

## ANNOUNCEMENTS

### East Bay OA Holiday Thankathons: Thanksgiving, Christmas and New Year's Day

10AM to Noon at the St. Paul Lutheran Church  
1658 Excelsior Avenue at Woodruff in Oakland.

These are 2-Hour long meetings with a featured speaker and time for individual shares. All are welcome! Newcomers and returning members are especially encouraged to attend. Literature will be provided. Childcare is available: Questions about childcare? Contact: kaydee@sonic.net  
No suggested donation/No one turned away

### Attention TREASURERS!

#### World Service Change of Address

Send your group contributions to the new address:  
PO Box 44727, Rio Rancho, NM 87174-4727

### CHILDCARE HELP NEEDED

The Saturday morning meeting at St. Paul's on Excelsior in Oakland provides childcare. If you want to do service, help is needed for child-tenders from 9 to 10. This is a position that you can do occasionally or on a regular basis. Contact Linda @ 510-697-7342 for more information.

### 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

### RECOVERY CRYPTOGRAM

ITL'U NSU UTT YKLNQB, VLNQB,  
RTLSRB TQ UWQSI. (hint: B=Y)

## CONTACTS IN OTHER AREAS

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

Oct 6 - Nov 3 - Dec 1 - Jan 5

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>E m a i l</b>
<b>Vice Chair</b>	<b>VACANT</b>	<b>a n y</b>
<b>Treasurer</b>	<b>RANDALL</b>	<b>o f f i c e r</b>
<b>Web Liaison</b>	<b>Jenny</b>	<b>a t</b>
<b>Recording Secretary</b>	<b>Margaret</b>	<b>i n f o @</b>
<b>Corresponding Secretary</b>	<b>Lucy</b>	<b>e a s t b a y o a</b>
<b>Events Coordinator</b>	<b>Karen S.</b>	<b>. o r g</b>
<b>Public Information</b>	<b>VACANT</b>	<b>o r c a l l</b>
<b>Literature Chair</b>	<b>Lita</b>	
<b>Electronic Doc Mgr</b>	<b>Grace</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>April, Lucy, OPEN</b>	<b>274-9491</b>
<b>World Service Rep</b>	<b>April</b>	
<b>Answering Serv Coord</b>	<b>VACANT</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) for more details about this.

### Contact Information

**World Service Office**.....[www.oa.org](http://www.oa.org) 505-891-2664  
P.O. Box 44727 Rio Rancho, NM 87174- 4727

**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)



**OVEREATERS ANONYMOUS®**  
**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

OCT - NOV - DEC 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>	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>	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>	Kaiser Fabiola Bldg, 3801 Howe - downstairs Rm G-70 LIT, WC	Laurie 510-633-6318
5:30 PM	OAKLAND	<b>NEWCOMERS MEETING</b>	Kaiser Medical Office Bldg. 3701 Broadway – Room G-101	Louis 510-846-4607
6:00 pm	Oakland	<b>Commitment to Abstinence</b>	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>	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>	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
12:00 pm	San Leandro	<b>For Today</b>	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>	Newman Hall, 2700 Dwight Way (at College Ave.) In the Gallery Room on 1st Floor. Abstinence Lunch Welcome. L, LIT, WC	Kit S. 510-845-3033
6:00 pm	Emeryville	<b>11<sup>th</sup> Step Spirituality Freethinkers Meeting</b>	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>	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>	Belhel 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>	Piedmont Gardens, 31 Linda Street (near Piedmont Avenue) 1 <sup>st</sup> Floor - Friendship Room WC	Margaret 510-681-3639
<b>TUESDAY</b>				
7:00 am	Berkeley	<b>Steps and Traditions</b>	Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) See <i>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>	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
7:00 pm	Livermore	<b>Book Study</b>	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>	Piedmont Community Church, ENTRANCE IS ON MOUNTAIN AVE between Highland & Craig... look for a white OA sign that marks the steps up to the meeting room	Julie A. 510-406-3195
7:30 pm	Walnut Creek	<b>OA Podcast and Sharing</b>	St Paul's Episcopal Church, 1924 Trinity Avenue. In the Family Ministry Center at the front of church campus. WC	Randall 925-324-3173
<b>WEDNESDAY</b>				
7:00 am	Berkeley	<b>Acceptance</b>	Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) See <i>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>	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
11:00 am	Pleasant Hill	<b>12 Step Focus</b>	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>Writing Freethinkers Meeting</b>	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>	Piedmont Community Church, ENTRANCE IS ON MOUNTAIN AVE between Highland & Craig... look for a white OA sign that marks the steps up to the meeting room NWC	Lisa S. 510-326-3434
7:30 pm	Albany	<b>Rotating Topic: Literature and Speaker</b>	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>	Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) See <i>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>	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>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>	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>	Lutheran Church of the Cross, 1744 University near McGee. Playground in front of Fellowship Hall. Don't park in Church lot. WC	Betsy 510-842-6224
7:30 pm	Oakland	<b>“Speaking of Literature”</b>	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>	Epworth UMC, 1953 Hopkins St (Between The Alameda & Sutter) See <i>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>	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>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>	Newman Hall, 2700 Dwight Way (at College Ave.) In the Gallery Room on 1 <sup>st</sup> Floor. Abstinence Lunch Welcome. L, LIT, WC	Peter C. 510-338-8042
5:30 PM	OAKLAND	<b>NEWCOMERS MEETING</b>	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>	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i> FF, LIT, WC	Jo 510-301-7933
8:30 AM	BERKELEY	<b>NEWCOMERS MEETING</b>	St John's Presbyterian Church, 2727 College Ave at Garber. 2 <sup>nd</sup> Fl.	Lynn 415-515-4523
8:45 am	Berkeley	<b>Discussion/ Speaker</b>	Rm. 212. Right off the elevator/stairs. 75 MIN, FF, LIT, WC	April 510-504-9396
9:00 am	Oakland	<b>Back to Basics Step Study CHILDCARE PROVIDED</b>	St Paul's Lutheran Church, 1658 Excelsior Ave. Childcare available-contact Linda W. 510-697-7342/ lindawilliams09 -at -comcast.net Pls Refrain from wearing fragrances - FF, LIT,WC	
9:00 am	El Cerrito	<b>Speaker and Step Study</b>	St Jerome Church, 308 Carmel Ave. Enter on north side. NWC	Kim 650-305-5469
10:00 am	Alameda	<b>Step/Discussion/Speaker</b>	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>	St Mark's Lutheran Church, 3051 Putnam Blvd. Cummission Hall. 90 MIN, FF, LIT	Susie 925-275-1391
8:00 pm	Oakland	<b>Miracle Meeting 2<sup>nd</sup> Saturday of the Month</b> Oct 13 – Nov 10 – Dec 8	Kaiser Hospital, 3600 Broadway. Take elevator to L.L. 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
<b>FOR THE MOST UP-TO-DATE LISTINGS, VISIT WWW.EASTBAYOAO.ORG</b>				
<b>Abbreviations MEETINGS ARE 60 MINUTES (MIN) UNLESS OTHERWISE NOTED</b>				
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 <a href="mailto:meetinglist@eastbayoao.org">meetinglist@eastbayoao.org</a> . Deadline for schedule changes is December 18, 2018. <b>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>.</b>				