

NEWCOMER MEETINGS

Newcomer meetings are special OA meetings held prior to a regular OA meeting, where newcomers to Overeaters Anonymous may listen, talk and ask questions. Newcomer meetings are open to all, newcomers and old-timers alike. You are always welcome! Newcomer meetings are shown shaded in the schedule. Check one out!

ABSTINENCE

Abstinence in OA is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living the Overeaters Anonymous 12-step program.

OA HOTLINE

The following members are not counselors. They are members of our fellowship who are willing to take your call when you need to talk. If you get no answer, try another number. Please observe times!

Call Us! It Works!

EVENINGS & WEEKDAYS

Alana 510-521-4533 Until 8 pm
 Carol McK. 510-410-4323 9am-5pm
 Julie A. 510-406-3195 7:30am-8pm
 Lea 510-530-8159 10am-7:30pm
 Susie A. 510-472-1355 After 4pm

WEEKENDS

Cindy 510-407-4189

ANYTIME

Cyndi E. 510-427-5603 Call or Text
 Donna O. 408-394-6216 Leave Message for
 Callback

Eileen 925-481-8818
 Ella 510-326-7353
 Louis 510-846-4607
 May 510-647-5182

Hotline calls are intended as support / program conversations, not meeting information. Please see other side of schedule for meeting and contact information.

To be added or removed from the OA Hotline or to update any information printed here email meetinglist@eastbayoa.org

TRY AN ONLINE OR PHONE MEETING

See info at
www.oa.org/membersgroups/find-a-meeting

ANNOUNCEMENTS

SPONSORSHIP WORKSHOP

Saturday, Nov 7th -- Unity Intergroup hosts a **Sponsorship Workshop** 10:30 to 2:00 with a 30 minute lunch break. Come to [find a sponsor](#) and/or to learn how you can [be a sponsor](#). Sponsorship breaks the isolation and puts us all on a path to recovery. If you are a sponsor, encourage your sponsees to attend as a way of doing service. All OA members are welcome to attend!

St. John's Church -Room 212- 2727 College, Berkeley

THE PUBLIC NEEDS TO FIND US!

How do still-suffering compulsive eaters find out about how OA can help? Distribute flyers, make posters, staff a table at a health fair. The Public Information & Outreach Committee takes action to get the word out. Contact Starr A. at info@eastbayoa.org to get involved.

HOLIDAY SUPPORT

Come to our THANKATHONS which offer fellowship during challenging times. Thanksgiving (Nov 26) Christmas (Dec 25) and New Years Day (Jan 1) Each event goes from 10:00 to noon Kaiser Fabiola Bldg -lower level- 3801 Howe, Oakland

STAY IN TOUCH WITH OA

Sign up to receive monthly news blasts about your local OA community. Log onto www.eastbayoa.org, enter your email address in the sign-up box for the Unity Link.

TELEPHONE STEP-A-MONTH WORKSHOPS

Noon-1pm Pacific, Second Sundays Dial 1-424-203-8405 and enter access code 925619# Hosted by OA World Service. www.oa.org

CONTACTS IN OTHER AREAS

Ebony OA Bay Areawww.ebonyoa.org 415-578-4981
 Fremont/Hayward/Newark/ San Leandro/Union City
www.southernalamedacountyoa.org 510-273-9037
 HOW OAhow-oa.org 925-943-3190 or 510-521-7651
 Marinwww.oamarin.org 415-927-2245
 Mid-Peninsulawww.oamidpenninsula.org 650-375-0724
 Monterey www.monterery.oar2.org 831-646-2311
 Sacramento Valley .. www.sacvalleyoa.org 916-786-0330
 Santa Cruzwww.santacruz.oa.org 831-429-7906
 San Francisco www.oasf.org 415-436-0651
 San Josewww.oasv.org 408-268-7243
 Sonoma..... www.sonoma.oar2.org 707-538-9770
 Vallejo/Napa707-429-6440
 Valley Sierra OA/HOW .valleyhow.oar2.org 209-533-4780

TRADITION 7 "...Every OA group ought to be fully self-supporting, declining outside contributions."

UNITY INTERGROUP

TRADITION 2 "...Our leaders are but trusted servants; they do not govern."

Upcoming Intergroup Meetings

10:30 am - 12 noon

Oct 3rd, Nov 7th, Dec 5th, Jan 9th

St. John's Church, Room 212

2727 College Ave. Berkeley, CA

Intergroup meetings are fragrance free.

Unity Intergroup is our central service committee. Representatives from each individual group in our area meet to address issues that affect OA as a whole and to keep OA in the East Bay coordinated and functioning. Meeting Representatives serve as liaisons between their meetings and Intergroup to disseminate information to their meetings through flyers, schedules, etc.

All OA members are welcome and encouraged to participate in intergroup meetings. Please contact officers below if you have any questions.

Unity Intergroup Officers

Chair	Delyn	E m a i l
Vice Chair	Victoria	a n y
Treasurer	Felicia	o f f i c e r
Web Liaison	Anita	a t
Recording Secretary	Briana	i n f o @
Corresponding Secretary	Audra	e a s t b a y o a
Events Coordinator	Lucy	. o r g
Public Information	Starr A.	o r c a l l
Literature Chair	Vicki	(5 1 0)
Schedule Coordinator	Katherine K.	9 2 3 - 9 4 9 1
Diversity Chair	VACANT	o r
12 th Step Within Chair	Sophie	(9 2 5)
Region 2 Rep #1	Briana	2 7 4 - 9 4 9 1
Region 2 Rep #2	VACANT	
World Service Rep	Debra	

7th Tradition Disbursement: 60/30/10

After expenses and a prudent reserve, suggested meeting donations are 60% to Intergroup, 30% to World Service and 10% to Region 2. Please contact the Intergroup Treasurer at treasurer@eastbayoa.org if you need more details or have questions about this disbursement.

Contact Information

World Service Office.....www.oa.org 505-891-2664
 P.O. Box 44020, Rio Rancho, NM 87174-4020
 Region 2.....www.oar2.org... secretary@oar2.org
 4733 Torrance Blvd., PMB 335, Torrance, CA 90503
 Unity Intergroup.....510-923-9491 or 925-274-9491
www.eastbayoa.org... info@eastbayoa.org
 P.O. Box 11561, Oakland, CA 94611



OVEREATERS ANONYMOUS®
EAST BAY UNITY INTERGROUP
 SERVING CONTRA COSTA &
 NORTHERN ALAMEDA COUNTIES
www.eastbayoa.org
info@eastbayoa.org
 510-923-9491 or 925-274-9491

MEETING SCHEDULE

OCTOBER – NOVEMBER - DECEMBER

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

THE TWELVE STEPS

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.

TRADITION 3: "The only requirement for OA membership is a desire to stop eating compulsively."
ALL MEETINGS ARE OPEN to all OA members.
 If you can't connect with one meeting, try another!

TIME	CITY	MEETING FOCUS / GROUP #	ADDRESS AND COMMENTS	CONTACT
SUNDAY				
7:00 am	Oakland	Into Action: Big Book Study	31305 The Offices of St Paul's Episcopal Church, 114 Montecito Ave. (at Bay Place, near Grand Ave). Enter gate at right of Main Entrance to St Paul's School (116 Montecito Ave.) Cross to porch at far end of courtyard. Signs posted. <i>For wheelchair access ring bell, arrive early, or call ahead for assistance.</i> FF, LIT, WC	Jo 510-301-7933
8:30 am	Oakland	Women's Meeting: Speaker/Literature/Step	36950 Kaiser Fabiola Building, 3801 Howe St. 4 th Floor. Room 445. FF, LIT, WC	Kathy G. 510-654-5420
10:30 am	Oakland	Sunday Morning Potpourri	37833 Kaiser Hospital, 3505 Broadway. 11 th Floor, Rm. 1171 FF, LIT, WC	Penny S. 510-521-9395
5:30 PM	OAKLAND	NEWCOMERS MEETING	26575 Kaiser Hospital, 3600 Broadway. Take elevator to LL. Walk to the Conference Center. Room LL-B FF, LIT, WC	Louis 510-846-4607
6:00 pm	Oakland	Commitment to Abstinence		
MONDAY				
7:00 am	Berkeley	Rotating Topics Weekly: Body Image, Abstinence, Gratitude	00548 Epworth United Methodist Church, 1953 Hopkins St (Between The Alameda & Sutter). Enter on Hopkins. Upstairs in Room 29. <i>Knock Loudly on the Napa St. door for wheelchair access.</i> WC	Judy 510-528-2501
7:00 am	Oakland	Into Action: Speaker or Writing/Meditation	24411 The Offices of St Paul's Episcopal Church, 114 Montecito Avenue, <i>See Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Bertha 510-499-2862
12:10 pm	Berkeley	Step Study	24766 Newman Hall, 2700 Dwight Way (at College Ave.) In the Gallery Room on 1st Floor. Abstinent Lunch Welcome. L, LIT, WC	Kit S. 510-845-3033
7:00 pm	Alameda	Literature Lifeline	53723 Home of Truth Spiritual Center, 1300 Grand St. (at Alameda Ave) 2 nd Floor. Up one flight of stairs. Ohana Room. NWC	Felicia 510-381-2458
7:00 PM	CONCORD	NEWCOMERS MEETING	12763 Bethel Baptist Church, 3578 Clayton Rd. Building behind the motel. WC	Karin 925-334-9257
7:30 pm	Concord	Discussion		
7:30 pm	Oakland	Focus on the Solution: Literature Study	46536 Piedmont Gardens Friendship Room, 110 41 st St (near Piedmont Avenue). Enter on 41 st St. In the Friendship Room. WC	Lauren C. 510-652-1298
TUESDAY				
7:00 am	Berkeley	Steps and Traditions	00537 Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) <i>See Mon. 7am listing. Knock loudly @ Napa St. door for WC.</i> WC	Bev 510-527-8747
7:00 am	Oakland	Into Action: Relapse Prevention and Recovery	24383 The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. <i>See Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
7:00 pm	Brentwood	Discussion	49791 Brentwood Community UMC. 809 2 nd St. Library or Fireside. WC	Lisa 925-625-6044
7:00 pm	Livermore	Book Study	45699 St. Bartholomew's. 978 Enos Way. In the Parish Hall. LIT, WC	Nora 925-337-9118
7:30 pm	Piedmont	Big Book Study	37831 Piedmont Community Church, 400 Highland Ave. Enter on Mountain Ave. Entrance in rear of church. FF, NWC	Julie A. 510-406-3195
7:30 pm	Walnut Creek	Book Study and Discussion	53324 St Paul's Episcopal Church, 1024 Trinity Avenue. In the Youth Center which is the small house on east side of church. WC	Mary-Helen 510-289-5453
WEDNESDAY				
7:00 am	Berkeley	Acceptance	00509 Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) <i>See Mon. 7am listing. Knock loudly @ Napa St. door for WC.</i> WC	Bandi 510-717-2032
7:00 am	Oakland	Into Action: Meditation / Writing	24366 The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. <i>See Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
11:00 am	Pleasant Hill	12 Step Focus	00124 St. Mark's Lutheran Church, 3051 Putnam Blvd. In the classroom next to the nursery. WC	Sandy 925-687-9305
7:30 pm	Piedmont	Literature Potpourri/Speaker	47333 Piedmont Community Church, 400 Highland Ave. Enter on Mountain Ave. Entrance in rear of church. NWC	Briana 408-306-4169
7:30 pm	Albany	Rotating Topic: Literature and Speaker	53438 The Church on the Corner, 1319 Solano Ave. (At Pomona Ave.) In the Garden Room on the 1 st Floor. WC	Heather 415-517-2021
THURSDAY				
7:00 am	Berkeley	Tools	00508 Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) <i>See Mon. 7am listing. Knock loudly @ Napa St. door for WC.</i> WC	Nancy 510-526-3709
7:00 am	Oakland	Into Action: Step Study	24350 The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. <i>See Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
12:00 pm	Berkeley	Speaker Discussion	49454 Lutheran Church of the Cross, 1744 University (Between McGee & Grant) Upstairs in Rm 210. No Parking in Church lot. NWC	Betsy 510-842-6224
7:30 pm	Oakland	Positive Pitch/Speaker	46535 Piedmont Gardens, 110 41 st St, 6 th floor, Near Piedmont Ave WC	Pat L. 510-547-6271
FRIDAY				
7:00 am	Berkeley	Big Book Study	00507 Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) <i>See Mon. 7am listing. Knock loudly @ Napa St. door for WC.</i> WC	Catherine 510-649-9950
7:00 am	Oakland	Into Action: Literature Study	24336 The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. <i>See Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
12:10 pm	Berkeley	Food Relationship & Body Speaker/Lit Potpourri	41024 Newman Hall, 2700 Dwight Way (at College Ave.) In the Gallery Room on 1 st Floor. Abstinent Lunch Welcome. L, LIT, WC	Peter C. 510-338-8042
1:30 pm	Berkeley	Literature	30152 Northbrae Community Church, 941 The Alameda. WC	Kit S. 510-845-3033
5:30 PM	OAKLAND	NEWCOMERS MEETING	46479 Beebe Memorial Cathedral, 3900 Telegraph Ave. Enter through the church parking lot closest to 40 th . In the Educational Bldg. LIT, WC	Louis 510-846-4607
6:00 pm	Oakland	Speaker/Discussion		
SATURDAY				
7:00 am	Oakland	Into Action: Steps and Traditions	31306 The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. <i>See Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Terry 510-521-1267
8:15 AM	BERKELEY	NEWCOMERS MEETING	04833 St John's Presbyterian Church, 2727 College Ave at Garber. 2 nd Fl. Rm. 212. Right off the elevator/stairs. 90 MIN, FF, LIT, WC	Nicky 510-843-5429
8:30 am	Berkeley	Discussion/ Speaker		
8:15 AM	OAKLAND	NEWCOMERS MEETING	37431 St Paul's Lutheran Church, 1658 Excelsior Ave. WC	April 510-504-9396
9:00 am	Oakland	Back to Basics Step Study		
9:00 am	El Cerrito	Speaker and Step Study	52811 St Jerome Church, 308 Carmel Ave. Enter on north side of church. NWC	Robin 408-892-9917
10:00 am	Alameda	Step/Discussion/Speaker	10933 Home of Truth Spiritual Center, 1300 Grand St. (at Alameda Ave) 2 nd Floor. Up one flight of stairs. Ohana Room. 75 MIN, FF, NWC	Barbara S. 510-523-0828
10:00 am	Pleasant Hill	Anorexics, Bulimics, and Compulsive Overeaters	34017 St Mark's Lutheran Church, 3051 Putnam Blvd. Cunnison Hall. 90 MIN, FF, LIT	Susie 925-275-1391
10:30 am	Brentwood Discovery Bay	OA 90/Big Book/12 x12 Study and Speaker		
8:00 pm	Oakland	Miracle Meeting 2nd Saturday of the Month Oct 10, Nov 14, Dec 12, Jan 9	50368 Kaiser Hospital, 3600 Broadway. Take elevator to LL. In Conference Center. Room LL-B. Free Parking in Garage. FF, WC Coffee and Tea Served at 7:30 pm preceding meeting. Join Us!	Sarah 510-459-5207
10:30 am	Berkeley	Intergroup Usually 1st Saturday of the Month Oct 3rd, Nov 7th, Dec 5th, Jan 9th		

FOR THE MOST UP-TO-DATE LISTINGS, VISIT WWW.EASTBAYOA.ORG

Abbreviations MEETINGS ARE 60 MINUTES (MIN) UNLESS OTHERWISE NOTED				Information is subject to change. Please forward meeting changes or public announcements to meetinglist@eastbayoa.org . Deadline for schedule changes is Dec 12 th , 2015. Please also update all meeting information with the World Service Office at www.oa.org/edit-a-meeting.
Bldg.	Building	LIT	Literature Available for Purchase	
FF	Fragrance Free	NWC	No Wheelchair Access	
Fl.	Floor	Mtg.	Meeting	
Hosp.	Hospital	UMC	United Methodist Church	
L.	Abstinent Lunch Eaten During Meeting	WC	Wheelchair Accessible	