

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

SUNDAY 6PM IS MOVING!

One of our biggest meetings is moving from the Kaiser main hospital to the Mosswood Building across the street. Free parking in the main lot. Check schedule for details.

SPONSORSHIP WORKSHOP

Our November workshop was a hit! Here are some "How-to-get-a-sponsor" tips that came out of the workshop: Pray for willingness to ask someone. -- Use outreach calls to get to know a potential sponsor. -- What are their expectations? -- Write down what you are looking for. -- Ask others about their sponsor relationships. -- Remember a sponsor relationship is not forever. **Get more tips from the workshop -- email: info@eastbayoa.org**

HOW DID YOU FIND OA?

The Public Information & Outreach Committee takes action to get the word out so that suffering compulsive eaters (like you once were) can get help. We need a Public Information Chairperson to coordinate the eager volunteers who will happily distribute flyers and staff info booths at various health fairs. Contact: info@eastbayoa.org to get involved.

UNITY LINK – OA EAST BAY NEWS

Sign up & receive our e-newsletter: www.eastbayoa.org

INTERACTIVE ONLINE WORKSHOPS

SERVICE & MY RECOVERY: Each month, 2 different speakers present on how service supports their recovery. **Noon-1pm, 2nd Sundays** Dial 1-641-715-3818 and enter access code 925619# Hosted by OA World Service. www.oa.org Various OA-themed downloads at www.oa.org/oapodcasts

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-Peninsula www.oamidpenninsula.org 650-375-0724
Monterey www.monterey.oar2.org 831-646-2311
Sacramento Valley .. www.sacvalleyoa.org 916-786-0330
Santa Cruzwww.santacruzoa.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

Jan 9th, Feb 6th, Mar 5th, Apr 2nd

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 | |
| Vice Chair | Victoria | E m a i l |
| Treasurer | Felicia | a n y |
| Web Liaison | Chelsea | o f f i c e r |
| Recording Secretary | VACANT | a t |
| Corresponding Secretary | VACANT | i n f o @ |
| Events Coordinator | VACANT | e a s t b a y o a |
| Public Information | VACANT | . o r g |
| Literature Chair | Lucy | o r c a l l |
| Schedule Coordinator | Katherine K. | (5 1 0) |
| Diversity Chair | VACANT | 9 2 3 - 9 4 9 1 |
| 12 th Step Within Chair | VACANT | o r |
| Unity Link Coordinator | Briana | (9 2 5) |
| Region 2 Rep #1 of 2 | Linda | 2 7 4 - 9 4 9 1 |
| 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



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

JANUARY – FEBRUARY - MARCH

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 NEW LOCATION: Kaiser Mosswood 3505 Broadway- 11 th Floor | Louis 510-846-4607 |
| 6:00 pm | Oakland | Commitment to Abstinence | Free parking in structure at 3600 Broadway 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 Unity Church of San Leandro, 1420 Santa Maria St., Enter in back of church via parking lot on Joaquin. 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 |
| 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 |
| 10:00 am | Richmond | Just for Today with H.O.W. | 53816 Holy Trinity Episcopal Church, 555 37 th St. This meeting is open to all. We read both HOW and OA literature. Enter thru the parking lot on Roosevelt Street side. | Corbett 510-307-6328 |
| 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 |
| 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 | 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 |
| 8:15 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 | Berkeley | Intergroup <i>1st non-holiday Sat's: 1/9, 2/6, 3/5</i> | 09100 St. John's Church, Room 212, 2727 College Ave, Berkeley All are welcome! | Delyn 510-390-0186 |
| 8:00 pm | Oakland | Miracle Meeting <i>2nd Saturday of the Month</i> Jan 9, Feb 13, Mar 12 | 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 March 15 th , 2016. 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 | |