

MID-PENINSULA OA INTERGROUP MEETING LIST (as of July 5, 2018)

www.oamidpeninsula.org has the most up to date listings. All meetings open.

| Day & Time | City | Focus | Location | Address | Contact |
|--|---------------------|---|--|--|---|
| SUNDAY | | | | | |
| 9:30 AM - 10:30 AM | Mountain View | Womens Meeting, Step Study, Discussion | El Camino Hosp, Main Bldg., Basement near Cafeteria A&B | 2500 Grant Road | Kasthuri 408-599-9112 |
| 7:30 PM - 8:30 PM FREE PARKING | San Mateo | Recovery From Relapse | Mills Peninsula Health Center – Palm Room, 1 st Floor | 100 South San Mateo Drive | Lisa 650-464-0418 |
| MONDAY | | | | | |
| 9:30 a.m. – 10:30AM FREE PARKING | Daly City | HOW Meditation/Writing | FOE Building; Please note: 9 exterior steps up to entrance of building | 3344 San Jose Ave., Daly City 94014 | Tanya 650-274-7343 |
| 11:00AM -12:00 PM | Palo Alto | Writing, Step Study | Unitarian Church, Fireside Room | 505 E. Charleston Road | Karen 650-965-1704 |
| 12:00 PM - 1:00 PM | San Mateo | HOW/Step Study/Speaker every last Monday of the month OPEN ALL HOLIDAYS | Menlo Church (formerly called Open Door Church) | 4150 Picadilly Lane | Shari 650-591-5634 |
| 7:00 PM - 8:00 PM | Redwood City | HOW, Discussion, Step Study, Speaker | NEW Kaiser Hospital Main Bldg. 3 rd Floor Conference Room 30C & D | 1100 Veteran’s Blvd, Corner of Veteran’s Blvd. and Walnut Street | Joan Z. 650-364-1776 |
| 7:30 PM – 8:30 PM - Newcomers welcomed 7:15-7:30 | South San Francisco | 7:30-8:30 --meeting Speaker / Step Study | Kaiser South San Francisco 1200 El Camino Real, SSF | 2 nd Floor, Classroom B | Betsy G. 650-355-2330 |
| 7:30 PM - 8:30 PM | Palo Alto | Literature | Covenant Presbyterian Ch. | 670 E. Meadow (Room #5) Room is off the back parking lot | Ann 650-283-7499 |
| TUESDAY | | | | | |
| 12:00 PM-1:00 PM | Palo Alto | Literature | Etz Chayim Congregation | 4161 Alma Street | Elyse 650-740-8648 |
| 7:00 PM - 7:30 PM 7:30 PM - 8:30 PM | Palo Alto | New Comers Speaker, Discussion | St. Mark’s Episcopal Church | 600 Colorado Avenue (Chapel) | Donna 650-678-9442 |
| WEDNESDAY | | | | | |
| 11:00 AM - 12:00 PM | Palo Alto | Literature | Unitarian Church, Fireside Room | 505 E. Charleston Road | Elyse 650-740-8648 |
| 4:00 PM - 5:00 PM FREE PARKING | Pacifica | 12 & 12 / Varied Format | Pacifica Baptist Church (Wheelchair Accessible) | 2070 Francisco Blvd. @ Santa Rosa 1st Floor, West End Pacifica, CA | Rose G. 415-585-7841 |
| 5:30 PM - 6:30 PM | San Mateo | HOW / Format Varies | Mills Peninsula Health Center – Palm Room, 1 st Floor | 100 South San Mateo Drive ****FREE PARKING**** | JoAnn S. 650-863-3146 |
| THURSDAY | | | | | |
| 12:00 PM – 1:00 PM | Palo Alto | Literature, Writing | Etz Chayim Congregation | 4161 Alma Street | Elyse 650-740-8648 |
| 5:00 PM - 6:00 PM | San Bruno | OA & The 12 Steps | Saint Bruno’s Church | 555 San Bruno Ave. W | MaryBeth 650-922-3022 |
| FRIDAY | | | | | |
| 11:00 AM-12:00 PM | Palo Alto | Big Book | Unitarian Church, Fireside Room | 505 E. Charleston Road | Karen S. 650-965-1704 |
| 12:00 PM – 1:00 PM | Half Moon Bay | Rotating Literature, Discussion | Mariner’s Church 100 Stone Pine Center | 2 nd floor Meeting Room | Marciana 650-924-3731 |
| 5:30 PM - 6:30 PM | San Mateo | HOW Focus, Literature, Speaker. | Mills Peninsula Health Center – Palm Room, 1 st Floor | 100 South San Mateo Drive ****FREE PARKING**** | Kathleen H. 650-293-1311 |
| SATURDAY | | | | | |
| 8:30 AM–9:30 AM 1 st Sat of each month | San Mateo | Monthly Intergroup Meeting (All welcome!) | Menlo Church(formerly called Open Door Church (Wheelchair Accessible) | 4150 Picadilly Lane (West of El Camino btwn 41 st & 42 nd Streets) | Contact any IG officers for further info. |
| 8:30 AM - 9:30 AM | Mountain View | Speaker, Discussion | El Camino Hospital, Ground Floor Main Bldg, Room C | 2500 Grant Road | Kristi 650-967-2415 |
| 10:00 AM – 11:00 AM | Half Moon Bay | Rotating Format NEW FOCUS | Methodist Church (Wheelchair Accessible) | 777 Miramontes Upstairs in the Admin Bldg. | Jill 650-712-0150 |
| 10:00 AM - 11:15 AM | San Mateo | Speaker every week, HOW | Menlo Church (formerly called Open Door Church) (Wheelchair Accessible) | 4150 Picadilly Lane (West of El Camino btwn 42 nd & 41 st) | Shari 650-591-5634 |
| 10:00 AM - 11:00 AM | Pacifica | Step Study, reading, writing Last Saturday of Month Tradion of the Month | Pacifica Baptist Church (Wheelchair Accesible) | 2070 Francisco Blvd. @ Santa Rosa 1st Floor, West End **Plenty of parking** | Nancy N. 415-310-4322 |
| 10:15 AM – 11:15 AM Please note meeting is Scent Free | San Carlos | Discussion & Speakers. “Newcomers Q & A follows meeting” | San Carlos Library | 610 Elm Street @ Cherry Room B, 2 nd floor | Diane 360-821-0066 |

Day/Time /Format /Location Changes at your Meeting? Send Details to the Newsletter Editor at preeva@tramiel.org

Seventh Tradition Contributions to Intergroup

Send monthly contributions to the Mid-Peninsula Intergroup to: PO Box 1412, San Mateo, CA 94401. Indicate your meeting number or location, day, and time (if your meeting does not have a number, one has not yet been assigned by the WSO see new meeting package). Our treasurer will make your contribution for your 60/30/10 distribution when you indicate by writing “60/30/10” on your check distributed between Mid-Peninsula Intergroup, Region 2, and the WSO. ***No contribution is too small. Thank you for your support!***



RECOVERY CONNECTION

JULY 2018

You may view or download this newsletter from our web site at:
www.oamidpeninsula.org

What is Overeaters Anonymous?

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive eating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees; we are self-supporting through our own contributions. We are not a diet club. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors, and to carry this message of recovery to those who still suffer.

Mid-Peninsula Intergroup

Mailing Address: PO Box 1412, San Mateo CA 94401 www.oamidpeninsula.org

Meetings: Held The **first Saturday** of every month. *All are welcome!*
8:30 - 9:30 AM at **4150 Piccadilly Lane**
(West of El Camino between 42nd and 41st Avenues)

OA Live Telephone Service (877) 582-2998:
Meeting and contact number Information for callers.

Intergroup Chairs and Officers

| | | |
|---------------|-----------|----------------|
| Chair | Kathy | (305) 308-2000 |
| Vice Chair | Laila | (408) 813-4436 |
| Secretary | MicheleP | (650) 759-4818 |
| Telephone | Lynne K. | (650) 580-9899 |
| World Service | Anne F. | (650) 283-7499 |
| | | |
| R2 Reps (3) | Lynn K. | (650)580-9899 |
| | OPEN | ----- |
| | | |
| | Alternate | OPEN |
| | | |
| Treasurer | Terri S. | (650) 245-8402 |
| IG Events | OPEN | ----- |
| | | |
| Mail | Marian | (650) 504-1574 |
| Public Info | OPEN | |
| Spanish | Anne F | (650)283-7499 |
| Newsletter* | Preeva T* | (650) 208-3580 |
| Webmaster* | MicheleP* | (650) 759-4818 |

Preeva@tramiel.org*
webmastermidpen@gmail.com*

Message from Our Intergroup Chair

For those of you who were able to attend the convention, I hope you had a great time and thank you for supporting Region 2. There were about 400 attendees. I thought the speakers were very informative; I learned a lot. There was some fun entertainment, a live band and dancing. I spent time with old friends and made many new acquaintances.

Does the meeting(s) you attend have an Intergroup Rep?
We are trying to get more representation at Intergroup meetings.

OVEREATERS ANONYMOUS MIDPENINSULA

Welcome to the OA-12 Step program of recovery, support, and fellowship for: Compulsive Overeaters, Anorexics, Bulimics, and anyone having a problem with food.

Know of any upcoming health fairs or events in the community? – we could have an information booth representing OA at the event! Contact Connie (650) 226-3120

Please check the website: oamidpeninsula.org for any meeting updates (new changes in meeting times on back appear in bold print).

Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers.

Lifeline accompanies members around the world, ready to provide inspiration and support. You can subscribe to *Lifeline* in print or *e-Lifeline* on oa.org.

Survey for All Meetings to Complete

OA will be sending out an **online member survey** later this year. We ask that in preparation for receiving this survey, **all meetings review their contact person information**, especially email addresses, where the survey will be sent.

Updating meeting contact person information is easy. Go to [Find a Meeting on oa.org](http://www.oa.org) and click "Edit an Existing Meeting". This survey that will be sent out will strengthen OA's mission and message of **hope, strength, and recovery** from compulsive overeating.

Send meeting changes or items of interest to the Newsletter Editor at michelepa@comcast.net
Looking for phone meetings? Visit www.oa.org - Click on Find a Meeting and then click on Phone Meetings!

Also check out San Francisco, www.oasf.org, Silicon Valley, www.oasv.org, and Eastbay www.oacastbay.org, for more Meetings and Events!

Phone, Online, and Non-Real-Time Meetings

If you can't make it to an in-person meeting, OA has many meetings that meet via telephone, exist as chat rooms, or are conducted as mailing lists. Look for them on the OA website at:

<http://oa.org/find-a-meeting/>