

San Francisco Intergroup of Overeaters Anonymous



Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope are recovering from compulsive overeating, anorexia and bulimia. We welcome everyone with a desire to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating, anorexia and bulimia and to carry this message of recovery to those who still suffer.

E HABLA ESPAÑOL. NUEVA LÍNEA DE INFORMACIÓN

Llame al (650) 516-6222 para dejar un mensaje / preguntas y su llamada será devuelta por un miembro de habla española OA

Choices for Today

Recent meetings, phone conversations and literature have given me this message: put as much time and energy into treating yourself well in a healthy, loving way as you used to put into abusing yourself.

How much money have I thrown away on unnecessary food, or clothes that would only fit for a short time or not at all?

How long did it take to earn that money?

How many days have I spent in physical pain from overeating, or from the pressure and strain of excess weight on my knees and ankles?

How many hours (days, weeks, months, years) have I forfeited to this disease, hoping for a way out and blundering around until I found OA, named my problem and reconnected with my Higher Power?

If I was willing to put that time and energy into being sick, then I can at least be willing to put an equal amount of time and effort into being well, healthy and joyful.

So for today...

- I choose not to beat myself up. When I make a mistake, as I am bound to do, I will choose to acknowledge it, make amends, forgive myself, learn the lesson, let it go and move on.
- I choose to let go of old ideas about myself that kept me trapped in a dysfunctional behavior pattern.
- I choose to make a concerted effort not to isolate myself and to remind myself I am a part of humanity – no better, but no worse than others. I attend meetings, provide service, and make phone calls and Seventh Tradition contributions.
- I choose to make decisions that will lead to better health and more enjoyment of the people in my life.
- I choose to trust the universe is unfolding the way it is meant to and I'm right where I need to be on my path.
- I choose to move around more and keep the gift of abstinence.

This is the least I can do to make amends for the ways I abused myself in the past. I do these things with my Higher Power's love and guidance.

The promises in the Big Book tell us 'we will not regret the past nor wish to shut the door on it' (Alcoholics Anonymous, 4th ed., p.83). I understand that now. I don't want to forget where I have been, and I don't want to go back. I am grateful my past provides learning opportunities and my Higher Power provides lessons that allow me to appreciate the gift of love and health this day.

☐ Erica P., Greensboro, North Carolina USA from Lifeline, July 2011

"We admitted we were powerless over food – that our lives had become unmanageable"

☐ Step One

When I first came to OA I had already lost ninety pounds, but I was struggling and I knew I needed help. As soon as I walked through the door to my first meeting, I knew I was in the right place. I thought I had taken step one that first night – certainly I was powerless over food or I wouldn't be here.

I continued to eat the same way I had been eating. I ate all foods, but limited the quantity of my favorites. I didn't have any binge foods – no, not me. Of course, I still struggled, even though I was working the steps. I started eating more at meals. As long as it was a part of a meal, I was still abstinent, right? I only ate three meals a day.

Eventually, my Higher power got a message through my food fog. He made me realize that I was playing with fire, still controlling my food. I had not taken step one.

Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles happen when we work the steps honestly!

For today, I will be honest about my binge foods.

☐ Voices of Recovery, Jan 1, Page 1, Overeaters Anonymous, Inc. 2010

Events

For updated information, please visit www.oasf.org

12 Step Within Day in OA

January 28, 2012 • 10AM-4PM

At the Open Door Church

4150 Picadilly Lane, San Mateo, CA

Find Your Higher Power and Nurture the Relationship Workshop:

Saturday, February 4, 2012 from 1:00 pm to 4:30 pm
(doors open at 12:30 pm . St. Aiden's Episcopal Church.) @101 Goldmine Drive, San Francisco.

Contacts: Andrea (415) 621-3382,

anmid@comcast.net or Judith

(415) 826-7747, judithmknop@gmail.com

Sponsorship Corner:

The Sponsorship Committee is looking to expand its list of available temporary sponsors! If you are available to be on the list, please contact Peggy (335-OASF or sponsorship@oasf.org). Thank you for your service!

Need a temporary sponsor? Contact Peggy @ 335-OASF or sponsorship@oasf.org

SAN FRANCISCO INTERGROUP OFFICERS & COMMITTEES

Chair: Rachel (415)244-7727

Vice Chair:Peggy (415) 205-3113

Treasurer:Scott (773) 255-6137

Recording Secretary:Carol (415)225-0125

Corresponding SecretaryBecky (415)216-5437

Region 2 Representatives:Aine (415) 386-4616,

.....Aishlin (415) 221-8968

.....David (415) 255-7720

World Service Delegates:Allison (704) 491-0922

.....Danni (305)342-2153

.....Susie (415) 309-4007

12th Step Within:David (415) 255-7720

Anorexia/Bulimia:open position

Bridge/Group Liaison:Kate (415) 827-3618

Diversity:open position

Electronic Media:Duke (415) 608-3853

Newcomer/Sponsorship:.....Peggy (415) 205-3113

Professional Outreach & Public Information:

.....Susie (415) 309-4007

Special Events:.....open position

Voicemail:.....Grecia (415) 999-2877

SAN FRANCISCO INTERGROUP (SFIG) is supported by donations from area groups who, after expenses and putting aside a prudent reserve, make suggested donations of 60% to SFIG, 30% to World Service and 10% to Region 2. Groups may send one check to SFIG **marked 60-30-10 (include a contact name and phone number)**; SFIG will distribute accordingly. Groups may also choose to mail their checks directly to World Service and Region 2. Their addresses are located on the meeting list side of the Bridge. Every OA meeting is encouraged to send a representative to SFIG. All OA members are welcome at SFIG. SFIG meets on the second Saturday of each month at St. Francis Hospital (900 Hyde Street near Pine Street), 2nd Floor, Esther Hoffman Room near the Cafeteria, from 10:15 – 11:45 am.

These listings are provided to assist OA members in locating meetings and are to be used for no other purpose. Groups are listed at their own request. Listing does not imply endorsement of any group's practice of OA traditions. All OA meetings are open to everyone, regardless of focus (Century, GLBT, etc.). OA respects the need for such meetings. Please be respectful of each meeting's focus.

Need help between meetings? Call any of the following:

Jane R. (415) 586-4577 or jradcli@mystudybuddy.org; Susie (415) 309-4007; Maria (415) 571-5435; Sharone (415) 864-1301

New Meeting? Changed Format/Location/Time? Help keep *The Bridge*, website and Region 2 up to date by contacting us at webmaster@oasf.org and bridge@oasf.org

Day/Time	Contact	Location	Address	Focus/Format
Sunday				
8:45-9:45 am	Susie (415) 309-4007	CPMC Pacific	2333 Buchanan Street, Level A, Cafeteria Conference Room	Big Book Study
9:30-10:30 am	Andrea (415) 621-3382	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Literature/Speaker/Discussion
10:00-11:15 am	Carol (415) 225-0125	CPMC Pacific	2333 Buchanan Street, Level A, Cafeteria Conference Room	Step Study
11:00-12:15 pm	Annie (415) 317-6261	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Anorexic, Bulimic, Comp. Exerc., Open
5:00-6:00 pm	Ashley (805) 452- 1649	Unity Christ Church	2690 Ocean Avenue @ 19 th Avenue	90 Day Format/Speaker/Literature
6:30-7:30 pm	Allison (704) 491-0922	St Francis Lutheran	152 Church St. @ Market St, Room 3 (Buzz Conf.Rm @ gate)	Speaker/Discussion/Chips
6:30-7:00 pm	Eliza (415) 386-8190	St. James Church	4620 California Street, between 8 th & 9 th Avenues	Newcomer Meeting
7:00-8:00 pm	Eliza (415) 386-8190	St. James Church	4620 California Street, between 8 th & 9 th Avenues	Writing
Monday				
7:00-8:00 am	Judith (415) 826-7747	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	Abstinence/Lifeline/Discussion
*Noon-1:00 pm	Maria (415) 571-5435	One Taste Urban Retreat Ctr	1080 Folsom Street, between 6 th and 7 th Streets	Body Image/Writing
5:45-6:45 pm	Libby (415) 994-5065	Dry Dock	2118 Greenwich Street @ Fillmore Street	Women Anorexic/Bulimic
6:30-7:30 pm	Ellen (415) 665-9531	All Saints Church	1350 Waller Street near Masonic Street	Commitment to Abstin./Literature
7:00-8:00 pm	Scott (773) 255-6137	Castro Country Club	4058 18 th Street between Castro and Hartford Streets	LGBTQI – Speaker/Literature
7:00-8:00 pm	Rafael (415) 335-1273	The Fog Building	333 Valencia St @ 14 th St., Ste 323	Spanish Speaking
7:00-7:30 pm	Anne (650) 583-1543	Kaiser Medical Offices	395 Hickey Blvd, 6 th floor, Daly City	Newcomer Meeting
7:30-9:00 pm	Anne (650) 583-1543	Kaiser Medical Offices	395 Hickey Blvd, 6 th floor, Daly City	Speaker/Discussion
Tuesday				
7:00-8:00 am	Judith (415) 826-7747	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	Step Study/Discussion
6:15-7:15 pm	Deb (415) 724-8794	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Big Book Study/BYOBB
7:15-8:15 pm	Rebekah (415) 735-6831	Castro Country Club	4058 18 th Street between Castro and Hartford Streets	Anorexic, Bulimic, Comp. Exerc., Open
*7:30-8:00 pm	Sara (415) 533-9050	St. James Church	4620 California St (between 8 th & 9 th Ave)	Newcomer Meeting
*8:00-9:00 pm	Sara (415) 533-9050	St. James Church	4620 California St (between 8 th & 9 th Ave)	Century (100+ pounders)/Chips
Wednesday				
7:00-8:00 am	Judith (415) 826-7747	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	Big Book
9:00 -10:00 am	Mary (415) 824-4436	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	NEW- Meditation/Writing
2:00-3:00 pm	Pamela (415) 350-4240	A.P.T.D	(Association of Professionals Treating Eating Disorders) 3195 California St. #E @ Presidio	NEW- Anorexic, Bulimic, Compulsive Exercisers, Open
3:30-5:00 pm	Wendy (415) 282-5234	Pacifica Baptist	2070 Francisco Blvd. 1 st floor, Pacifica (Sharp Park)	H.O.W. (wheelchair accessible)
5:50-6:50 pm	Libby (415) 994-5065	Dry Dock	2118 Greenwich St @ Fillmore St.	Women's Sexuality & Body Image
6:30-7:30 pm	Paul (415) 566-7473	Unity Christ Church	2690 Ocean Avenue @ 19 th Avenue	Step Study
7:15-8:15 pm	Gary (415)368-8818	Ariana Cafe	842 Geary Blvd between Hyde and Larkin	NEW- Literature/Speaker/Discussion
8:00-9:00 pm	Aminta (415) 623-9405	CPMC Davies	Castro St. @ Duboce St., Level B, Room B1	Relapse/12 Step Within
Thursday				
7:00-8:00 am	Judith (415) 826-7747	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	For Today
6:30-7:30 pm	Judith (415) 826-7747	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Acceptance
6:30-7:30 pm	Mace (415) 722-3099	St Francis Lutheran	152 Church St. @ Market St, Room 3 (Buzz Conf.Rm @ gate)	LGBTQ/scent-free/Speaker/Discussion
8:00-9:15 pm	Chris (415) 386-5138	Calvary Methodist	1400 Judah St. @ 19 th Ave. (Judah Gate)	Speaker/Discussion
Friday				
7:00-8:00 am	Judith (415) 826-7747	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	OA Brown Book
5:45-6:45 pm	Stephanie (415) 933-7771	Castro Country Club	4058 18th Street between Castro and Hartford Streets	Young People/K.I.S.S./Speaker/Discussion
8:00-9:00 pm	Nancy (415) 239-5692	CPMC Davies	Castro St. @ Duboce St., Level B, Room B2/3	Lifeboat Positive Pitch - Speaker
Saturday				
7:00-8:00 am	Judith (415) 826-7747	Saint Aidan's Church	101 Gold Mine Drive @ Diamond Heights Blvd. (Scent-free)	Step Study/Codependency
9:00-10:00 am	Larry (415) 776-1759	St Francis Hospital	900 Hyde St. @ Pine St., 2nd floor, Hoffman Room	Speaker/Step Study/Chips
9:45-10:45 am	Peggy (415) 205-3113	CPMC Davies	Castro St. @ Duboce St., Level B, Room B1	Writing
10:15-11:45 am	Grecia (415) 999-2877	Saint Francis Hospital	900 Hyde St. @ Pine St., 2nd floor, Hoffman Room Once a month—2nd Saturday Only	OASF Intergroup Business Meeting, all welcome
11:00-Noon	Rachel K. 415-244-7727	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Into Action Step/Speaker
11:00-Noon	Nancy (415) 310-4322	Pacifica Baptist	2070 Francisco Blvd. 1st flr, Pacifica (Sharp Park)	Step Study (wheelchair accessible)
4:30-5:45 pm	Gayl (415) 746-0443	CPMC Davies	Castro St @ Duboce St, Level B, Rm B1	Women's Writing
6:30-7:30 pm	Libah (415) 845-7774	CPMC Davies	Castro St @ Duboce St, Level B, Rm B1	Candlelight Lit/Step Study/Speaker

*Monday Body Image/Writing Meeting is a brown bag lunch meeting. Members may eat lunch during the meeting.

*Tuesday Century Meeting is Handicapped Accessible. Contact Sara at 533-9050 to have the elevator available.

Marin: (415) 927-2245 Mid-Peninsula: (650) 375-0724	Monterey: (831) 372-4673 Oakland/Berkeley: (510) 923-9491	Sacramento: (916) 786-0330 San Jose: (408) 268-7243	Santa Cruz: (831) 429-7906 Sonoma: (707) 538-9770
San Francisco Intergroup P.O. Box 2543 San Francisco, CA 94126	OA Bay Area Public Info Lists of meetings and times within 7 local Intergroups	OA Region 2 4733 Torrance Blvd. Ste335 Torrance, CA. 90503	OA World Service P.O. Box 44020 Rio Rancho, NM 87174-4020