

Overeaters Anonymous – Houston Metropolitan Intergroup



PO Box 741836 Houston, TX 77274-1836




HMI website: <http://www.oahouston.org> HMI email: info@oahouston.org Phone #: +1 713-973-6633




Meeting List as of November 15, 2024




All times are Central Time (DST)



Day	Time	Meeting	Topic	Contact
Sunday	8:30 am	Sunday Big Book Study - Hybrid Meeting (Mtg # 56317) Oasis Club 5645 Hillcroft, Ste 102 Houston, TX 77036 https://us02web.zoom.us/j/748286152?pwd=Q2RiVm9jeSsvSIVSWkc2dFgrUmFEZz09#success Meeting ID: 748 286 152 Password 1234	<i>Big Book</i>	Donna 518-588-3405
	1:00 pm	“Food for Thought” Topic Meeting (Mtg # 00835) *Currently only held virtually Green Bay St Houston, TX 77024 https://us02web.zoom.us/j/81618490919 Join the Zoom Meeting Zoom Mtg ID: 816-1849-0919 Password: OAHOW	<i>OA HOW</i>	Marsha T 713-446-4548
	2:00 pm	OA Steps and Traditions Study /Once Monthly OA HOW Speaker (Mtg # 57441) Chapelwood United Methodist Church 11140 Greenbay St Williams Building, Room 103 Houston, TX 77024 Literature OA 12 & 12 will be available for purchase at the meeting; also available at The OA Bookstore	<i>OA HOW Steps and Traditions, Speaker on the last meeting of each month</i>	Greg 713-304-4614

Day	Time	Meeting	Topic	Contact
	6:00 pm	Woodlands Literature Meeting (Mtg # 57271) Lord of Life Lutheran Church 3801 S Panther Creek Dr 2nd Fl, Library Rm The Woodlands, TX 77381	<i>Newcomer, Tools</i> <i>Anorexia/ Bulimia, Young Adult</i>	Debbie 832-683-1563
	7:00 pm	OA Speaker Meeting (Mtg # 88971)	<i>Speaker</i>	Joe 281-300-6343 jaker@azphoto.com
Monday	10:30 am	Rotating Literature Study Meeting (Mtg #801274) https://us02web.zoom.us/j/5954390550  Meeting ID: 595 439 0550 One tap mobile +13462487799 5954390550# US (Houston) Dial by your location +1 346 248 7799 US (Houston) Rotating Literature Study: 12 Steps & 12 Traditions of OA, 12 & 12 of AA, the Big Book (AA), & have leader topics from For Today, Voices of Recovery or other approved OA & AA literature. We share Group Conscience with our sister Thurs 10:30 am mtg.	<i>Literature</i>	Nancy 713-851-3515 oabookworm@gmail.com
Monday	6:00 pm	Monday OA HOW Big Book and 12 & 12 Study (Mtg # 89938) Virtual Event an OA HOW Zoom Meeting  Meeting ID: 816 1849 0919 Password: OAHOW	<i>OA HOW Big Book & 12/12 Study</i>	Marsha T. 713-446-4548

Day	Time	Meeting	Topic	Contact
	5:00 pm	<p>Santa Fe, NM Zoom meeting</p> <p>https://zoom.us/j/983851226</p>  <p>Meeting ID: 983 851 226 Password 1234</p>	<i>Reading & Meditation</i>	https://www.nnmoa.com/meetings-list
	7:00 pm	<p>Albuquerque, NM Zoom Meeting</p> <p>https://us02web.zoom.us/j/88067773470</p>  <p>Meeting ID: 880 6777 3470 346-248-7799 US</p> <p> CLOSED CAPTIONED for the Hearing Impaired</p>	<i>Newcomer</i>	Contact: Mary S. 505-977-3445
	12 pm	<p>Albuquerque IN-PERSON Meeting "Steps to Recovery"</p> <p>Location: The Heights Club 8520 Marble Avenue NE</p> <p>From the intersection of Lomas and Virginia (just west of Wyoming) go north to Marble, turn right, and follow the street around the curve. Plenty of parking.</p>	<i>Step Study</i>	Contact: Sue M. 209-765-0132 or Jane V. 505-980-9162
Tuesday Wednesday	5:30 pm	<p>Durango, CO Zoom Meeting</p> <p>Please contact Ali for information</p>	<i>Rotating</i>	Contact: Ali 720-470-0769

Day	Time	Meeting	Topic	Contact
	12 pm	<p>Las Cruces, NM HYBRID MEETING</p> <p>St. James Episcopal Church 102 St James Ave, Las Cruces, NM 88005</p> <p> Wheelchair Accessible</p> <p>https://us02web.zoom.us/j/8318857571?pwd=S2VnWk1lcEFZKzR4b21ZUUFBUXFQdz09</p>  <p>Meeting ID: 8318857571 Password: 003560</p> <p>Meeting info (phone call only): Dial +1 346 248 7799 US (Houston)</p> <p>Meeting ID: 8318857571 Passcode: 003560</p>	Rotating	<p>Contact: Bob S. 610-762-3779</p>
<p>Wednesday Thursday</p>	6:00 pm	<p>OA Wednesday ABQ Zoom Meeting</p> <p>https://us02web.zoom.us/j/89831936843?pwd=blRaeSt5ejFKdGRXd1pBSzI0TzNSZz09</p>  <p>Meeting ID: 898 3193 6843 Passcode: 878640</p> <p>One tap mobile +13462487799,,89831936843#,,,,*878640# US (Houston) +16694449171,,89831936843#,,,,*878640# US</p> <p>Dial by your location +1 346 248 7799 US (Houston) +1 669 444 9171 US +1 669 900 9128 US (San Jose) +1 253 215 8782 US (Tacoma) +1 312 626 6799 US (Chicago) +1 386 347 5053 US +1 564 217 2000 US +1 646 558 8656 US (New York) +1 646 931 3860 US +1 301 715 8592 US (Washington DC)</p> <p>Meeting ID: 898 3193 6843 Passcode: 878640</p> <p>Find your local number: https://us02web.zoom.us/u/kicekatkM</p>	<p><i>AA Big Book Topics, Speakers</i></p>	<p>Contact: Vanessa G. 505-507-9894</p>

Day	Time	Meeting	Topic	Contact
	7:00 pm	<p>Albuquerque IN-PERSON Meeting “Stayed For the Sanity”</p> <p>Location: First Unitarian Church 3701 Carlisle Blvd NE Albuquerque, NM 87110</p> <p>The group meets in the Family Room, NE corner of the church complex. Entrance faces Comanche Boulevard. Look for bright pink signs pointing the way.</p>	<i>Rotating</i>	<p>Contact: Frank 505-688-0788 or Katie 505-300-8922 (text is preferred)</p>
	5:15 pm	<p>Silver City IN-PERSON Meeting</p> <p>Location: Church of the Good Shepherd, Meeting Hall 615 N. Texas St. Silver City, NM 88061</p>	<i>Literature, Spirituality</i>	<p>Contact: Abby 575-313-7305</p>
	7:00 pm	<p>We Care Zoom Meeting of OA Albuquerque, NM</p> <p>https://us02web.zoom.us/j/89416517045?pwd=M3ZxWG5QVW8rOUFyMm5HKzg3MkFmQT09</p>  <p>Meeting ID: 894 1651 7045 Passcode: 932273</p> <p>Dial-in Number: +1 253 215 8782</p>  <p>CLOSED CAPTIONED for the Hearing Impaired</p>	<i>Rotating</i>	<p>Contact: Carol Sp 505-804-5093</p>
Friday	11 am	<p>Albuquerque Zoom Meeting:</p> <p>https://us02web.zoom.us/j/88113407202</p>  <p>Meeting ID: 881 1340 7202</p> <p>Dial-In Number: +1 346 248 7799 US</p>	<i>11th Step – Prayer & Meditation</i>	<p>Contact: Vanessa 505-507-9894</p>

Day	Time	Meeting	Topic	Contact
	11:00 am	<p>Albuquerque Saturday Surrender Zoom Meeting</p> <p>https://us02web.zoom.us/j/89503412076?pwd=bkZFRmw3QWxYUnRJMmsxMCtkNmZhUT09</p>  <p>Meeting ID: 895 0341 2076 Password: 550847</p> <p>Call-In Number: 1-346-248-7799</p>  <p>CLOSED CAPTIONED for the Hearing Impaired</p>	<i>Rotating</i>	<p>Contact: Anna Charirose L. 505-544-6950</p>
Sunday	8:30 am	<p>OA Sunday ABQ Hybrid Meeting</p> <p>Location: Nahalat Shalom 3606 Rio Grande Blvd NW, Albuquerque, NM 87107</p> <p>Inside courtyard, 2nd door from left on north wall</p> <p>https://us06web.zoom.us/j/85880308210?pwd=OHRHcFR1VWla d25SS3l0bzRHMzE1QT09</p>  <p>Meeting ID: 858 8030 8210 Password: hpsunday</p>	<i>Rotating</i>	<p>Contact: Vanessa 505-507-9894</p>
	4:00 pm	<p>Portales, NM IN-PERSON Newcomer Meeting</p> <p>Central Christian Church Prayer Room 528 S. Main Ave. Portales, NM 88130</p>	<i>OA Second and/or Third Edition</i>	<p>Contact: Jaime 904-441-9922</p>

Day	Time	Meeting	Topic	Contact
<p>Please send meeting changes and updates to oadnmi@gmail.com. Please also go to https://oadnmi.org/financial-a-meeting/ to add, edit, or cancel a meeting.</p>				