



February–April 2024

## BULLETIN BOARD

### Unity Day Virtual Event

Saturday, Feb 24 at 11:20am–12:20am  
3 Speakers, Learn about Tradition One  
Hosted by San Fernando Valley Intergroup  
oasfvalley.org

### Body Image Santa Cruz workshop

Fri–Sun 4/19 - 4/21 at Villa Del Mar  
Hosted by Silicon Valley Intergroup  
oasv.org

### Region 2 Convention

July 12–14, In-Person & Virtual  
Hilton Arden West, Sacramento, CA  
oar2.org

### OA SF Speaker Podcast

Recordings from speaker meetings.  
oasf.org/podcast

### SF Intergroup of Overeaters Anonymous

P.O. Box 470232, SF, CA 94147  
bridge@oasf.org, 415-236-0126

**Monthly meeting:** 2nd Saturday 9:30–11am  
@CPMC Davies Hospital, 45 Castro st., B1  
**email:** chair@oasf.org for agenda & details

QUESTIONS ABOUT  
OVEREATERS ANONYMOUS?

Free Newcomer Pamphlet



## SAN FRANCISCO OA MEETING LIST

### VIRTUAL MEETINGS



Multiple Meetings  
EVERY DAY on  
oasf.org/meetings

### IN-PERSON OA MEETINGS

#### Monday, 6:00pm—All Welcome

Castro Country Club, 4058 18th St.  
format: Literature or Speaker then Sharing  
Lydia 206-351-6483

#### Tuesday, 7:30pm—Relapse & Recovery

CPMC Davies Hospital, 45 Castro, Room B3  
format: Literature or Speaker then Sharing  
Debra B. 415-518-4501

#### Wednesday, 6:30pm—Grace United

Grace United Methodist, 2540 Taraval St @36th Ave  
format: Literature, Steps or Traditions Study  
Paul 415-566-7473

#### Thursday, 6:30pm—Body Image & Sexuality

CPMC Davies Hospital, 45 Castro, Room B3  
format: Literature or Speaker then Sharing  
Trish 415-609-1901 (text first)

#### Saturday, 9:45am—Writing

CPMC Davies Hospital, 45 Castro, Room B3  
format: Writing then Sharing  
Kate C 415-827-3618

#### Saturday, 11:00am—Into Action

CPMC Davies Hospital, 45 Castro, Room B3  
format: Literature or speaker then sharing  
Miriam 415-216-5900

NEW  
MEETING!  
↓