

City	Day	Time	Location	Format	Notes	Contact
Corvallis	Sunday	4:00 PM	2855 NW Grant Avenue (The meeting room, First Alternative North Co-op)			Beth 541-220-4682
Corvallis	Thursday	5:30 PM	333 NW 35th St Church of the Good Samaritan, Room 1			Beth: 541-220-4682 Terri: 760-994-6533
Cottage Grove	Monday	7:00 PM	216 South 3rd Street (3rd and Adams, at the First Presbyterian Church)			Robyn S. 541-852-2139
Eugene	Sunday	7:00 PM - 8:00 PM	1295 Taney Street (at the Open Bible Fellowship Church)	Literature	No Smoking. No Open Beverage Containers.	Paula 541-543-4352
Eugene	Monday	5:30 PM	555 E. 15th Avenue (Central Presbyterian Church)	Literature	Wheelchair accessible through alley door only.	Jo Ann 541-687-1105
Eugene	Tuesday	7:00 AM	1166 Oak St. (First Christian Church)	Steps & Traditions	<u>HOW-OA</u> Ring doorbell at the choir door, grey door near the office ramp.	Kath-Ellen 541-686-6622
Eugene	Wednesday	8:00 AM	1166 Oak St. (First Christian Church)	Meditation	<u>HOW-OA</u> Ring doorbell at the choir door, grey door near the office ramp.	Kath-Ellen 541-686-6622
Eugene	Thursday	7:00 AM	1166 Oak St. (First Christian Church)	Writing	<u>HOW-OA</u> Ring doorbell at the choir door, grey door near the office ramp.	Kath-Ellen 541-686-6622
Eugene	Friday	11:00 AM	1050 E 23rd Avenue (Middle School Room of the First Congregational Church at 23rd and Harris)	Literature	Speaker the last Friday of the month.	Charles 541-510-3307
Eugene	Saturday	9:30 AM	1376 Olive St (First United Methodist Church, Meet in Library)	Literature with a speaker meeting once a month.	No food or beverages allowed. Scent free meeting.	Stacey 541.337.5667
Roseburg	Saturday	11:15 AM	823 SE Lane Ave (First Presbyterian Church)		In the Library	Main 541-430-4189
Roseburg	Wednesday	5:00 PM	823 SE Lane Ave (First Presbyterian Church)		In the Library	Colette 541-637-8555

Tools of Recovery

"In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools ... on a regular basis, to help us achieve and maintain abstinence and recover from our disease." – *The Tools of Recovery* p.1

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. (See the pamphlet [Dignity of Choice](#).) This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through our program of recovery on all three levels, physical, emotional, and spiritual.

Meetings

Meetings give us an opportunity to identify our common problems, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

Literature

We read OA approved books, pamphlets, and *Lifeline* Magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary.

Anonymity

Anonymity guarantees we will place principles before personalities.

Service

Any form of service that helps a reach fellow sufferer adds to the quality of our own recovery.

– *The Tools of Recovery* (abridged)

I put my hand in yours, and together we can do what we could not do alone.
No longer is there a sense of hopelessness.
No longer must we each depend upon our own unsteady willpower.
We are together now, reaching out our hands for power and strength greater than ours
and as we join hands, we find love and understanding beyond our wildest dreams.
Keep coming back. It works!

Overeaters Anonymous Oregon Eugene Area (Emerald Empire)

2/11/2018

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants 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.

The OA Eugene Intergroup endorses the definition of an OA group in Overeaters Anonymous, Inc. Bylaws, Subpart B, Article V, Section 1, as written and as it may be amended by a future World Service Business Conference. a) These points shall define an Overeaters Anonymous group:

- 1) As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA Service.
- 2) All who have the desire to stop eating compulsively are welcome in the group.
- 3) No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
- 4) As a group they have no affiliation other than Overeaters Anonymous.
- 5) It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

"Unity with Diversity" Policy

THE FELLOWSHIP encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation or any other trait. We welcome all who share our compulsion.

— OA Business Conference Policy Manual

Website: www.oaeugene.org