

## 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
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#### 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](mailto:meetinglist@eastbayoa.org)

#### TRY AN ONLINE OR PHONE MEETING

See info at

[www.oa.org/membersgroups/find-a-meeting](http://www.oa.org/membersgroups/find-a-meeting)

## ANNOUNCEMENTS

### LISTEN TO OA PODCASTS?

Podcasts provide a great resource when you can't physically make it to a meeting. But World/Region/Intergroup is feeling the pinch because passing the basket to cover costs of administration is virtually impossible. Consider contributing to World Service as a 7<sup>th</sup> Tradition donation if you benefit from this kind of meeting. Donate online: <https://oa.org/contribute/> or send to: PO Box 44020, Rio Rancho, NM 87174

### SEPT 17<sup>th</sup>, 2016: 12-Step Marathon

Mark your calendars for our annual 12 Step Marathon! Spend the day in fellowship cultivating and nurturing your recovery one step at a time! Watch and listen for details via the Unity Link Email and from your Intergroup Rep.

--A Daylong Event | Saturday, September 17, 2016--  
First Unitarian Church of Oakland: 685 14th St, Oakland

### HELP CARRY THE MESSAGE!

Are you willing to do small tasks to carry the OA message to people who are suffering? The Public Information Committee needs volunteers. Contact Merrill, our Public Information Chair, via email [info@eastbayoa.org](mailto:info@eastbayoa.org).

### UNITY LINK – OA EAST BAY NEWS

Sign up & receive our e-newsletter: [www.eastbayoa.org](http://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](http://www.oa.org) Various OA-themed downloads at [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)

### CONTACTS IN OTHER AREAS

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

July 9th, Aug 6th, Sept 10th, Oct 1st

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	VACANT	
Vice Chair	Victoria	E m a i l
Treasurer	VACANT	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	Merrill	. o r g
Literature Chair	Lucy	o r c a l l
E-Mail Secretary	Linda D.	
Schedule Coordinator	Katherine K.	(510)
Diversity Chair	VACANT	923-9491
12 <sup>th</sup> Step Within Chair	VACANT	o r
Unity Link Coordinator	Briana	(925)
Region 2 Reps (2)	LindaD, Linda W. & Laura	274-9491
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](mailto:treasurer@eastbayoa.org) if you need more details or have questions about this disbursement.

### Contact Information

World Service Office.....[www.oa.org](http://www.oa.org) 505-891-2664  
P.O. Box 44020, Rio Rancho, NM 87174-4020

Region 2.....[www.oar2.org](http://www.oar2.org)... [secretary@oar2.org](mailto:secretary@oar2.org)  
4733 Torrance Blvd., PMB 335, Torrance, CA 90503

Unity Intergroup.....510-923-9491 or 925-274-9491  
[www.eastbayoa.org](http://www.eastbayoa.org)... [info@eastbayoa.org](mailto:info@eastbayoa.org)  
P.O. Box 11561, Oakland, CA 94611



**EAST BAY UNITY INTERGROUP**  
SERVING CONTRA COSTA &  
NORTHERN ALAMEDA COUNTIES  
[www.eastbayoa.org](http://www.eastbayoa.org)  
[info@eastbayoa.org](mailto:info@eastbayoa.org)  
510-923-9491 or 925-274-9491

## MEETING SCHEDULE

APRIL – MAY – JUNE 2016

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
<b>SUNDAY</b>				
7:00 am	Oakland	<b>Into Action: Big Book Study</b>	31305 St Paul's Episcopal Church, 114 Montecito. Enter gate at right of main entrance to St Paul's School (116 Montecito) 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	<b>Women's Meeting: Speaker/Literature/Step</b>	36950 Kaiser Fabiola Building, 3801 Howe St. 4 <sup>TH</sup> Floor. Room 445. FF, LIT, WC	Kathy G. 510-654-5420
10:30 am	Oakland	<b>Sunday Morning Potpourri</b>	37833 Kaiser Hospital, 3505 Broadway. 11 <sup>th</sup> Floor, Rm. 1171 FF, LIT, WC	Penny S. 510-521-9395
5:30 PM	OAKLAND	<b>NEWCOMERS MEETING</b>	26575 Kaiser Mosswood 3505 Broadway - 11 <sup>th</sup> Floor	Louis 510-846-4607
6:00 pm	Oakland	<b>Commitment to Abstinence</b>	Free parking in structure at 3600 Broadway FF, LIT, WC	
<b>MONDAY</b>				
7:00 am	Berkeley	<b>Rotating Topics Weekly: Body Image, Abstinence, Gratitude</b>	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	<b>Into Action: Speaker or Writing/Meditation</b>	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	<b>For Today</b>	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	<b>Step Study</b>	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	<b>11<sup>th</sup> Step Spirituality</b>	66th St & Doyle-Hollis Greenway, Emeryville, CA 94608 City Center Circle Community Room	Grace 925-285-8946
7:00 pm	Alameda	<b>Literature Lifeline</b>	53723 Home of Truth Spiritual Center, 1300 Grand St. (at Alameda Ave) 2 <sup>nd</sup> Floor. Up one flight of stairs. Ohana Room. NWC	Felicia 510-381-2458
7:00 PM	CONCORD	<b>NEWCOMERS MEETING</b>	12763 Bethel Baptist Church, 3578 Clayton Rd. Building behind the motel. WC	Karin 925-334-9257
7:30 pm	Concord	<b>Discussion</b>		
7:30 pm	Oakland	<b>Focus on the Solution: Literature Study</b>	46536 Piedmont Gardens Friendship Room, 110 41 <sup>st</sup> St (near Piedmont Avenue). Enter on 41 <sup>st</sup> St. In the Friendship Room. WC	Lauren C. 510-652-1298
<b>TUESDAY</b>				
7:00 am	Berkeley	<b>Steps and Traditions</b>	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	<b>Into Action: Relapse Prevention and Recovery</b>	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	<b>Discussion</b>	49791 Brentwood Community UMC. 809 2 <sup>nd</sup> St. Library or Fireside. WC	Lisa 925-625-6044
7:00 pm	Livermore	<b>Book Study</b>	45699 St. Bartholomew's. 978 Enos Way. In the Parish Hall. LIT, WC	Nora 925-337-9118
7:30 pm	Piedmont	<b>Big Book Study</b>	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	<b>Book Study and Discussion</b>	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
<b>WEDNESDAY</b>				
7:00 am	Berkeley	<b>Acceptance</b>	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	<b>Into Action: Meditation / Writing</b>	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	<b>12 Step Focus</b>	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	<b>11<sup>th</sup> Step Spirituality</b>	66th St & Doyle-Hollis Greenway, Emeryville, CA 94608 City Center Circle Community Room	Grace 925-285-8946
7:30 pm	Piedmont	<b>Literature Potpourri/Speaker</b>	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	<b>Rotating Topic: Literature and Speaker</b>	53438 The Church on the Corner, 1319 Solano Ave. (At Pomona Ave.) In the Garden Room on the 1 <sup>st</sup> Floor. WC	Heather 415-517-2021
<b>THURSDAY</b>				
7:00 am	Berkeley	<b>Tools</b>	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	<b>Into Action: Step Study</b>	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	<b>Just for Today with H.O.W.</b>	53816 Holy Trinity Episcopal Church, 555 37 <sup>th</sup> St. - Meeting is open to all HOW & OA literature. Enter thru the parking lot on Roosevelt St.	Corbett 510-307-6328
12:00 pm	Berkeley	<b>Rotating Topic: Literature/ Speaker / Discussion</b>	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	<b>Positive Pitch/Speaker</b>	46535 Piedmont Gardens, 110 41 <sup>st</sup> St, 6 <sup>th</sup> floor, Near Piedmont Ave WC	Pat L. 510-547-6271
<b>FRIDAY</b>				
7:00 am	Berkeley	<b>Big Book Study</b>	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	<b>Into Action: Literature Study</b>	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	<b>Food Relationship &amp; Body Speaker/Lit Potpourri</b>	41024 Newman Hall, 2700 Dwight Way (at College Ave.) In the Gallery Room on 1 <sup>st</sup> Floor. Abstinent Lunch Welcome. L, LIT, WC	Peter C. 510-338-8042
1:30 pm	Berkeley	<b>Literature</b>	30152 Northbrae Community Church, 941 The Alameda. WC	Yvette 510-847-3558
5:30 PM	OAKLAND	<b>NEWCOMERS MEETING</b>	46479 Beebe Memorial Cathedral, 3900 Telegraph Ave. Enter through the church parking lot closest to 40 <sup>th</sup> . In the Educational Bldg. LIT, WC	Louis 510-846-4607
6:00 pm	Oakland	<b>Speaker/Discussion</b>		
<b>SATURDAY</b>				
7:00 am	Oakland	<b>Into Action: Steps and Traditions</b>	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	<b>NEWCOMERS MEETING</b>	04833 St John's Presbyterian Church, 2727 College Ave at Garber. 2 <sup>nd</sup> Fl. Rm. 212. Right off the elevator/stairs. 75 MIN, FF, LIT, WC	Lynn 415-515-4523
8:45 am	Berkeley	<b>Discussion/ Speaker</b>		
8:15 AM	OAKLAND	<b>NEWCOMERS MEETING</b>	37431 St Paul's Lutheran Church, 1658 Excelsior Ave. WC	April 510-504-9396
9:00 am	Oakland	<b>Back to Basics Step Study</b>		
9:00 am	El Cerrito	<b>Speaker and Step Study</b>	52811 St Jerome Church, 308 Carmel Ave. Enter on north side of church. NWC	Robin 408-892-9917
10:00 am	Alameda	<b>Step/Discussion/Speaker</b>	10933 Home of Truth Spiritual Center, 1300 Grand St. (at Alameda Ave) 2 <sup>nd</sup> Floor. Up one flight of stairs. Ohana Room. 75 MIN, FF, NWC	Barbara S. 510-523-0828
10:00 am	Pleasant Hill	<b>Anorexics, Bulimics, and Compulsive Overeaters</b>	34017 St Mark's Lutheran Church, 3051 Putnam Blvd. Cunnison Hall. 90 MIN, FF, LIT	Susie 925-275-1391
10:30 am	Berkeley	<b>INTERGROUP-7/9, 8/6, 9/10</b>	09100 St. John's Church, Rm 212, 2727 College Ave. ALL WELCOME	Delyn 510-390-0186
8:00 pm	Oakland	<b>Miracle Meeting 2<sup>nd</sup> Saturday of the Month July 9, Aug 13, Sep 10, Oct 8</b>	50368 Kaiser Hospital, 3600 Broadway. Take elevator to LL. In Conference Center. Room LL-B. Free Parking in Garage. FF, WC <b>Coffee and Tea Served at 7:30 pm preceding meeting. Join Us!</b>	Sarah 510-459-5207

FOR THE MOST UP-TO-DATE LISTINGS, VISIT [WWW.EASTBAYOA.ORG](http://WWW.EASTBAYOA.ORG)

**Abbreviations MEETINGS ARE 60 MINUTES (MIN) UNLESS OTHERWISE NOTED**

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

Information is subject to change. Please forward meeting changes or public announcements to [meetinglist@eastbayoa.org](mailto:meetinglist@eastbayoa.org). Deadline for schedule changes is Sept 15, 2016. Please also update all meeting information with the World Service Office at [www.oa.org/edit-a-meeting](http://www.oa.org/edit-a-meeting).