

**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.

Welcome Home

Have you ever wished you could lose 10 pounds, 20, 40, or 100 or more? Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!
Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belonged? Welcome to OA; welcome home!
Have you ever wished your family would get to work or school so you could get busy eating? Welcome to OA; welcome home!
Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!
Have you ever looked up at the stars and wondered what an insignificant person like you was doing in the world anyway? Welcome to OA; welcome home!
Have you ever cooked, bought or baked for your family and then eaten everything yourself so you wouldn't have to share? We in OA know you because we are you. Welcome to OA; welcome home!
Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? Welcome to OA; welcome home!
Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, in the cupboard, in the clothes hamper, in the closet or in the car so you could eat without anyone seeing you? Welcome to OA; welcome home!
Have you ever been angry, resentful, defiant-against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes-because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!
Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home!
Have you ever felt that God (if God existed) made the biggest mistake when God created you? Can you see that this is where such feelings get turned around? Welcome to OA; welcome home!
Have you ever wanted to get on a bus and just keep going, without once looking back? Did you do it? Welcome to OA; welcome home!
Have you ever thought the world was a mess, and if others would just think and act like you, the world would be a lot better off? Welcome to OA; welcome home!
Have you ever thought that OA people must be a bit nuts? That they might be compulsive overeaters, but you just have a weight problem, which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little, or a lot, overweight? Welcome to OA; welcome home!
Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful-all the time knowing they would never believe it, because you didn't believe it? Welcome to OA; welcome home!
Have you ever lost all your excess weight and found that you were thin-unhappy instead of fat-unhappy? Welcome to OA; welcome home!
Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one could ever love or accept you? We accept you in OA. May we offer you a home?
Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, whom you have loved or hated-you may be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be.
But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our arms, in love, and stand beside you as you pull yourself back up and walk on again to where you are heading! You'll never have to cry alone again, unless you choose to. Sometimes we fail to be all that we should be, and sometimes we aren't there to give you all you need from us. Accept our imperfection, too. Love us in return and help us in our sometimes-falling failing. That's what we are in OA-imperfect, but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one.

Welcome to OA; welcome home!!
-Lifeline Sampler

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, visit www.oasf.org

Anorexia, Bulimia, Compulsive Exerciser Day in OA
Saturday, May 3, 2008, 1pm - 4pm
CPMC Davies (Castro @ Duboce), Level B

NEW MEETINGS

Sundays 11am-Noon / Newcomers Meeting 10:15-10:45
Location: CPMC Davies, Castro @ Duboce, Level B, Room B3 / Support Services Conference Room
Focus: ABC (Anorexia, Bulimia, Compulsive Exerciser)
Contact: Leslie 734-8454

SERVICE OPPORTUNITIES

OASF Intergroup: There are open positions for the following:

- 12-step Within Committee Chair
- Vice Chair
- Special Events Committee Chair
- Young Persons Committee Chair

Contact: Grecia H. 999-2877

Diversity Committee: "Could any then imagine a society which would include every conceivable kind of character, and cut across every barrier of race, creed politics, and language with ease?"

—AA 12x12, Tradition 3

Call us about the exciting work we are doing!
Contact: John O. 710-1523

SAN FRANCISCO INTERGROUP OFFICERS AND COMMITTEES

Chair:.....Grecia H. 999-2877

Vice Chair:open position

Treasurer:Rachel 920-8956

Recording Secretary:.....Nancy 310-7356

Corresponding Secretary:.....Joyce 661-9626

Region 2 Reps:Carol 668-6710

Brenda 902-0021

World Service Delegates:.....David 408-343-0887

Ren 595-8895

Anorexia/Bulimia:.....Leslie 734-8454

12th Step Within:.....open position

Bridge Editor:Gregg 200-7948

Diversity:.....John O. 710-1523

Group Liaison:.....Gregg 200-7948

Professional Outreach:.....Joe 793-6484

Public Information:open position

Special Events:.....open position

Sponsorship Committee:Sally 850-6449

Voicemail:Grecia H. 999-2877

Webmaster:.....Judy E. 346-3803

Young Persons Chair:open position

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 rep. 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 jradcli@mystudybuddy.org; Lisa F. 831-1099; Maria 882-1663; Sharone 864-1301; Stephanie 510-295-8498 or stephanierose94710@yahoo.com

Need a temporary sponsor? Contact the Sponsorship Committee Chair: Sally 850-6449 or ninenora@aol.com

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				
9:30-10:30 am	Andrea 621-3382	CPMC Davies	Castro @ Duboce, Level B, Room B1	Literature/Speaker/Discussion
10:00-11:15 am	Dominick 297-5244	CPMC California	2333 Buchanan, Enright Room, Lobby Level	Speaker/Step Study
10:15-10:45 am	Leslie 734-8454	CPMC Davies	Castro @ Duboce, Level B, Support Services Conf. Room	Newcomer Meeting
11:00-Noon	Leslie 734-8454	CPMC Davies	Castro @ Duboce, Level B, Room B3	Anorexic, Bulimia, Comp. Exerc.
4:00-5:00 pm	Dorothy 821-0588	Ella Hill Hutch Center	1050 McAllister	Ebony OA African American
6:30-7:30 pm	Caitlin 510-717-4244	Bethany Methodist	Sanchez @ Clipper - Enter on Sanchez	LGBT/Open/Speaker/Disc/Chips
6:30-7:00 pm	Eliza 751-9301	St. James Church	4630 California Street, between 8th & 9th Ave	Newcomer Meeting
7:00-8:00 pm	Eliza 751-9301	St. James Church	4630 California Street, between 8th & 9th Ave	Literature/Writing/Discuss.
Monday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Abstinence/Lifeline/Discuss.
Noon-1:00 pm	Beth C 425-1615	One Taste Yoga	1070 Folsom St. between 6th & 7th Street	Body Image
5:50-6:50 pm	Ruth 922-5023	Marina Dock	UPDATED: 2118 Greenwich @ Fillmore	Women Anorexic/Bulimic
6:30-7:30 pm	Judy 731-1829	All Saints' Church	1350 Waller Street near Masonic	Commitment to Abstin./Literature
7:00-7:30 pm	Mike 650-622-9860	Kaiser Medical Offices	395 Hickey Blvd, 6th floor, Daly City, CA	Newcomer Meeting
7:30-9:00 pm	Mike 650-622-9860	Kaiser Medical Offices	395 Hickey Blvd, 6th floor, Daly City, CA	Speaker/Discuss.
7:30-8:30 pm	Maggie 585-9655	Saint Luke's Hospital	Cesar Chavez @ Valencia - Admin Conference Room	One Day at a Time/OAFT
Tuesday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Step Discuss.
6:30-7:30 pm	Maria 882-1663	Crossroads Cafe	699 Delancy St	Ebony OA African American
7:30-8:30 pm	Jackie 585-3267	Saint Luke's Hospital	Cesar Chavez @ Valencia—Admin Conference Room	Big Book Study / Literature
*7:30-8:00 pm	Therese 647-4778	St. James Church	4630 California St (between 8th & 9th Ave)	Newcomer Meeting
*8:00-9:00 pm	Therese 647-4778	St. James Church	4630 California St (between 8th & 9th Ave)	Century (100+ pounders)
Wednesday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	Big Book
3:30-5:00 pm	Mary Beth 650-355-9799	Pacifica Baptist	2070 Francisco Blvd. 1st floor, Pacifica	H.O.W. wheelchair access
5:30-6:30 pm	Ruth 922-5023	Marina Dock	2118 Greenwich St @ Fillmore St.	Women's Sexuality & Body Image
5:30 -6:30 pm	LaVerna 680-0372	Kaiser Hospital	2238 Geary Blvd, 8th fl, west side, Tanzanite Room	Ebony OA/90 Day - Newcomer
6:30-7:30 pm	LaVerna 680-0372	Kaiser Hospital	2238 Geary Blvd, 8th fl, west side, Tanzanite Room	Ebony OA/90 Day – Lit./Discuss.
6:30-7:30 pm	Paul 566-7473	Unity Christ Church	19th Avenue at Ocean	Step Study
7:30-8:30 pm	Caia 601-1694	Saint Luke's Hospital	Cesar Chavez @ Valencia - Admin Conference Room	12 Step Within
Thursday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	For Today
6:30-7:30 pm	Judith 826-7747	CPMC Davies	Castro @ Duboce Level B, Room B3 - (Left of Cafeteria)	Acceptance 50 yrs +
6:30-7:30 pm	Mace 821-2929	St Francis Lutheran	150 Church @ Market (Buzz Conference Rm @ gate) Rm 3	LGBTQ/scent free/Spkr/Discuss.
8:00-9:15 pm	Chris 386-5138	Calvary Methodist	19th Ave @ Judah (Judah Gate)	Speaker/Discuss.
Friday				
7:00-8:00 am	Judith 826-7747	Noe Valley Ministry	1021 Sanchez St. @ 23rd St. (Scent-free)	OA Brown Book
5:45-6:45 pm	Claudette 510-223-5237	West Bay Alano Club	7330 Mission St nr E Market (Upstairs Room) Daly City	Women's Book Study
7:30-8:45 pm	Nanci 647-8949	Saint Luke's Hospital	Cesar Chavez @ Valencia - Admin Conference Room	Speaker/Lit/Steps/Chips
8:00-9:15 pm	Lynn 826-4076	Bethany Methodist	Clipper @ Sanchez (enter Sanchez)	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 @ Pine, 2nd floor near cafeteria	Speaker/Step Study
9:45-10:45 am	Nancy 310-7356	CPMC Davies	Castro @ Duboce Level B Support Services Conference room	Writing
10:15-11:45 am	Grecia 999-2877	Saint Francis Hospital	900 Hyde @ Pine, 2nd floor near cafeteria Once per month—2nd Saturdays Only	OASF Intergroup Business Meeting, all welcome
11:00-Noon	Raul 317-8787	CPMC Davies	Castro @ Duboce Level B, Room B1	Into Action Step/Speaker
11:00-Noon	Nancy 310-4322	Pacifica Baptist	2070 Francisco Blvd. 1st flr, Pacifica (Sharp Park)	Steps
4:00-5:15 pm	Eliza 751-9301	St. Peter's Episcopal	UPDATED: 420 29th Avenue @ Clement	Meditation
6:30-7:30 pm	Geraldine 681-3942	Bethany Methodist	Clipper @ Sanchez (Knock on Clipper Street door for access)	Women's Big Book/Lit/Speaker

*Tuesday Century Meeting is Handicapped Accessible. Contact Therese at 647-4778 to have the elevator available.

Contra Costa: 925 825.0448 Marin: 415 927.2245 Monterey: 831 372.4673	Oakland/Berkeley: 510 923.9491 Sacramento: 916 349.7144 San Jose: 408 268.7243	Santa Cruz: 831 429.7906 Sonoma: 707 538.9770	So. Alameda: 510 733.1262 Vallejo/Napa: 707 552.9895
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 www.oabayarea.org	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