

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.

My Unmanageable Life

"It is truly awful to admit that... we have warped our minds into such an obsession for destructive [eating] that only an act of Providence can remove it from us" (AA Twelve Steps and Twelve Traditions, p. 21).

Before I came to OA, I had a miserable life. It consisted of eating, trying to hide what I was eating, lying about it and feeling hopeless. Everything else — work, family, friends — was secondary to my food obsession. I honestly thought if people didn't see me eat, they wouldn't know I ate too much.

I weighed almost 300 pounds (135 kg). Fear, lying, shame, humiliation, excuses, obsession, dread and hopelessness filled my days. I didn't know what it was like to love, respect or trust myself. I didn't keep commitments, especially to myself. After every binge, I would feel ashamed and vow tomorrow would be different. It never was.

Today I can't go back to that way of living. Some days I think I want to, that it would be easier, but it wouldn't. My mind is warped into an obsession, and I can't fix it. I am without defense against the first bite. Sometimes I understand that; sometimes I don't.

Now that I'm abstinent, my days are different. Since I've admitted I am powerless over food and my life is unmanageable, I eat to live, not live to eat. I wake up each day with a clear head. I'm not hung over from a binge the night before, and my first thoughts are not about what I'm going to eat. I'm not looking to the floor beside my bed to see what's left that I can put in my mouth so I can face the day.

I don't want to die now. I look forward to my day with hope and begin with repeating Steps One, Two and Three and reading from For Today. This reminds me of who I am and who I want to be in control of my life.

I can get out of bed and like what I see in the mirror. I feel good about my physical self. When I'm abstinent, my body looks 100 times better, no matter what I weigh. I can go to my closet, pick out something to wear and know it will fit. I will have bought it in a regular store, and I'll look good in it.

With abstinence and practicing the OA principles, I can do my job well and believe I'm good at it. I don't fear I'll be fired because I'm more concerned about food than work. My day isn't focused on selfish desires. I can take care of and stand up for myself. I no longer feel others are better than I am; we are equals. I can commit to calling my sponsor and to eating certain foods. I value myself enough to realize I deserve good things.

I can come home and be nice to my parents. I don't have to blame them for what I thought they did to me. I can love them for who they are and forgive them if they weren't the greatest parents. Through soul-searching in OA, I realize I am lucky to have them. I know they did the best they could.

I can eat dinner without resenting my mother because I think she's watching every bite I put into my mouth. I can eat a meal without feeling I don't deserve to eat because I'm fat.

I can call my friends without wondering if they like and care about me. Before OA and abstinence, I questioned why anyone would want to spend time with me because I thought I was ugly, disgusting and no fun to be around. Today, I know that's not true. I am lovable, fun, trustworthy and a good friend. Today, I care about others more than I ever could when I was eating compulsively. I couldn't be a real friend until I learned to love myself. In OA, I know that everyone else in the meeting has felt the same pain, obsession and suffering I have.

Today, I have people I can reach out to and be honest with; I don't have to fear judgment or ridicule. I receive compassion, understanding and love. I end my day thanking my Higher Power for all he has given me. I feel worthy of his attention, love and forgiveness. I know he wants me to be happy, joyous and free, and not return to the hell of compulsive overeating.

For today, as long as I continue to admit my powerlessness over food and the unmanageability of my life, I can go to bed each night full of joy and love. — Anonymous

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. Tucked in a purse, a suit coat pocket or a lunch bag, Lifeline accompanies members around the world, ready to provide inspiration and support when needed.

Lifeline, a monthly magazine, is available in two versions: a 30-page, printed magazine and an electronic online magazine, called e-Lifeline. Both contain the same content. Current subscribers wishing to convert their print magazine subscription to an e-Lifeline subscription should contact the OA World Service Office: info@oa.org.

Events:

For updated information, please visit www.oasf.org

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 Sean (335-OASF or sponsorship@oasf.org). Thank you for your service!

Need a temporary sponsor?

Contact Sean @ 335-OASF or sponsorship@oasf.org

SAN FRANCISCO INTERGROUP OFFICERS AND COMMITTEES

Chair:	Allison (704) 491-0922
Vice Chair:	Sean 235-8766
Treasurer:	Mace 821-2929
Recording Secretary:	Grecia H. 999-2877
Corresponding Secretary:	Aminta 623-9405
Region 2 Reps:	Gregg 200-7948 <i>open position</i>
World Service Delegates:	David 255-7720 <i>open position</i>
Anorexia/Bulimia:	<i>open position</i>
12th Step Within:	David 255-7720
Diversity:	<i>open position</i>
Group Liaison:	Gregg 200-7948
Newcomer:	Cat 312-8711
Professional Outreach & Public Information:	Susie 309-4007
Special Events:	Anita (650) 224-2794
Sponsorship Committee:	Sean 235-8766
Voicemail:	Grecia H. 999-2877
Electronic Media:	Duke 608-3853

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 San Francisco Intergroup, 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. Every OA meeting is encouraged to send a representative. 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.

The Bridge is a locally published, non-WSO approved, OA meeting resource produced by San Francisco OA Intergroup.

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. 586-4577 or jradcl@mystudybuddy.org; Gregg 200-7948; Susie 309-4007; Maria 571-5435; Sharone 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 309-4007	CPMC Pacific	2333 Buchanan Street, Lobby Level, Enright Room	Big Book Study
9:30-10:30 am	Andrea 621-3382	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Literature/Speaker/Discussion
10:00-11:15 am	Dominick 297-5244	CPMC Pacific	2333 Buchanan Street, Lobby Level, Enright Room	Speaker/Step Study
11:00-12:15 pm	Leslie 734-8454	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Anorexic, Bulimic, Comp. Exerc., Open
5:00-6:00 pm	Annie 260-8524	Unity Christ Church	2690 Ocean Avenue @ 19 th Avenue	90 Day Format/Speaker/Literature
6:30-7:30 pm	Allison (704) 491-0922	St. Philip's Church	725 Diamond Street	LGBT/Open/Speaker/Disc/Chips
6:30-7:00 pm	Eliza 386-8190	St. James Church	4620 California Street, between 8th & 9th Avenues	Newcomer Meeting
7:00-8:00 pm	Eliza 386-8190	St. James Church	4620 California Street, between 8th & 9th Avenues	Literature/Writing/Discussion
Monday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Abstinence/Lifeline/Discussion
*Noon-1:00 pm	Maria 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 994-5065	Dry Dock	2118 Greenwich Street @ Fillmore Street	Women Anorexic/Bulimic
6:30-7:30 pm	Alannah (607) 351-0417	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 18th Street between Castro and Hartford Streets	LGBTQI – Speaker/Literature
7:00-7:30 pm	Anne (650) 583-1543	Kaiser Medical Offices	395 Hickey Blvd, 6th floor, Daly City	Newcomer Meeting
7:30-9:00 pm	Anne (650) 583-1543	Kaiser Medical Offices	395 Hickey Blvd, 6th floor, Daly City	Speaker/Discussion
Tuesday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Step Study/Discussion
*7:30-8:00 pm	Sara 533-9050	St. James Church	4620 California St (between 8th & 9th Ave)	Newcomer Meeting
*8:00-9:00 pm	Sara 533-9050	St. James Church	4620 California St (between 8th & 9th Ave)	Century (100+ pounders)/Chips
Wednesday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Big Book
Noon-1:00 pm	Steve G. 843-1472	Old St. Mary's Church Bookstore	614 Grant Ave. @ California St, Room 1	90 Day Format
3:30-5:00 pm	Wendy 282-5234	Pacifica Baptist	2070 Francisco Blvd. 1st floor, Pacifica (Sharp Park)	H.O.W. (wheelchair accessible)
5:50-6:50 pm	Libby 994-5065	Dry Dock	2118 Greenwich St @ Fillmore St.	Women's Sexuality & Body Image
6:30-7:30 pm	Paul 566-7473	Unity Christ Church	2690 Ocean Avenue @ 19 th Avenue	Step Study
7:30-8:30 pm	Aminta 623-9405	Saint Luke's Hospital	3555 Cesar Chavez St. @ Valencia St.—Admin Conf. Room	Relapse/12 Step Within
Thursday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	For Today
4:30-5:30 pm	Gloria 931-3156	Talk Line Center	1757 Waller Street (near Stanyan St.)	Literature Study (Childcare available)
6:30-7:30 pm	Judith 826-7747	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Acceptance 50+ years
6:30-7:30 pm	Mace 821-2929	St Francis Lutheran	152 Church St. @ Market St, Room 3 (Buzz Conf.Rm @ gate)	LGBTQ/scent free/Spkr/Discuss.
8:00-9:15 pm	Chris 386-5138	Calvary Methodist	1400 Judah St. @ 19 th Ave. (Judah Gate)	Speaker/Discussion
Friday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	OA Brown Book
8:00-9:15 pm	Nancy 239-5692	CPMC Davies	Castro St. @ Duboce St., Level B, Support Services Conf Rm	Lifeboat Positive Pitch - Speaker
Saturday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Step Study/Codependency
9:00-10:00 am	Larry 776-1759	St Francis Hospital	900 Hyde St. @ Pine St., 2nd floor, Hoffman Room	Speaker/Step Study/Chips
9:45-10:45 am	Peggy 205-3113	CPMC Davies	Castro St. @ Duboce St., Level B, Room B1	Writing
10:15-11:45 am	Grecia 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. 920-8956	CPMC Davies	Castro St. @ Duboce St., Level B, Room B3	Into Action Step/Speaker
11:00-Noon	Nancy 310-4322	Pacifica Baptist	2070 Francisco Blvd. 1st flr, Pacifica (Sharp Park)	Step Study (wheelchair accessible)
4:30-5:45 pm	Cat 312-8711	CPMC Davies	Castro St @ Duboce St, Level B, Rm B1	Women's Writing
6:30-7:30 pm	Geraldine 681-3942	Noe Valley Ministry	1021 Sanchez St. @ 23rd St.	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 (415) 436-0651 www.oasf.org	OA Bay Area Public Info Lists of meetings and times within 7 local Intergroups Toll-free 1-888-410-1477	OA Region 2 4733 Torrance Blvd. Ste335 Torrance, CA. 90503 www.oar2.org	OA World Service P.O. Box 44020 Rio Rancho, NM 87174-4020 (505) 891-2664 www.oa.org