

# MID-PENINSULA OA INTERGROUP MEETING LIST (as of March 1, 2020)

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. 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	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
<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	Community United Methodist Church, (elevator)	777 Miramontes, 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.	TBD
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 interim Newsletter Editor at [dleschyn@gmail.com](mailto:dleschyn@gmail.com)



# RECOVERY CONNECTION

## March 2020

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 - 9:45 AM at **4150 Piccadilly Lane**  
(West of El Camino between  
42<sup>nd</sup> and 41<sup>st</sup> Avenues)

#### Intergroup Chairs and Officers

Co-Chairs	Shari (650) 591-5634 Morrie (360) 821-0065
Vice Chair	Marian (650) 504-1574
Secretary	Terri (650) 245-8402
World Service Delegates	Anne F. (650) 283-7499 Judith W (408) 627-0870
R2 Reps (3)	Marian (650) 504-1574 Wendy J 650-759-4013 Rep #3 OPEN
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	Debby L (650) 348-2856
Webmaster*	Judith* (408) 627-0870

[webmastermidpen@gmail.com](mailto:webmastermidpen@gmail.com)\*

### Message from Our Intergroup Chair

#### Reflections on Step Three

**Our 12 X 12 says: Once we compulsive eaters truly take the Third Step, we cannot fail to recover. (Pg. 23) Living our Beliefs)**

**Dr. Bob: We should attempt to acquire some faith which isn't easily done...I think faith can be acquired: it can be acquired slowly...That was not easy for me, and I assume it is difficult for everyone else...**

**(Dr. Bob and The Good Old Timers pg 307-308)**

**For me, making the decision outwardly was easy, actually living it has been gradual. I heard years ago that the decision must be followed by the work of the rest of the steps, otherwise it is fine words only. For me "acting as if"—as if I believed, as if working the steps would work, as if what I heard in OA might be true has worked for me. Also, being satisfied with progress not perfection has been very important. -----**

**Check out our podcast! Find it on iTunes, Google and Spotify. Simply search for the "Overeaters Mid Peninsula" podcast and hit**

**subscribe!**



### 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**

**Thank you** to all those who did service for the February 15<sup>th</sup> Meditation Workshop: Suzanne F., Mary Beth, Joan Z., Ginger, Michele P. Shyamala, Ann P. Lynn K., Joann, Sean P., Punam, Beth C., Nancy R., Morrie, and Shari. It was a huge success with 70 people attending!!

Send meeting changes or items of interest to the Newsletter Editor [dleschyn@gmail.com](mailto:dleschyn@gmail.com).

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 time, day and city. Our treasurer will use your contribution for your 60/30/10 distribution. \*\*\*No contribution too small thank you\*\*\*