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| **OUT OF TOWN**  **MEETINGS**  **THURSDAY 6:30 PM**  **V CLOSED 53466**  Central United Church  220 George St.,  Sarnia, ON  Contact: Lonnie B. 519-381-4719  **SATURDAY 2:30 PM**  **V OPEN**  **KOMOKA LIBRARY**  Program room 1 Tunks Lane (beside the arena)  Komoka, ON  Contact: Joan S.: 519-471-9075 |  | **Meeting Type**  V = Varies  BB = Big Book Study  STEP = 12 Steps of OA    = Wheelchair Accessible  **Open Meeting:** Open to OA members and non-OA visitors. All meetings are considered open unless indicated.  **Closed Meeting:** Restricted to those who desire to stop eating compulsively (OA members and others who think they may have a problem with food).  Meeting format varies. If you are a newcomer it is recommended you try a variety of meetings  Anyone with a desire to stop eating compulsively may attend any meeting. This includes those who may feel they have a problem with eating.  A group listing does not constitute or imply approval or endorsement of a group’s approach to, or practice of, the OA program. |  | **Overeaters Anonymous**  **Southwestern Ontario**  **For more information about OA, go to: oa.org**  Region = region5oa.org  January 2016 |

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| **LONDON MEETINGS**  **SUNDAY 7:30 PM**  **V OPEN 34878**  Rowntree Memorial Church  156 Elliot St. N5Y 2E9  Contact: Liz 519-520-8534  **TUESDAY 10:00 AM**  **BB OPEN 20779**  St. John the Evangelist Church  280 St. James St  Wellington Street Entrance  N6A 1X3  Contact: Cathy G. 519-671-3546  **WEDNESDAY 6:00 PM**  **STEP OPEN 52268**  Westmount Presbyterian Church, London  N6K 1G3  Contact: Cherie 519-670-2245  Enter through west door |  | | **LONDON MEETINGS**  **FRIDAY 10:00 AM**  **V CLOSED 39774**  St. John the Evangelist Church  280 St. James St  Wellington Street Entrance  N6A 1X3  Contact: Joan S 519-471-9075  **SATURDAY 11:00 AM**  **V CLOSED 47972**  St. Justin’s Catholic Church  Father Pat Mellon Room  855 Jalna Blvd  at Ernest  N6E 2S2  Contact: Lauri A. 226-448-9815  **Open** 5th Saturday of the Month |  | | **OUT OF TOWN**  **MEETINGS**    **TUESDAY 1:00 PM**  **V OPEN 18734**  Church of the Good Shepherd  1023 Devonshire Ave  Woodstock, ON  N4S 5S1  Contact: Richard 519-475-4715 |
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