

| DAY | TIME | TOWN | Reg. # | KEY | LOCATION | FORMAT | CONTACT | PHONE |
|-----------|-------------------|---------------|--------|-----|---|---|------------|--------------|
| Monday | 10:30am - noon | White Plains | 01128 | O W | Memorial United Methodist Church 250 Bryant Ave | Week 1-Qualifier/Discussion Week 2-Step, Week 3-Open | Jmel | 914-725-7013 |
| Monday | 12:30pm - 1:30pm | White Plains | 47684 | W | Living Abstinently Memorial United Methodist Church 250 Bryant Avenue | Abstinence/Living Sober Meditation/Step 11 Prayer <i>Bring Lunch. Ample Parking.</i> | Mark | 914-330-5234 |
| Monday | 7:30pm - 8:30pm | Pelham | 01788 | O | Huguenot Memorial Church 901 Pelhamdale Ave (Corner Boston Post Road) | Week 1-Beginners/Qualifier, Week 2- Step Study, Week 3-Beginners/ Qualifier, Week 4- Anniversary/Open | Rich | 914-329-7904 |
| Monday | 7:30pm - 9:00pm | Mount Kisco | 01121 | O | United Methodist Church Smith Street & Rt 117 | Beginner/Qualifier Steps & Traditions | Nicole | 917-449-1086 |
| Tuesday | 12:30pm - 1:30pm | White Plains | 47685 | W | Memorial United Methodist Church 250 Bryant Ave | AA Step/OA Step <i>Bring Lunch. Ample Parking.</i> | Mark | 914-330-5234 |
| Tuesday | 4:00pm - 5:00pm | Pelham | 38602 | | Huguenot Memorial Church 901 Pelhamdale Avenue (Corner Boston Post Road) | Discussion | Andrea | 914-420-0599 |
| Tuesday | 7:00pm - 8:15pm | Pleasantville | 52380 | C | Pleasantville Presbyterian Church 400 Bedford Road, 2 nd Floor | Women's Focus | Sue | 914-629-5581 |
| Tuesday | 7:00pm - 8:00pm | Yonkers | 46371 | NS | St. Mark's Community Center (in the Undercroft) Corner of Jones and Truman Ave (Off Nepperhan) | AA Step/Big Book | Madge | 914-968-3397 |
| Wednesday | 12:30pm - 1:30pm | White Plains | 30792 | OW | Memorial United Methodist Church 250 Bryant Ave | AA Step/OA Step <i>Bring Lunch. Ample Parking.</i> | Mark | 914-330-5234 |
| Wednesday | 1:00pm - 2:00pm | Yorktown | 48708 | NS | St. Patrick's Old Stone Church Hanover Street (Basement Entrance) | Topic/OA Literature <i>Bring Lunch.</i> | Colleen | 914-248-0570 |
| Wednesday | 5:30pm-6:30pm | Pelham | 52029 | | Huguenot Memorial Church 901 Pelhamdale Avenue (Corner Boston Post Road) | Big Book | Eric P. | 518-932-3657 |
| Wednesday | 7:30pm - 8:30pm | Katonah | 49225 | | Katonah United Methodist Church 5 Bedford Road | Week 1- Step, Week 2-Literature Week 3-Topic, Week 4-Big Book Week 5-Topic | Ruth | 973-760-7714 |
| Wednesday | 7:30pm - 9:00pm | White Plains | 17757 | | Presbyterian Church 39 North Broadway (Corner of Barker Ave.) Red Door #1 off parking lot - downstairs | HOW Format Honest Open Willing | Jeffrie J. | 914-400-4690 |
| Thursday | 12:15pm - 1:15pm | Somers | 53317 | N | Saint Luke's Church, Basement Meeting Room 331 Route 100, park in the rear lot, not thrift shop area | Step <i>Bring your 12&12 and lunch</i> | | |
| Thursday | 12:30pm - 1:30pm | White Plains | 47686 | W | Memorial United Methodist Church 250 Bryant Avenue | AA Step/OA Step <i>Bring lunch. Ample parking.</i> | Mark | 914-330-5234 |
| Thursday | 5:30pm - 6:45pm | Hartsdale | 37761 | NS | Seventh Day Adventist Church 50 Columbia Avenue | Discussion | Dawn K. | 917-664-2808 |
| Thursday | 6:30pm - 7:30pm | Pelham | 48469 | | Pelham Thursday Night Literature Meeting Huguenot Memorial Church 901 Pelhamdale Avenue (Corner Boston Post Road) | Week 1-Step Week 2-Tradition Beginners/Qualifier | Andrea | 914-420-0599 |
| Thursday | 7:00pm - 8:00pm | White Plains | 53439 | N | Memorial United Methodist Church 250 Bryant Ave - Choir Room | Big Book Study | Sandy | 914-661-2680 |
| Thursday | 7:30pm - 8:30pm | Yorktown | 38273 | | Yorktown United Methodist Church 2300 Crompond Road (Rt 202 & Rt 35) | Topic Discussion | Roxanne | 914-245-0459 |
| Friday | 10:00am - 11:00am | Brewster | 46838 | W | Putnam Recovery, Putnam Community Services Southeast Towne Center 1620 Route 22; (2nd Fl); Rt 312 & 22 | Week 1- Step, Week 2-Big Book Week 3-Traditions, Week 4-Qualifier or Principals, Week 5-Principals | Laura | 914-715-6542 |
| Friday | 10:30am - 11:45am | White Plains | 05519 | | Memorial United Methodist Church 250 Bryant Ave; Fellowship Room | Beginner/Qualifier Week 2-Step, Last week-Big Book | Ellie | 914-633-3707 |
| Friday | 12:30pm - 1:30pm | White Plains | 47687 | W | Memorial United Methodist Church 250 Bryant Ave | Big Book <i>Bring lunch. Ample parking.</i> | Mark | 914-330-5234 |

| DAY | TIME | TOWN | Reg. # | KEY | LOCATION | FORMAT | CONTACT | DAY |
|----------|-------------------|--------------|--------|---------------------|---|---|------------------|------------------------------|
| Friday | 5:30pm -6:30pm | Pelham | 52042 | C | Huguenot Memorial Church 901 Pelhamdale Avenue (Corner Boston Post Road) | Hope after Relapse, Gratitude for Recovery | | |
| Saturday | 8:30am-9:30am | Garrison | 52021 | | Graymoor Spiritual Life Center 1350 Route 9; 4th Floor Conference Room | Literature, Speaker, Discussion | Lisa M | 917-716-2488 |
| Saturday | 9:00am - 10:00am | South Salem | 45149 | | St. John's Episcopal Church Early Learning Center 82 Spring Street, Parish House | Topic/Discussion | Bob | 914-245-7596 |
| Saturday | 10:00am - 11:30am | White Plains | 28480 | O | Presbyterian Church 39 North Broadway (Corner of Barker Ave.) left to alley way to red door down to choir room | OA Step & Tradition | Jerry | 914-777-3577 |
| Saturday | 5:00pm – 6:00pm | Yonkers | 53309 | N | St. Mark's Lutheran School Kimball Avenue & St. Marks Place (around corner thru parking lot downstairs to gym) | Newcomers meeting. Rotating f ormat: Literature/Discussion, Step, Big Book Study and Qualification. | Dawn K. | 917-664-2808 |
| Sunday | 8:30am - 10:00am | White Plains | 33291 | W, C | White Plains Hospital Davis Avenue & Post Road (Centennial Room) | AA Step/Big Book 1st Sunday is tradition | Madge Carmela | 914-968-3397 914-420-6157 |
| Sunday | 11:15am - 12:30pm | Tarrytown | 28732 | O (wk 1 only) NS | United Methodist Church 27 South Washington Ave (Upstairs) <i>If door's locked call Anne B at 914-332-1019.</i> | Week 1- Step, Open Other Weeks- Topic/Discussion, Closed | Anne | 914-332-1019 |

KEY: W= Wheelchair Accessible **O=** Open Meetings may be attended by Compulsive Overeaters, Family Members and Friends **N=**New Meeting, **NS=** Needs support
For up-to-date information: Call contact person for that particular group. OA groups are not affiliated with the institutions or clubs at which they hold meetings.

To receive OA related email notifications: Visit www.oahelps.org to join our email mailing list. Enter your email address in the box on the right side marked "email address". You will then receive a confirmation email, open it and click the "confirm follow" button. Please note that the email will mention that you want to "follow our blog" please do not let this confuse you, it's a technical term for our website – it can't be changed. If for any reason you do not get your confirmation email, please check your "spam" folder.

SPONSOR BANK: To find a sponsor or be listed as a sponsor contact Jeanette F. @ 914-428-3662 jeanettef10@optonline.net

MONTHLY SPONSOR TRAINING WORKSHOPS: 1) 1ST Monday of the month at the Pelham meeting -and- 2) 2ND Monday of the month at the Mt. Kisco meeting -and- 3) 3RD Wednesday of the month at the White Plains H.O.W. Meeting. These workshops are held once a month at each location from 6:30-7:15 pm and are open to all members currently sponsoring or wishing to sponsor.

To book a sponsor training workshop session at your meeting, contact Don C. @ 914-824-1509 OR fobb1234@verizon.net

For temporary meeting closures, or corrections, updates/additions to a meeting, or change in group contact person: Notify Greg W at 914-714-4153 or Anne at 914-332-1019 or webmaster@oawestchester-ny.org
For permanent meeting closures, corrections, updates/additions to a meeting, or change in group contact person: Notify Kimberly C at 914-824-1509 or kcarmic@verizon.net,
To Access the OA Westchester United Intergroup Web Site: www.oahelps.org. **Contributions to Intergroup:** Make checks payable to WUIG, PO Box 125, White Plains, NY 10603

Westchester United Intergroup meets the 1st Thursday of the month (occasional exceptions) at Emanuel Lutheran Church; 197 Manville Rd., Pleasantville **7:00 - 8:30 PM.**

The Westchester United Intergroup provides this OA Meeting List as a service to its affiliated OA meetings. In order for a meeting to join WUIG it must, as a whole use all 12 steps of OA and adhere to all 12 OA Traditions. Specifically, in keeping with Tradition 3, all OA members must be welcome at each meeting and must meet no other requirements in order to share. In keeping with Tradition 10, only materials as suggested by the OA Literature Guidelines can be made available at meetings. While WUIG cannot require any meeting to adhere to the 12 Traditions of OA, it can remove any meeting that disregards the Traditions from this meeting list.

| | | |
|--|---|--|
| World Service Office: PO Box 44020 Rio Rancho, NM 87174-4029 info@overeatersanonymous.org Tel: (505) 891-2664 Website: www.oa.org | Region 6: PO Box 3073 Milford, CT 06460 webmaster@oaregion6.org Website: www.oaregion6.org | Westchester United Intergroup: PO Box 125 White Plains, NY 10603 info@oawestchester-ny.org Tel: (914) 633-2988 Website: www.oahelps.org |
|--|---|--|

Neighboring Intergroups:

| | |
|-----------|--|
| NY | Rockland (845) 639-2620 (info@rochesterboa.org); Mid Hudson (845) 657-6603 (webmaster101@midhudsonboa.org); Bronx (866) 841-9139 ext 2229 (bronxboa@onebox.com); Queens (718) 225-4200 (heledo@optonline.net); NY Metro (212) 946-4599 www.oanyc.org ; NY Moravian (718) 324-7018 www.oa-moravian.org |
| NJ | Northern NJ (973) 746-8787 www.njioa.org ; Central NJ (908) 253-3464 www.oa-centraljersey.org ; Southern NJ (609) 239-0022 www.southjerseyoa.org ; Jersey Shore (609) 698-0244; W. Jersey (201) 335-1717 |
| CT | Fairfield (203) 454-6607 (webmaster@swctoa.org); New Haven (203) 781-9470 ; Northern CT (860) 231-2935 www.connecticutoa.org ; South Eastern CT (800) 824-8650 |