

# MID-PENINSULA OA INTERGROUP MEETING LIST (as of August 3, 2018)

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

Day & Time	City	Focus	Location	Address	Contact
<b>SUNDAY</b>					
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 <sup>st</sup> Floor	100 South San Mateo Drive	Lisa 650-464-0418
<b>MONDAY</b>					
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 <b>OPEN ALL HOLIDAYS</b>	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 <sup>rd</sup> Floor Conference Room 30C & D	1100 Veteran's Blvd, Corner of Veteran's Blvd. and Walnut Street	Joan Z. 650-364-1776
<b>7:30 PM – 8:30 PM</b> - Newcomers welcomed 7:15-7:30	South San Francisco	<b>7:30-8:30</b> --meeting Speaker / Step Study	Kaiser South San Francisco 1200 El Camino Real, SSF	2 <sup>nd</sup> Floor, Classroom B	Betsy G. 650-355-2330
7:30 PM - 8:30 PM	Palo Alto	Literature	Covenant Presbyterian Ch.	670 E. Meadow ( <b>Room #5</b> ) <b>Room is off the back parking lot</b>	Ann 650-283-7499
<b>TUESDAY</b>					
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	Palo Alto	New Comers	St. Mark's Episcopal Church	600 Colorado Avenue (Chapel)	Donna 650-678-9442
7:30 PM - 8:30 PM		Speaker, Discussion			
<b>WEDNESDAY</b>					
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 <sup>st</sup> Floor	100 South San Mateo Drive ****FREE PARKING****	JoAnn S. 650-863-3146
<b>THURSDAY</b>					
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
<b>FRIDAY</b>					
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 <sup>nd</sup> 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 <sup>st</sup> Floor	100 South San Mateo Drive ****FREE PARKING****	Kathleen H. 650-293-1311
<b>SATURDAY</b>					
8:30 AM-9:30 AM 1 <sup>st</sup> 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 <sup>st</sup> & 42 <sup>nd</sup> 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 <b>NEW FOCUS</b>	Methodist Church (Wheelchair Accessible)	777 Miramontes Upstairs in the Admin Bldg.	Jill 650-712-0150
10:00 AM - 11:15 AM	San Mateo	<b>Speaker every week,</b> HOW	Menlo Church (formerly called Open Door Church) (Wheelchair Accessible)	4150 Picadilly Lane (West of El Camino btwn 42 <sup>nd</sup> & 41 <sup>st</sup> )	Shari 650-591-5634
10:00 AM - 11:00 AM	Pacifica	Step Study, 15mins. reading and 15 mins. writing	Pacifica Baptist Church (Wheelchair Accesible)	2070 Francisco Blvd. @ Santa Rosa 1st Floor, West End **limited 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 <sup>nd</sup> floor	Diane 360-821-0066

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

## SEPTEMBER 2018

You may view or download this newsletter from our web site at:  
[www.oamidpeninsula.org](http://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](http://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 42<sup>nd</sup> and 41<sup>st</sup> 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	OPEN	
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
	Marian	(650) 504-8402
	Alternate	OPEN
Treasurer	Terri S.	(650) 245-8402
IG Events	OPEN	-----
Mail	Shari	(650) 591-5634
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

**Elections for service positions will occur at October IG meeting. We must elect a Treasurer, Webmaster and Vice-Chair. There are also opportunities for Committee chairs.**

**If you have the skills, it may be possible to waive abstinence requirements.**

**If you have questions, please email Kathy [kathleenanne01@yahoo.com](mailto:kathleenanne01@yahoo.com) or Shari [sharigreenberg1@yahoo.com](mailto:sharigreenberg1@yahoo.com)**

### 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](http://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](#) 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 [preeva@tramiel.org](mailto:preeva@tramiel.org)

Looking for phone meetings? Visit [www.oa.org](http://www.oa.org) - Click on Find a Meeting and then click on Phone Meetings!

Also check out San Francisco, [www.oasf.org](http://www.oasf.org), Silicon Valley, [www.oasv.org](http://www.oasv.org), and Eastbay [www.oaeastbay.org](http://www.oaeastbay.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:

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