

Marin Rainbow

WWW.OAMARIN.ORG

(revised 5/31/09)

OA Marin Meeting List

MONDAYS 9:30-10:30 AM

12 Steps/Traditions Study
Marin Lutheran Church
649 Meadowsweet Drive,
Corte Madera

MONDAYS 6:00-7:00 PM

*12 Steps/Traditions Study
and Topic Discussion*
Church of the Nativity
333 Ellen Drive, San Rafael
(off Las Gallinas & Lucas Valley Rd.)

TUESDAYS 7:15-8:15 PM

OA Literature, Variety
Church of Our Savior
10 Old Mill Street, Mill Valley
Contact: Kathy 415-472-3504

THURSDAYS 7:30-8:30 PM

Step/Tradition Study and Speaker
Good Shepherd Lutheran Church
Children's Room - downstairs
1180 Lynwood, Dr., Novato
Contact: Eileen 415-250-9484

FRIDAYS 9:30-10:30 AM

Writing
Marin Lutheran Church
649 Meadowsweet Drive,
Corte Madera

SATURDAYS 10:45-11:45 AM

Speaker
Marin Jewish Community Center
Art Room, 2nd Floor
200 North San Pedro Rd.,
San Rafael
Contact: Ellen 415-927-2442

SATURDAYS 11:45-12:15 PM

Newcomers' Orientation
We suggest attending the Sat.
10:45 am meeting preceding this
orientation. See Location above.

SUNDAYS 6:00-7:00 PM

Big Book Study
Church of the Nativity
333 Ellen Drive, San Rafael
(off Las Gallinas & Lucas Valley Rd.)
Contact: Miller 415-730-1808



Overeaters Anonymous offers a program of recovery from compulsive overeating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope in which members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Unlike other organizations, OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.

Helpline

Before you take that first compulsive bite, give us a call. Please note the listed members are not professional counselors. They are members who are willing to take your call and share their experience, strength and hope.

Patricia: 415-492-1261 (before 10pm)
Anna 415-479-4176 (9am - 9pm)
LaVerna 415-680-0372 (anytime)

OA Online/Telephone meeting lists - www.oa.org

OA Marin Events

■ A Day in OA -> Body Image workshop

Saturday June 27th | 1:30 - 4:30pm
Lucas Valley Community Church

■ Fall Into Serenity

A Women's Retreat *October 9-11, 2009*
Contact: Ellen (retreat@oamarin.org)
See website for event flyer and rsvp form

"Our promise of recovery is in every OA meeting when we join hands, pray together and joyously, lovingly encourage one another: Keep coming back!"

(Overeaters Anonymous, 2nd edition p. 17)

Recovery Story from Lifeline

Smallest Benefit

I can't recall a time when I wasn't obsessed with food. I would fantasize about junk food and takeaway food, planning elaborate feasts in my mind. I seem to have been born without an off-switch regarding food, especially high-fat and high-sugar foods. I got steadily fatter, my top weight being close to 150 kilograms (331 lbs).

I was ashamed of my size and afraid of the ridicule I received in public, so I hid, refusing to socialize. I hid my emotions as well, blocking myself off from other people. I ate because I was sad, angry, happy or bored.

My typical day included waking up with physical symptoms from bingeing (diarrhea, constipation, wind, torn lips and abraded soft tissue in my mouth). I would resolve never to do it again. By

mid-morning the cravings would start, and I'd spend the rest of the day obsessing over food. By evening I'd "snap." The resulting binge might include two or three of any of the following: a double-size takeaway meal, a family-size sack of chips, a block of chocolate, a liter of ice-cream, an entire cake or a package of biscuits.

As a result of coming to an OA meeting 18 months ago, I've lost most of my excess weight and have a normal-size body. I don't weigh myself or think about dieting any more. I have people I can call and strategies to put in place when food cravings strike. I also have ways of dealing with my emotions and the accumulated emotional baggage I've been carrying around.

In OA I met other people who had used food as I did. I listened to their stories and advice and

called them to find ways to get through things without eating excess food. I felt hope, love and acceptance for the first time in my life. I learned to live my life as I am, in the day I am in.

I'm not going to deny that losing over 50 kilograms (110 lbs) makes clothes shopping a lot more fun, but the weight loss is the smallest benefit OA has given me.

— Victoria, Australia

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Lifeline magazine is published 10 times a year and is available in two versions: a 30-page printed magazine and an electronic online magazine, called e-Lifeline. Both contain the same content. Visit www.oa.org to subscribe.



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Marin Intergroup Trusted Servants

Chair: Miller	chair@oamarin.org
Vice Chair: Lillian	vicechair@oamarin.org
Secretary: Pamela F.	secretary@oamarin.org
Treasurer: Ellen	treasurer@oamarin.org
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Public Info: Jacob	publicinfo@oamarin.org
Website/Newsletter: Mary	webmaster@oamarin.org
Retreat Liaison: Ellen	retreat@oamarin.org
Region 2 Rep.: Robin	region2@oamarin.org
WSO Delegate: OPEN	

Marin County OA Intergroup meetings

2nd Saturday of the month
9:15am before the Saturday meeting
Marin Jewish Community Center
June 13 * July 11 * August 8 * Sept. 12
Please join us. All are welcome!

Marin County Intergroup of
Overeaters Anonymous
PO Box 3965, San Rafael, CA 94912
(415) 927-2245
www.oamarin.org info@oamarin.org