

## ANNOUNCEMENTS

### 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.

### East Bay OA Website Postcards

Postcards with information about the East Bay OA Website are available. These can be placed on bulletin boards, given to a doctor's office or handed out in person. Please help get the word out!

## 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-aa.org](http://how-aa.org) 925-943-3190 or 510-521-7651  
 Marin .....[www.oamarin.org](http://www.oamarin.org) 415-927-2245  
 Mid-Peninsula. [www.oamidpeninsula.org](http://www.oamidpeninsula.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.oasj.org](http://www.oasj.org) 408-268-7243  
 Sonoma .....[www.sonoma.oar2.org](http://www.sonoma.oar2.org) 707-538-9770  
 Vallejo/Napa.....[www.valleyhow.oar2.org](http://www.valleyhow.oar2.org) 707-429-6440  
 Valley Sierra OA/HOW. [valleyhow.oar2.org](http://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	Mfg.	Meeting
Hosp.	Hospital	UMC	United Methodist Church
L	Absentee Lunch Eaten During Meeting	WC	Wheelchair Accessible

### Schedule information is subject to change.

Please forward meeting changes or announcements to [meetinglist@eastbayoa.org](mailto:meetinglist@eastbayoa.org). Deadline for schedule changes is Sept. 20, 2019. Please also update meeting information with the World Service Office at [www.oa.org/edit-a-meeting](http://www.oa.org/edit-a-meeting)

## UNITY INTERGROUP

### Upcoming Intergroup Meetings

10:30 am - 12 noon

July 13, Aug. 3, Sept. 7

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	Chair	Bill	Chair	Bill	Chair	Bill	Chair	Bill	Chair	Bill
Vice Chair	Rita	Vice Chair	Rita	Vice Chair	Rita	Vice Chair	Rita	Vice Chair	Rita	Vice Chair	Rita
Treasurer	Steve H.	Treasurer	Steve H.	Treasurer	Steve H.	Treasurer	Steve H.	Treasurer	Steve H.	Treasurer	Steve H.
Web Editor	Dallas	Web Editor	Dallas	Web Editor	Dallas	Web Editor	Dallas	Web Editor	Dallas	Web Editor	Dallas
Recording Secretary	VACANT	Recording Secretary	VACANT	Recording Secretary	VACANT	Recording Secretary	VACANT	Recording Secretary	VACANT	Recording Secretary	VACANT
Corresponding Secretary	VACANT	Corresponding Secretary	VACANT	Corresponding Secretary	VACANT	Corresponding Secretary	VACANT	Corresponding Secretary	VACANT	Corresponding Secretary	VACANT
Events Coordinator	VACANT	Events Coordinator	VACANT	Events Coordinator	VACANT	Events Coordinator	VACANT	Events Coordinator	VACANT	Events Coordinator	VACANT
Public Information	Katherine K.	Public Information	Katherine K.	Public Information	Katherine K.	Public Information	Katherine K.	Public Information	Katherine K.	Public Information	Katherine K.
Literature Chair	Lita	Literature Chair	Lita	Literature Chair	Lita	Literature Chair	Lita	Literature Chair	Lita	Literature Chair	Lita
Electronic Doc Mgr	Grace	Electronic Doc Mgr	Grace	Electronic Doc Mgr	Grace	Electronic Doc Mgr	Grace	Electronic Doc Mgr	Grace	Electronic Doc Mgr	Grace
Schedule Coordinator	Robyn R.	Schedule Coordinator	Robyn R.	Schedule Coordinator	Robyn R.	Schedule Coordinator	Robyn R.	Schedule Coordinator	Robyn R.	Schedule Coordinator	Robyn R.
Diversity Chair	VACANT	Diversity Chair	VACANT	Diversity Chair	VACANT	Diversity Chair	VACANT	Diversity Chair	VACANT	Diversity Chair	VACANT
12 <sup>th</sup> Step Within Chair	VACANT	12 <sup>th</sup> Step Within Chair	VACANT	12 <sup>th</sup> Step Within Chair	VACANT	12 <sup>th</sup> Step Within Chair	VACANT	12 <sup>th</sup> Step Within Chair	VACANT	12 <sup>th</sup> Step Within Chair	VACANT
Unity Link Coordinator	VACANT	Unity Link Coordinator	VACANT	Unity Link Coordinator	VACANT	Unity Link Coordinator	VACANT	Unity Link Coordinator	VACANT	Unity Link Coordinator	VACANT
Region 2 Reps (3)	April, OPEN	Region 2 Reps (3)	April, OPEN	Region 2 Reps (3)	April, OPEN	Region 2 Reps (3)	April, OPEN	Region 2 Reps (3)	April, OPEN	Region 2 Reps (3)	April, OPEN
World Service Rep	April	World Service Rep	April	World Service Rep	April	World Service Rep	April	World Service Rep	April	World Service Rep	April
Answering Serv Coord	VACANT	Answering Serv Coord	VACANT	Answering Serv Coord	VACANT	Answering Serv Coord	VACANT	Answering Serv Coord	VACANT	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](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. ....[www.oar2.org](http://www.oar2.org) 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 defence 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 counsellors. 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](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 JULY - AUG - SEPT 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
<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	Catherine 510-649-9950 No Texts
10:30 am	Oakland	<b>Open Arms: Focus on Fellowship Step/Tradition/Speaker/Lit</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 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	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.	Lisa 925-798-8432
7:30 pm	Concord	<b>Discussion</b>	WC Building behind motel.	
7:30 pm	Oakland	<b>Focus on the Solution: Speaker &amp; Step Study</b>	46536 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>	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
6:30 pm	Walnut Creek	<b>Step Study Literature/Topic/Discussion</b>	WC Kaiser Medical Center 1425 S. Main, 3 <sup>rd</sup> Floor, Redwood Conference Room	Merritt 510-919-8969
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, ENTRANCE IS ON MOUNTAIN AVE between Highland & Craig...look for a white OA sign that marks the steps up to the meeting room FF, NWC	Doris 510-219-0867
7:30 pm	Walnut Creek	<b>OA Podcast and Sharing</b>	53324 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>	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 classroom next to the nursery. WC	Sandy 925-687-9305
11:30 am	El Cerrito	<b>For Today/Voices of Recovery</b>	6922 Stockton Ave – enter through door off parking lot Feel free to bring your lunch WC	Robyn 510-708-0201
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, 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>	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 near McGee. Playroom 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>	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
5:40 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	David M. 201-390-6079
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 Rita @ 510-928-2225 - Please 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. 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 May 11 – June 8 – July 13</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>	Braden 415-505-7109