

Meeting List

EVERYONE WELCOME!

The only requirement for membership is a desire to stop eating compulsively.



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OA members and prospective members only, unless indicated as "Open" which means that guests or healthcare professionals may attend. All facilities are Non-Smoking. No food allowed at any meeting.

Meeting Formats: 12 & 12 focuses on the 12 Steps and 12 Traditions books of Overeaters Anonymous and/or Alcoholics Anonymous. Big Book means the focus is on the book Alcoholics Anonymous, otherwise known as "The Big Book."

Meditation meetings use the OA daily meditation books "Voices of Recovery" and "For Today." Writing meetings generally have a reading followed by a time of writing on the reading.

Literature meetings generally rotate with readings from the Big Book, 12 & 12 books, meditation books and/or other OA-approved literature. HOW is a bit more structured than the regular program.

SUNDAY	Grp. #	City (most in WI)	Location/Place	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	Comments
1:00 PM	40024	New Holstein	Meeting ID 840 2831 9819, password 141414		Zoom	Tony P	920.286.1007			Rotate Literature
6:30 PM	89919	Virtual	Meeting ID 854 7154 3560, password 414414		Zoom	Jim H	414.364.4322			Literature

MONDAY	Grp. #	City (most in WI)	Location/Place	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	Comments
8:30	88911	Virtual	Please contact Carol Ann at 414.465.9154 for Zoom info		Zoom	Katherine	786.531.4858			Big Book
4:30 PM	39254	New London	First Congregational UCC	110 E. Hancock St. (Fellowship Hall)	In-Person	Ruth	920.982.2295			Open/Literature
6:00 PM	39166	Neenah	St. Mark's Lutheran Church	140 S Green Bay Road	In-Person/Zoom	Christine	920.858.7024			Literature/Open
		Hybrid	Meeting ID 849 2814 6685, password: 972752							
6:00 PM	22299	Virtual	Contact Jean for Zoom information		Zoom	Jean A	262.332.0259			
6:30 PM	00347	Racine	Living Faith Lutheran Church	2915 Wright Ave (Wright Ave & Quincy St)	In-Person	Sarah S	414.699.2897			Open/Rotating Literature
6:45 PM	00122	Franklin	Faith Community Church	7700 W Faith Drive	In-Person/Zoom	Joy M	847.274.4708			4th Monday is Open meeting
		Hybrid	Meeting ID 879 3084 9167, contact Joy M for password							Handicapped Accessible
7:00 PM	31798	Antigo	St. Mary & Hyacinth Parish Center	819 3rd Ave, Room 4	In-Person	Rose Marie	715.623.2128			
7:00 PM	30176	Virtual	Meeting ID 823 416 889, password 414414		Zoom	Jim H	414.364.4322			HOW Meeting

TUESDAY	Grp. #	City (most in WI)	Location/Place	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	Comments
10:00	21024	Menomonee Falls	Good Shepherd Catholic Church	N88 W17658 Christman Road	In-Person	Nancy Z	414.628.4256			Handicapped Accessible
11:00	56592	Oconomowoc	Lake Area Club	N60 W35878 Lake Drive	In-Person	Rennie	414.721.1883			Rotating Literature
			(Hwy P & Hwy Z)	Oconomowoc, WI 53066						Open Meeting
1:00 PM	40998	Manitowoc	Lakeshore United Methodist Church	411 Reed Ave	In-Person	Mary S	920.684.5396			Use the east entrance
6:00 PM	50571	Virtual	Meeting ID 815 5719 9982, passcode ODAAT		Zoom	Trish	715.587.0688	Deb	906.290.3734	Rotating Literature
6:30 PM	800542	Mequon	Meeting ID 849 2836 2265, passcode 123		Zoom	Donna H	414.534.1359			HOW Meeting

WEDNESDAY	Grp. #	City (most in WI)	Location/Place	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	Comments
6:30	20992	Wauwatosa	Martin Luther Church	9235 W Bluemound Rd (Gray Rm)	In-Person/Phone	Joan C	414.627.1406	Lynn H	414.477.4271	Handicapped Accessible
		Hybrid	Dial 425.436.6343, access code 327039#							Meditation
9:30	03631	New Berlin	Resurrection Lutheran Church	12400 W Coldspring Rd	In-Person/Phone	Julie C	440.258.2062			Handicapped Accessible
		Hybrid	Dial 716.427.1082, access code 287464#							Fragrance Free
2:30 PM	03478	West Bend	Unity Club	1715 Creek Drive, West Bend 53090	In-Person/Phone	Judy W	414.403.8361			Rotating Literature
		Hybrid	Dial 720.740.9632, access code 5768825#							
6:30 PM	801106	Virtual	Meeting ID 886 2145 1041, passcode 885869		Zoom	Todd U	414.828.3028			Men Only
										Rotating Literature
6:30 PM	48802	Virtual	Contact Pam for Zoom information		Zoom	Pam C	262.729.0212			
7:00 PM	02346	Green Bay	The Bridge of Green Bay	2514 Jenny Lane	In-Person/Phone	Judy K	920.265.1877			Step Study
		Hybrid	Dial 605.313.5634, access code 4529449#							Open

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THURSDAY	Grp. #	City (most in WI)	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	
8:00	801316	Virtual	Meeting ID 834 5706 9064, password 126914	Zoom	Katheryn	920.728.1666	Jennifer	414.218.9664	Claim Your Seat: Recovery from Relapse
4:00 PM	57691	Plymouth	Redeemer Lutheran Church 1808 Eastern Ave	In-Person	Pat P	920.889.3719			Handicapped Accessible
4:45 PM	802311	Wauwatosa	St. Camillus/East Independent Living 10200 W Bluemound Rd Health & Revitalize Wellness Center Education Room	In-Person	Kim B	262.220.6804			Newcomer/Step Study/Open Handicapped Accessible
6:30 PM	801750	Virtual	Meeting ID 891 5591 3276, passcode 571880	Zoom	Deb K	920.202.6150			Literature Study Group
6:30 PM	57585	Grafton	Pilgrim United Church of Christ 1621 2nd Avenue South parking lot, conference room entrance at lower end of lot, in front of garage	In-Person	Jean C	414.617.7764	Cheryl Y.	414.378.5797	HOW Meeting Rotate Speaker, Steps, Literature
8:00 PM	802330	Virtual	Meeting ID 838 5864 5995, passcode 609546	Zoom	Anna S	503.867.9223			Two Way Prayer

FRIDAY	Grp. #	City (most in WI)	Location/Place	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	Comments
8:45	46721	Delavan Hybrid	United Methodist Church Contact Pam for Zoom information	213 S 2nd St	In-Person/Zoom	Pam C	262.729.0212			Park in rear of building

SATURDAY	Grp. #	City (most in WI)	Location/Place	Address	Mtg. Type	Contact	Phone #	Contact	Phone #	Comments
7:30	38390	Wauwatosa Hybrid	Martin Luther Church Dial 720.740.9632, access code 5768825#	9235 West Bluemound	In-Person/Phone	Joan C	414.627.1406	Judy W	414.403.8361	HOW Concept Meeting Handicapped Accessible
8:00	57985	Oconomowoc	Lake Area Club (Hwy P & Hwy Z)	N60 W35878 Lake Drive Oconomowoc, WI 53066	In-Person	Jennifer G	262.349.2559			Rotating Literature Open Meeting
8:30	56820	Iron Mountain (MI)	401 Club	401 S. Kimberly Ave	In-Person	Karen K	262.497.4241			2nd floor/Open meeting
8:30	49329	Burlington Hybrid	St John Divine Episcopal Church	216 E Chandler Blvd Contact Maureen or Patti for Zoom info	In-Person/Zoom	Maureen S	262.661.6752	Patti R	262.210.3800	Fragrance Free Handicapped Accessible
8:45	56570	Wauwatosa Hybrid	Martin Luther Church ID 515 792 3358, pwd 248167, Phone: 312.626.3799, use same ID and pwd	9235 W Bluemound Rd	In-Person/Zoom and Phone	Gayle S	414.443.0101	Sue W	414.588.0255	12 Step Study Handicapped Accessible
9:00	57013	Milwaukee Hybrid	All Saints Cathedral Meeting ID 886 2145 1041, passcode 885869	818 E Juneau	In-Person/Zoom	Deron K	262.412.7058			Men only Rotate Steps, Traditions, Literature
9:30	32466	Fox Point	N Shore Congregational Church	7330 N Santa Monica Blvd	In-Person	Kathy W	262.236.9138			HOW meeting / Use main doors
9:30	04055	West Allis Hybrid	Blessed Hope United Methodist Church Meeting ID 873 3542 5786, passcode 747340	3177 S 107th St	In-Person/Zoom	Joy M	847.274.4708	Laurie L	414.308.0748	Use east main door Handicapped Accessible
10:00	11228	Oshkosh	Solutions Recovery Club	621 Evans St, Oshkosh, WI 54901	In-Person	Bobbi B	847.736.7036	Chris K.	920.573.5573	Literature, Varies

Milwaukee Area Intergroup meets on the third Monday of each month via Zoom. This is a business meeting for the Milwaukee area.

All members are invited to attend. For Zoom information, please contact business@oamilwaukee.org. Meeting starts at 6:30pm.

Please send meeting additions or changes to meetings@oamilwaukee.org or call 414-259-0640.

Last minute meeting changes (including cancellations for inclement weather) will be posted on Facebook at Overeaters Anonymous - OA Milwaukee whenever possible.

MAI Address: Milwaukee Area Intergroup of OA
P.O. Box 270054
Milwaukee, WI 53227

Phone: 414-259-0640
Email: info@oamilwaukee.org
Website: oamilwaukee.org

Updated: October 3, 2026