan (860) 681-3937

ROCKVILLE – 10 AM (Group #38136)

Format: OA Brown Book

Rockville Hospital, 31 Union Street

Contact: Sharon (860) 305-9680

TORRINGTON – 9 AM (Group #53629)

Format: Varies

Charlotte Hungerford Hospital

540 Litchfield Street

Contact: Gina (860) 989-8724

WEST HARTFORD – 9:30 AM (Group #37359)

Format: As Bill Sees It

Westminster Presbyterian Church

Corner of Boulevard and Ridgewood

Contact: Judi (860) 232-5742

WILLIMANTIC – 10 AM (Group #19270)

Format: Varies

Windham Memorial Hospital, 112 Mansfield Ave.

Contact: Phyllis (860) 228-3416 or

Leslie (860) 455-9782

SUNDAY

UNIONVILLE – 7 PM (Group #51837)

Format: Big Book

1st Church of Christ, 61 Main St

Contact Robin (860) 693-1969

ROCKVILLE – 7 PM (Group #54920)

(New Meeting -- Starts May 7th)

Format: AA 12 & 12

Rockville General Hospital, 31 Union Street

Contact Lois (860) 871-8919