

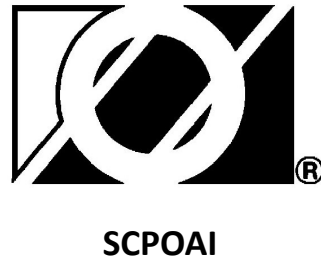
7:00 pm, Harrisburg (#25756, Closed)
Virtual through Zoom
For Meeting ID/Password, please reach out to Meeting Contact (below).
Contact: Jan 717-564-1799

SATURDAYS

7:30 am, York (#41242, Open)
Hybrid
Conference call number: 978-990-5019
Password: 5839436
Location: Pleasureville UMC
2606 N Sherman St
York, PA 17406
Contact: Glenn K. 717-659-1219

9:00 am, Lemoyne (#48152, Open)
In person
Location: Grace UMC
309 Herman Ave
Lemoyne, PA 17043
Notes: Door will unlock at 8:45 a.m.
(green light to right of door will be on);
Same room as the Wednesday 6:00 pm meeting
Contact: Cindy 717-576-0715

9:30 am, West Lawn (#18153, Open)
In person
Location: West Lawn UMC
15 Woodside Ave
Reading, PA 19609
Notes: In the building with the West Lawn/Wyomissing Hills Library; on 2nd floor
Contact: Tracey L. 484-529-8433



**Together we can do what we
could never do alone.**

Updated 04/06/2024

OA Meeting List

For SCPOAI (South Central Pennsylvania Overeaters Anonymous Intergroup) Area Groups

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

Contact Information
www.scpoai.org
scpoai.ig@gmail.com
717-870-8115

SCPOAI meets the 1st Saturday of the month. Please contact us (scpoai.ig@gmail.com) for location information.

About OA

- Overeaters Anonymous is a 12 step fellowship.
- Overeaters Anonymous is a spiritual program, not a religious program.
- OA has no dues or fees. The only requirement for OA membership is the desire to stop eating compulsively. We are self-supporting through our own contributions.

SCPOAI Website

- www.scpoai.org
- Find meeting information and upcoming events (both local and national are highlighted).
- Connect with available sponsors.
- Find speakers for meetings or events.
- Discover resources for recovery.

SCPOAI Meetings

All meetings are registered as English speaking.

SUNDAYS

7:00 pm, Lancaster (#57103, Open)

Virtual through Zoom

ID: 517 624 061

Passcode: 037513

Contact: Kim L. 717-989-8183

7:00 pm, Reading (#89853, Closed)

Virtual through Zoom

ID: 129 251 846

Passcode: 321654

Notes: Literature, writing

Contact: Tracey L. 484-529-8433

MONDAYS

4:00 pm, Shippensburg (#53542, Open)

In Person

Location: The Harbor

55 W King St

Shippensburg, PA 17257

Notes: Park on left side of building and enter at red door on left side of building

Contact: Rachel 717-496-3996

7:00 pm, West Lawn (#51881, Open)

In person

Location: West Lawn Methodist Church

150 Woodside Ave

West Lawn, PA 19609

Notes: Education building, behind church, Room 112; Big Book study

Contact: Janice J. 610-507-5870

7:30 pm, Hershey (#20676, Open)

Hybrid

Zoom Mtg ID: 851 5007 1565

Zoom Passcode: 874754

Location: St Paul's Lutheran Church

850 Hill Church Rd

Hummelstown, PA 17036

Contact: Jamie 717-215-5741

7:30 pm, Shrewsbury (#53505, Open)

Hybrid

Zoom Mtg ID: 861 0078 5471

Zoom Password: n/a

Location: Grace Fellowship Church

74 E Forrest Ave

Cornerstone Building, Room 862

Shrewsbury, PA 17361

Contact: Tammy T. 717-424-8532

TUESDAYS

10:15 am, Reading (#56338, Open)

In person

Location: Good Shepherd UCC

105 Tuckerton Rd

Reading, PA 19605

Contact: Bonnie S. 610-507-2263

12:15 pm, State College (#39264, Open)

Conference call

Number: 701-802-5435

Password: 4157734

Contact: Nancy 814-237-1002

4:00 pm, Carlisle (#07287, Closed)

In person

Location: First Lutheran Church

21 S Bedford St

Carlisle, PA 17013

Contact: Cynthia J. 717-514-4979

6:00 pm, Wyomissing (#18240, Open)

Virtual through Zoom

ID: 898 5187 9970

Password: 898997

Contact: Janice J. 610-507-5870

6:45 pm, Lancaster (#34022, Open)

Conference call, online

Conference call number: 425-436-6329

Password: 4029242

freeconferencecall.com

Mtg ID: lancoatuesday

Notes: Literature, OA Steps and/or Traditions Study

Contact: Delphine B. 717-823-3615

WEDNESDAYS

6:00 pm, Lemoyne (#06687, Open)

Virtual

Zoom Mtg ID: 812 2730 3710

Password: Just42day

Notes: Steps, Traditions, Tools

Contact: Mary K. 717-525-1292

THURSDAYS

6:00 pm, Reynoldsville (#31054, Open)

Not meeting

Contact: Monica 814-335-3365

6:30pm, Dillsburg (#54909, Closed)

In person

Location: The Meeting House

1071 York Rd

Dillsburg, PA 17019

Notes: Life House; Step Study

Contact: Karen 717-422-2747

7:00 pm, Wyomissing (#18205, Closed)

Not meeting

Contact: Bonnie S. 610-507-2263

FRIDAYS

10:15 am, Reading (#48911, Closed)

In person

Location: Good Shepherd UCC

170 Tuckerton Rd

Reading, PA 19605

Notes: Literature

Contact: Jane P. 610-929-5411

10:30 am, Lancaster (#00890, Open)

Conference call, online

Conference call number: 605-313-4323

Password: 4284763

freeconferencecall.com

Mtg ID: lancoafriday8

Contact: Tracy F. 717-333-8845

7:00 pm, Central PA (#89386, Closed)

Virtual through Zoom

ID: 840 5975 1631

Password: together

Notes: 100+ pounds

Contact: Amanda 717-810-6870

Friday Meetings continue on next page.