

## ANNOUNCEMENTS

### GETTING THE WORD OUT

The *Courier* is OA.org's newsletter to professionals in health care, nutrition, counseling, and similar areas who may refer patients and clients to OA. It is written by medical professionals. Help suffering compulsive overeaters find us by raising the awareness among referring professionals.

Updated and improved, OA's keystone book—the *OA Twelve and Twelve, Second Edition*—is now available. Created specifically as a study of the OA Twelve Step recovery program, it has been revised for clarity and inclusivity—with a more useful Step Four chapter.

*What If I Don't Believe in God?* pamphlet is now available as a free download on the OA.org website.

**The 12<sup>th</sup> Step Within Fun & Fellowship Subcommittee** surveyed OA members from all over the world to discover the **barriers to fun and fellowship**. Top three results:

Time 53% - Feeling shy 33% - Isolation 32%

**Solutions to overcome barriers to fun and fellowship.**

Top three results:

HP/Spiritual 65%-Working Steps 63%-Using Tools 49%  
??How can *you* bridge the gap with fellow OA members??

### WHAT'S AN INTERGROUP REP DO?

Thana will orient all new reps before each Intergroup meeting. Reach out to her at: [thnchristian@yahoo.com](mailto:thnchristian@yahoo.com)

### OA PODCAST WORKSHOPS

Find them here → <https://oa.org/podcasts/>

### STAY CONNECTED

Log onto [www.eastbayoa.org](http://www.eastbayoa.org), sign up for **Unity Link**, a monthly email newsletter covering our local community.

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

## 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 aka So.Alameda County.....[www.oasaco.org](http://www.oasaco.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.santacruzooa.org](http://www.santacruzooa.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

## UNITY INTERGROUP

### Upcoming Intergroup Meetings

10:30 am - 12 noon

Apr 7<sup>th</sup> - May 5<sup>th</sup> - Jun 2<sup>nd</sup> - Jul 7<sup>th</sup>

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

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

### 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](mailto:info@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)... [info@oar2.org](mailto:info@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

## 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

<b>Julie A.</b>	<b>510-406-3195</b>	<b>7:30am to 8pm</b>
<b>Lita</b>	<b>510-316-2679</b>	<b>eves: 7pm-9pm</b>

#### ANYTIME

<b>Debra S.</b>	<b>510-898-8797</b>	<b>Anytime</b>
<b>Jack B.</b>	<b>925-864-5783</b>	<b>Anytime</b>
<b>Ella</b>	<b>510-326-7353</b>	<b>Anytime</b>
<b>Louis</b>	<b>510-846-4607</b>	<b>Anytime</b>
<b>May</b>	<b>510-647-5182</b>	<b>9am to 9pm</b>
<b>David M.</b>	<b>201-390-6079</b>	<b>Anytime</b>

**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)



**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 2018**

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
<b>SUNDAY</b>				
7:00 am	Oakland	<b>Into Action: Big Book Study</b>	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	<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 Fabiola Bldg, 3801 Howe - downstairs Rm G-70 LIT, WC	Laurie 510-633-6318
5:30 PM	OAKLAND	<b>NEWCOMERS MEETING</b>	26575 Kaiser Medical Office Bldg. 3701 Broadway – Room G-101	Louis 510-846-4607
6:00 pm	Oakland	<b>Commitment to Abstinence</b>	54825 Enter thru parking structure on the north side building 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 the Napa St. side. Upstairs-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	Jo 510-301-7933
12:00 pm	San Leandro	<b>For Today</b>	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	<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 Freethinkers Meeting</b>	54400 Golden Gate Rec Center, 1075 62 <sup>nd</sup> (near Alcatraz & San Pablo). Atheists and agnostics welcome. FF, WC	Jenny 510-409-8340
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 motel. WC	Karen 925-334-9257
7:30 pm	Concord	<b>Discussion</b>		
7:30 pm	Oakland	<b>Focus on the Solution: Speaker &amp; Step Study</b>	46536 Piedmont Gardens Friendship Room, 110 41 <sup>st</sup> St (near Piedmont Avenue) --Street Parking ONLY -- 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	Ellen 510-501-6406
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	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, 1924 Trinity Avenue. In the Youth Center - the small house on east side of church. WC	Randall 925-324-3173
<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	Don 415-246-3086
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 class room next to the nursery. WC	Sandy 925-687-9305
6:00 pm	Emeryville	<b>Writing Freethinkers Meeting</b>	54400 NEW LOCATION: Golden Gate Rec Center, 1075 62 <sup>nd</sup> (near Alcatraz & San Pablo). Atheists and agnostics welcome. FF, WC	Jenny 510-409-8340
7:30 pm	Piedmont	<b>Literature Potpourri/Speaker</b>	47333 Piedmont Community Church, 400 Highland Ave. Entrance on Mountain Ave. Look for white "OA" sign on sidewalk. NWC	Lisa S. 510-326-3434
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	Caitlin 831-227-1659
<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	Leann 510-501-3136
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.	Judy 510-236-1543
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>"Speaking of Literature"</b>	46535 Piedmont Gardens 6 <sup>th</sup> Floor, 110 41 <sup>st</sup> St. (near Piedmont Avenue) --Street Parking ONLY -- FF, 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	Jo 510-301-7933
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>		
8:30 AM	OAKLAND	<b>NEWCOMERS MEETING</b>	37431 St Paul's Lutheran Church, 1658 Excelsior Ave. Childcare available-contact Chenelle 510-459-2088/chenelledoutthereforever-at-gmail.com -Pls Refrain from wearing fragrances - FF, LIT,WC	April 510-504-9396
9:00 am	Oakland	<b>Back to Basics Step Study CHILDCARE PROVIDED</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	Kim 650-305-5469
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
8:00 pm	Oakland	<b>Miracle Meeting 2<sup>nd</sup> Saturday of the Month Apr 14 – May 12 – Jun 9</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

Abbreviations MEETINGS ARE 60 MINUTES (MIN) UNLESS OTHERWISE NOTED				Information is subject to change. Please forward meeting changes or public announcements to <a href="mailto:meetinglist@eastbayoa.org">meetinglist@eastbayoa.org</a> . Deadline for schedule changes is June 27, 2018. Please also update all meeting information with the World Service Office at <a href="http://www.oa.org/edit-a-meeting">www.oa.org/edit-a-meeting</a> .
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	