

# MID-PENINSULA OA INTERGROUP MEETING LIST (as of August 24, 2019)

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. Meeting is fragrance-free.	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. 2nd Floor Conference Room 20A	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 A and B, Across from the Cafeteria	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. fragrance-free.	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
<b>WEDNESDAY</b>					
11:00 AM - 12:00 PM	Palo Alto	Literature. Fragrance-free.	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. Fragrance-free	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. Fragrance-free.	Mariner's Church 100 Stone Pine Center	2 <sup>nd</sup> floor Meeting Room	Marciana (415) 596-7446.
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-9:45 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	YMCA Park Pavillion, Basement Room K	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, HOW</b>	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 Accessible)	2070 Francisco Blvd. @ Santa Rosa 1st Floor, West End **limited parking **	Sylvia C 415-516-2961
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)



# RECOVERY CONNECTION

## September 2019

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)

#### Intergroup Chairs and Officers

Chair	Kathy	(305) 308-2000
Vice Chair	Marian	(650) 504-1574
Secretary	Terri	(650) 245-8402
Telephone	Maggie	(650) 344-8672
World Service	Anne F.	(650) 283-7499
R2 Reps (3)	Marian	(650) 504-1574
	Wendy J	650-759-4013
Treasurer	Janae	(650) 430-2216
IG Events		OPEN
Mail	Maggie	(650) 344-8672
Public Info	Connie	(650) 226-2130
Spanish	Anne F	(650) 283-7499
Newsletter*	Preeva T*	(650) 208-3580
Webmaster*	Judith*	(408) 627-

### Message from Our Intergroup Chair

**Coming in October: Day in OA – Practical Abstinence**

#### **WE HAVE A PODCAST!**

There are many Overeaters Anonymous podcasts, but this one is specific to OA Mid Peninsula. The speakers are from the HOW meetings on Saturdays in San Mateo.

Subscribe by looking for the podcast icon on your phone and entering OA Mid Peninsula into the search box. We have over 1000 subscribers. Tune in and bolster your recovery!

*To be registered with the WSO, OA meetings must fulfill the definition of an OA group, which means they meet to practice the Twelve Steps and Traditions of OA, welcome all who have the desire to stop eating compulsively, do not require members to practice any actions to remain a member or to share at a meeting, and as a group they have no affiliation other than OA*

### 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.**

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*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*  
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**Please check the website: [oamidpeninsula.org](http://oamidpeninsula.org) for any meeting updates (new changes in meeting times on back appear in bold print).**  
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*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](http://oa.org).*

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!

#### **Seventh Tradition Contributions to Intergroup**

Send monthly contributions for 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 assigned by the WSO see new meeting package). Our treasurer will use your contribution for your 60/30/10 distribution when you indicate by writing "60/30/10" on your check.\*\*\*No contribution too small thank you\*\*\*