

ANNOUNCEMENTS

SAVE THE DATE!

Spring Steps 1-2-3 Workshop

Saturday, April 13th-1:30 to 4:30 at the Unitarian Church, 685-14th Street Oakland
Questions? Contact: kaydee@sonic.net

Attention TREASURERS!

Send your World Service group contributions to: PO Box 44727, Rio Rancho, NM 87174-4727

CHILDCARE HELP NEEDED

The Saturday morning meeting at St. Paul's on Excelsior in Oakland provides 2 adults for 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 Rita @ 510-928-2225 for more information.

RECOVERY CRYPTOGRAM

RGNE ZCK GWTN OWKXUA, IC
ECU ONWV UC WMWEICE UGNL.
HCEOKHQKA (hint: R=W)

CONTACTS IN OTHER AREAS

Fremont/Hayward/Newark/ San Leandro/Union City aka So.Alameda County.....www.oasaco.org 510-273-9037
HOW OAhow-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.monterery.oar2.org 831-646-2311
Sacramento Valley..www.sacvalleyoa.org 916-786-0330
Santa Cruz.....www.santacruzao.org 831-429-7906
San Francisco.....www.oasf.org 415-436-0651
San Jose.....www.oasv.org 408-268-7243
Sonomawww.sonoma.oar2.org 707-538-9770
Vallejo/Napa 707-429-6440
Valley Sierra OA/HOW .valleyhow.oar2.org 209-533-4780

MEETINGS ARE ALL 60 MINUTES LONG UNLESS OTHERWISE NOTED

Abbreviations			
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

Schedule information is subject to change.

Please forward meeting changes or announcements to meetinglist@eastbayoa.org. Deadline for schedule changes is March 20, 2019. Please also update meeting information with the World Service Office at www.oa.org/edit-a-meeting

UNITY INTERGROUP

Upcoming Intergroup Meetings

10:30 am - 12 noon

Jan 5 – Feb 2 – Mar 2 - Apr 6

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	Bill	E m a i l
Vice Chair	VACANT	a n y
Treasurer	Randall	o f f i c e r
Web Editor	VACANT	a t
Recording Secretary	Margaret	i n f o @
Corresponding Secretary	Lucy	e a s t b a y o a
Events Coordinator	Karen S.	. o r g
Public Information	VACANT	o r c a l l
Literature Chair	Lita	
Electronic Doc Mgr	Grace	
Schedule Coordinator	Robyn	(510)
Diversity Chair	VACANT	923-9491
12th Step Within Chair	VACANT	o r
Unity Link Coordinator	VACANT	(925)
Region 2 Reps (3)	April, Lucy, OPEN	274-9491
World Service Rep	April	
Answering Serv Coord	VACANT	

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 for more details about this.

Contact Information

World Service Office.....www.oa.org 505-891-2664

P.O. Box 44727, Rio Rancho, NM 87174-4727

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 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

Lita **510-316-2679** **eves: 7pm-9pm**

ANYTIME

Jack B. **925-864-5783** **Anytime**

Ella **510-326-7353** **Anytime**

Louis **510-846-4607** **Anytime**

May **510-647-5182** **9am to 9pm**

David M. **201-390-6079** **Anytime**

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

JAN – FEB – MAR 2019

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	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	Women's Meeting: Speaker/Literature/Step	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	Kaiser Fabiola Bldg, 3801 Howe - downstairs Rm G-70 LIT, WC	Laurie 510-633-6318
5:30 PM	OAKLAND	NEWCOMERS MEETING	Kaiser Medical Office Bldg. 3701 Broadway – Room G-101	Louis 510-846-4607
6:00 pm	Oakland	Commitment to Abstinence	Enter thru parking structure on the north side building FF, LIT, WC	
MONDAY				
7:00 am	Berkeley	Rotating Topics Weekly: Body Image, Abstinence, Gratitude	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	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i>	Jo 510-301-7933
11:30 am	El Cerrito	For Today/Voices of Recovery	6922 Stockton Ave – enter through door off parking lot Feel free to bring your lunch	Robyn 510-708-0201
12:00 pm	San Leandro	For Today	Hope Lutheran Church, enter at rear of church by going down Hubbard Ave., near 1797 Hubbard Ave.	Ginjer 510-638-5955
12:10 pm	Berkeley	Step Study	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	11 th Step Spirituality Freethinkers Meeting	Golden Gate Rec Center, 1075 62 nd (near Alcatraz & San Pablo). Atheists and agnostics welcome. FF, WC	Jenny 510-409-8340
7:00 pm	Alameda	Literature Lifeline	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	Bethel Baptist Church, 3578 Clayton Rd. Building behind motel.	Karen 925-334-9257
7:30 pm	Concord	Discussion		
7:30 pm	Oakland	Focus on the Solution: Speaker & Step Study	Piedmont Gardens, 31 Linda Street (near Piedmont Avenue) 1 st Floor - Friendship Room	Margaret 510-681-3639
TUESDAY				
7:00 am	Berkeley	Steps and Traditions	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	Into Action: Relapse Prevention and Recovery	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i>	Jo 510-301-7933
6:30 pm	Walnut Creek	Step Study	Kaiser Medical Center 1425 S. Main, 3 rd Floor, Redwood Conference Room	Merritt 510-919-8969
7:00 pm	Livermore	Book Study	St. Bartholomew's 978 Enos Way. In the Parish Hall. LIT, WC	Nora 925-337-9118
7:30 pm	Piedmont	Big Book Study	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	OA Podcast and Sharing	St Paul's Episcopal Church, 1924 Trinity Avenue. In the Family Ministry Center at the front of church campus.	Randall 925-324-3173
WEDNESDAY				
7:00 am	Berkeley	Acceptance	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	Into Action: Meditation / Writing	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i>	Jo 510-301-7933
11:00 am	Pleasant Hill	12 Step Focus	St. Mark's Lutheran Church, 3051 Putnam Blvd. In the classroom next to the nursery.	Sandy 925-687-9305
11:30 am	El Cerrito	For Today/Voices of Recovery	6922 Stockton Ave – enter through door off parking lot Feel free to bring your lunch	Robyn 510-708-0201
6:00 pm	Emeryville	Writing Freethinkers Meeting	NEW LOCATION: Golden Gate Rec Center, 1075 62 nd (near Alcatraz & San Pablo). Atheists and agnostics welcome. FF, WC	Jenny 510-409-8340
7:30 pm	Piedmont	Literature Potpourri/Speaker	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	Rotating Topic: Literature and Speaker	The Church on the Corner, 1319 Solano Ave. (At Pomona Ave.) In the Garden Room on the 1 st Floor. WC	Caitlin 831-227-1659
THURSDAY				
7:00 am	Berkeley	Tools	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	Into Action: Step Study	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i>	Jo 510-301-7933
10:00 am	Richmond	Just for Today with H.O.W.	Holy Trinity Episcopal Church, 555 37 th 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	Rotating Topic: Literature/Speaker / Discussion	Lutheran Church of the Cross, 1744 University near McGee. Playroom in front of Fellowship Hall. Don't park in Church lot. WC	Betsy 510-842-6224
7:30 pm	Oakland	"Speaking of Literature"	Piedmont Gardens 6 th Floor, 110 41 st St. (near Piedmont Avenue) --Street Parking ONLY --	Pat L. 510-547-6271
FRIDAY				
7:00 am	Berkeley	Big Book Study	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	Into Action: Literature Study	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i>	Jo 510-301-7933
12:10 pm	Berkeley	Food Relationship & Body Speaker/Lit Potpourri	Newman Hall, 2700 Dwight Way (at College Ave.) In the Gallery Room on 1 st Floor. Abstinence Lunch Welcome. L, LIT, WC	Peter C. 510-338-8042
5:40 PM	OAKLAND	NEWCOMERS MEETING	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	The Offices of St Paul's Episcopal Church, 114 Montecito Avenue. See <i>Sunday 7am listing for detailed directions.</i>	Jo 510-301-7933
8:30 AM	BERKELEY	NEWCOMERS MEETING	St John's Presbyterian Church, 2727 College Ave at Garber 2 nd Fl	Lynn 415-515-4523
8:45 am	Berkeley	Discussion/ Speaker	Rm. 212. Right off the elevator/stairs. 75 MIN, FF, LIT, WC	
8:30 AM	OAKLAND	NEWCOMERS MEETING	St Paul's Lutheran Church, 1658 Excelsior Ave. Childcare available-contact Rita @ 510-928-2225	April 510-504-9396
9:00 am	Oakland	Back to Basics Step Study CHILD CARE PROVIDED	- Please refrain from wearing fragrances - FF, LIT, WC	
9:00 am	El Cerrito	Speaker and Step Study	St Jerome Church, 308 Carmel Ave. Enter on north side.	Kim 650-305-5469
10:00 am	Alameda	Step/Discussion/Speaker	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	St Mark's Lutheran Church, 3051 Putnam Blvd. Cummins Hall. 90 MIN, FF, LIT	Susie 925-275-1391
8:00 pm	Oakland	Miracle Meeting 2 nd Saturday of the Month Jan 12 – Feb 9 – Mar 9	Kaiser Hospital, 3600 Broadway. Take elevator to L.L. 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