

ANNOUNCEMENTS

NOTE Schedule changes:

Monday & Wednesday Emeryville Meetings have moved.
NEW MEETING: Thursday 6:15pm in Oakland

GET SUPPORT FOR THE HOLIDAYS

Go to Holiday Thankathons: Speaker/discussion meetings
11/24 & 12/25 & 1/1/2017 - News at www.eastbayoa.org

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**.

CONTACTS IN OTHER AREAS

Ebony OA Bay Area..... www.ebonyoa.org 415-578-4981
Fremont/Hayward/Newark/ San Leandro/Union City.....
..... www.southernalamedacountyoa.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.oasj.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

OA WORD SEARCH

TOOLS OF RECOVERY

Plan of Eating • Sponsorship • Meetings • Telephone •
Writing • Literature • Action Plan • Anonymity • Service

G E U V A O W P A U S N

N C R Y F H A L N P X A

I C M U A J E A O W E L

T H U B T C M N N Z E P

I E U S I A S O Y Z Z N

R D L V G O R F M F V O

W E R E R N J E I M N I

W E D S P S I A T K P T

S G H M T H Y T Y I J C

E I D U A X O I E W L A

P U Q T U A C N V E G B

F A I B V U M G E F M O

UNITY INTERGROUP

Upcoming Intergroup Meetings

10:30 am - 12 noon

Oct 1st - Nov 5th - Dec 3rd - Jan 7th

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	Victoria	E m a i l
Treasurer	Randall	a n y
Web Liaison	Chelsea	o f f i c e r
Recording Secretary	Jack	a t
Corresponding Secretary	Linda W.	i n f o @
Events Coordinator	Andrea	e a s t b a y o a
Public Information	Merrill	.o r g
Literature Chair	VACANT	o r c a l l
E-Mail Secretary	Linda D.	
Schedule Coordinator	Katherine K.	(510)
Diversity Chair	VACANT	923-9491
12th Step Within Chair	VACANT	o r
Unity Link Coordinator	Briana	(925)
Region 2 Reps (2)	Linda D, Linda W. & Laura C.	274-9491
World Service Rep	Debra S.	

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 115611, 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

Susie A. 510-472-1355 After 4pm
Julie A. 510-406-3195 7:30am-8pm

WEEKENDS

Cindy 510-407-4189 8am to 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

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



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

OCT – NOV – DEC 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.

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	The Offices of St Paul's Church, 114 Montecito Avenue (near Grand). Enter gate at right of main entrance to St Paul's School-116 Montecito Ave. Cross to porch at far end of courtyard. <i>wheelchair access-ring bell, arrive early, 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 Hospital, 3505 Broadway. 11 th Floor, Rm. 1171 FF, LIT, WC	Penny S. 510-205-6394
5:30 PM	OAKLAND	NEWCOMERS MEETING 26575	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
6:00 pm	Emeryville	11th Step Spirituality Freethinkers Meeting 54400	NEW LOCATION: Golden Gate Rec Center, 1075 62 nd (near Alcatraz & San Pablo). Athiests 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. 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
6:00 pm	Emeryville	Writing Freethinkers Meeting 54400	NEW LOCATION: Golden Gate Rec Center, 1075 62 nd (near Alcatraz & San Pablo). Athiests and agnostics welcome. FF, WC	Jenny 510-409-8340
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. - Meeting is open to all HOW & OA literature. Enter thru the parking lot on Roosevelt St.	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
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, 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
8:30 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		
8:15 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 Camel 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 8, Nov 12, Dec 10, Jan 14 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 Sept 15, 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	