

ANNOUNCEMENTS

12-Step Marathon Saturday, Nov 4th 10 to 5 at the First Unitarian Church, 685 14th Street, Oakland

Hear speakers from the region share on the 12 Steps

Get help over the holidays

**Thanksgiving - Christmas - New Years
THANKATHONS**

*Join us from 10 AM to Noon each of these holidays
Watch for information regarding locations.*

NEW OA Publication Available:

Twelve Step Workshop and Study Guide

Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step Inventory Worksheets, and references from OA-approved literature, is included.

OA PODCAST WORKSHOPS

Listen to recordings of virtual OA workshops like, "The Importance of Working all 12 Steps" or "Sponsorship Success" Find them here: <https://oa.org/podcasts/>

STAY CONNECTED

Local Intergroup news:

Get the monthly Intergroup meeting notes via our Google Group - email Jack at: jackboos@chevron.com

Log onto www.eastbayoa.org, sign up for **Unity Link**, a monthly email newsletter covering our local community.

CONTACTS IN OTHER AREAS

Ebony OA Bay Area.....www.ebonyoa.org 415-578-4981
Fremont/Hayward/Newark/ San Leandro/Union City aka So.Alameda County.....www.oasaco.org 510-273-9037
HOW OA how-oa.org 925-943-3190 or 510-521-7651
Marin.....www.oamarin.org 415-927-2245
Mid-Peninsula .www.oamidpenninsula.org 650-375-0724
Monterey..... www.monterey.oar2.org 831-646-2311
Sacramento Valley .. www.sacvalleyoa.org 916-786-0330
Santa Cruz.....www.santacruzooa.org 831-429-7906
San Francisco www.oasf.org 415-436-0651
San Jose.....www.oasv.org 408-268-7243
Sonoma www.sonoma.oar2.org 707-538-9770
Vallejo/Napa 707-429-6440
Valley Sierra OA/HOW .valleyhow.oar2.org 209-533-4780

RECOVERY CRYPTOGRAM

YXCD FIS QXBD OC EXC
YBF FIS WIIP BE EXMDOR,
EXC EXMDOR FIS WIIP BE
QXBD OC .

UNITY INTERGROUP

Upcoming Intergroup Meetings

10:30 am - 12 noon

Oct 7th - Nov 4th - Dec 2nd - Jan 6th

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.

TRADITION 1 "Our common welfare should come first: personal recovery depends on OA unity."

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	Lucy	
Vice Chair	Thana	E m a i l
Treasurer	Randall	a n y
Web Liaison	Jenny	o f f i c e r
Recording Secretary	Jack B.	a t
Corresponding Secretary	Linda W.	i n f o @
Events Coordinator	VACANT	e a s t b a y o a
Public Information	VACANT	. o r g
Literature Chair	Lita	o r c a l l
Electronic Doc Mgr	David M.	
Schedule Coordinator	Katherine K.	(510)
Diversity Chair	Mandy	923-9491
12th Step Within Chair	VACANT	o r
Unity Link Coordinator	Stella	(925)
Region 2 Reps (3)	VACANT	274-9491
World Service Rep	Debra S.	
Answering Serv Coord	Garrett	

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 info@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... info@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

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!

OUR INVITATION TO YOU

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more. Welcome to Overeaters Anonymous. Welcome home!

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!

WEEKDAYS		
Julie A.	510-406-3195	7:30am to 8pm
Lita	510-316-2679	eves: 7pm-9pm
ANYTIME		
Debra S.	510-898-8797	Anytime
Jack B.	925-864-5783	Anytime
Ella	510-326-7353	Anytime
Louis	510-846-4607	Anytime
May	510-647-5182	9am to 9pm
David M.	201-390-6079	Anytime

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



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

OCT - NOV - DEC 2017

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.

SERENITY PRAYER

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

TIME	CITY	MEETING FOCUS / GROUP #	ADDRESS AND COMMENTS	CONTACT
SUNDAY				
7:00 am	Oakland	Into Action: Big Book Study	31305 St Paul's Church Office, 114 Montecito Avenue. Enter gate at right of main entrance to the school-116 Montecito. Go to porch at far end of courtyard. <i>WC access-ring bell or call first</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 Fabiola Bldg, 3801 Howe - downstairs Rm 26 FF, LIT, WC	Penny S. 510-205-6394
5:30 PM	OAKLAND	NEWCOMERS MEETING	26575 Kaiser Medical Office Bldg. 3701 Broadway – Room G-101	Louis 510-846-4607
6:00 pm	Oakland	Commitment to Abstinence	54825 Enter thru parking structure on the north side building FF, LIT, WC	
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
12:00 pm	San Leandro	For Today	51366 Hope Lutheran Church, enter at rear of church by going down Hubbard Ave., near 1797 Hubbard Ave. 45 MIN, LIT, WC	Ginjer 510-638-5955
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
6:00 pm	Emeryville	11th Step Spirituality Freethinkers Meeting	54400 NEW LOCATION: Golden Gate Rec Center, 1075 62 nd (near Alcatraz & San Pablo). Atheists and agnostics welcome. FF, WC	Jenny 510-409-8340
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.	Nori 925-267-3697
7:30 pm	Concord	Discussion	Building behind motel. WC	
7:30 pm	Oakland	Focus on the Solution: Speaker & Step Study	46536 Piedmont Gardens Friendship Room, 110 41 st St (near Piedmont Avenue) Enter on Jean Street --Street Parking ONLY -- 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	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, 1924 Trinity Avenue. In the Youth Center - 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
6:00 pm	Emeryville	Writing Freethinkers Meeting	54400 NEW LOCATION: Golden Gate Rec Center, 1075 62 nd (near Alcatraz & San Pablo). Atheists and agnostics welcome. FF, WC	Jenny 510-409-8340
7:30 pm	Piedmont	Literature Potpourri/Speaker	47333 Piedmont Community Church, 400 Highland Ave. Entrance on Mountain Ave. Look for white "OA" sign on sidewalk. 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	Sophie 415-513-3779
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
10:00 am	Richmond	Just for Today with H.O.W.	53816 Holy Trinity Episcopal Church, 555 37 th St. - Meeting is open to all HOW & OA literature. Enter thru the parking lot on Roosevelt St.	Judy 510-236-1543s
12:00 pm	Berkeley	Rotating Topic: Literature/ 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
6:15 pm	Oakland	New Meeting: LGBTQ Body Image, Sexuality Focus	54694 969 Broadway at Kaiser CDRP. 2 nd Floor, Room 4 All are welcome! Speaker/Meditation/Ask-it Basket FF,WC	David 201-390-6079
7:30 pm	Oakland	Positive Pitch/Speaker	46535 Piedmont Gardens 6 th Floor, 110 41 st St. (near Piedmont Avenue) Enter on Jean St. --Street Parking ONLY -- 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	Yvette 510-847-3558
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
8:30 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. 75 MIN, FF, LIT, WC	Lynn 415-515-4523
8:45 am	Berkeley	Discussion/ Speaker		
8:30 AM	OAKLAND	NEWCOMERS MEETING	37431 St Paul's Lutheran Church, 1658 Excelsior Ave.	April 510-504-9396
9:00 am	Oakland	Back to Basics Step Study	-Please refrain from wearing fragrances - FF, LIT,WC	
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
8:00 pm	Oakland	Miracle Meeting 2nd Saturday of the Month Oct 14, Nov 11, Dec 9, Jan 13	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

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. 20, 2017. 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	