

MID-PENINSULA OA INTERGROUP MEETING LIST (as of June 2021)

Please note that face to face meetings are still suspended at this time due to the **COVID -19** outbreak. Many groups are holding meetings virtually using the Zoom application. Go to www.oamidpeninsula.org for a list with the link for each meeting. **Monday Night SSF meeting has new Zoom link. Check website for the new link.**

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 Meets via zoon
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. 2nd Floor Conference Room 20A	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 <i>New Zoom Link: check website!</i>	2 nd 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 (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
7:30 PM - 8:30 PM	Palo Alto	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	Community United Methodist Church, (elevator)	777 Miramontes, 2 nd 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 st Floor	100 South San Mateo Drive ****FREE PARKING****	Kathleen H. 650-293-1311
SATURDAY					
8:30 AM–9:45 AM 1 st Sat of each month	San Mateo	Monthly Intergroup Meeting (All welcome!)	Menlo Church(formerly called Open Door Church (Wheelchair Accessible) (via Zoom at this time.)	The monthly meeting is being held via Zoom. Go to oamidpeninsula.org for the link.	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 NEW FOCUS	Methodist Church (Wheelchair Accessible)	777 Miramontes Upstairs in the Admin Bldg.	TBD
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, 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 nd floor	Diane 360-821-0066

Day/Time /Format /Location changes at your meeting? Send details to the interim Newsletter Editor at dleschyn@gmail.com



RECOVERY CONNECTION

June 2021

You may view or download this newsletter from our website 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 currently **Via Zoom**. *All are welcome!*
8:30 - 9:45 AM at **4150 Piccadilly Lane (West of El Camino between 42nd and 41st Avenues)**

Intergroup Chairs and Officers

Chair	Shari	(650) 591-5634
Vice Chair	Judith	(408) 627-0870
Secretary	Terri	(650) 245-8402
World Service Delegates	Marga. Judith W	(650) 270-9967 (408) 627-0870
R2 Reps (3)	Chelsea	Chelseawallau@gmail.com
	Wendy J	(650)-759-4013
	Marga Sandra N.	(650) 270-9967 Alternate
Treasurer	Janae	(650) 430-2216
IG Events Mail	Dierdre	OPEN (650) 281-8301
Public Info		OPEN
Spanish	Anne F	(650) 283-7499
Newsletter	Debby L	(650) 348-2856
Webmaster/ Podcast	Ginger*	ginger@mojovideo.tv
Zoom Coordinator	Donna R	donnar@gmail.com

Message from your Newsletter Editor

Step 6: "Were entirely ready to have God remove all these defects of character."
The spiritual principle of Step 6 is willingness. Step 6 is important in the process in that it focuses on the *willingness* to change the old behaviors that contribute to the food problem. Stopping the overeating without addressing those behaviors makes it easier to slip back into our old habits. The goal of Step 6 is not to engage in self-shaming. Instead, it is about looking at ourselves with honesty and accepting the things that have played a part in our problem. By showing ourselves acceptance and then submitting to a Higher Power, we work toward letting go of the behaviors that are holding us back from truly recovering from food addiction. Questions to consider with Step 6:

- *In what ways do I act on this defect?
- *When I act on this defect, what effect does it have on myself and others?
- *What feelings do I associate with this defect? Am I trying to suppress certain feelings by acting on certain defects?
- *What would my life be like without this behavior? Which spiritual principle can I apply instead?

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.**

Please check the website: oamidpeninsula.org for any updates and Zoom links to meetings as well as upcoming events. Send events to be posted to our webmaster: webmastermidpen@gmail.com

ZOOM in for the Virtual OA Region 2 Convention Hosted by San Diego! July 9-11, 2021
Open to ALL members in ALL Regions. A Special Invitation to Newcomers! **SAVE THE DATE!**
Registration info to follow: <https://www.oar2.org/upcoming-convention.html#/>

Listen to our podcast! Find it on iTunes, Google, Spotify and on our website.

Send meeting changes or items of interest to the Newsletter Editor dleschyn@gmail.com.

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, and the OA Virtual Region <https://oavirtualregion.org/> for more Meetings and Events!

Seventh Tradition Contributions to Intergroup

Use the OA Midpeninsula website to donate or send monthly contributions for the Mid-Peninsula Intergroup to: PO Box 1412, San Mateo, CA 94401. Indicate your meeting time, day and city. Our treasurer will use your contribution for your 60/30/10 distribution. ***No contribution too small thank you***