

**k. he Twelve Steps of Overeaters Anonymous**

1. We admitted we were powerless over food – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**The Twelve Traditions of Overeaters Anonymous**

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

Permission to use the Twelve Step & Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

**Capital District OA Information Line:**  
518-292-0666  
**Capital District OA website:**  
<http://www.oanyscd.org>

**World Service (International OA):**  
505-891-2664  
<http://www.aa.org>  
Includes international listings of  
face-to-face, phone, and on-line meetings.

**Reach Out, Ask for Help,  
Extend Help to Others**

**Phone List**

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**Serenity Prayer**

*God  
Grant me the Serenity  
to Accept the things  
I cannot change  
Courage to change  
the things I can  
and the Wisdom to know the difference*

**CAPITAL DISTRICT  
OA  
MEETING SCHEDULE**

**Albany, Columbia, Green,  
Montgomery, Rensselaer, Saratoga,  
Schenectady, Schoharie, Warren, &  
Washington Counties. Arlington and  
Bennington VT.**

**OA Program of Recovery**

**Preamble**

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. 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 eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

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**JULY 2017**

**SUNDAY**

**Albany** (39167) **10:00 AM**<sup>1</sup>  
 Stratton VA Medical Center  
 113 Holland Ave - Room 307B  
 Contact: Brian 914-844-7128  
 \*O Ch/S/D/T

**Queensbury/Glens Falls** (32843) **6:00 PM**<sup>1</sup>  
 Queensbury United Methodist Church.  
 460 Aviation Rd.  
 Contact: Angela@798-4561  
 \*O L

**MONDAY**

**Clifton Park** (24716) **7:30 PM**<sup>1</sup>  
 St. George's Episcopal Ch.  
 Route 146 (1<sup>st</sup> Mon Tradition Mtg.)  
 Contact: Barb K 496-0907  
 \*O S/T

**TUESDAY**

**Albany** (40862) **12:00 PM**<sup>1</sup>  
 Unity Church  
 Corner of Bradford and King Ave. (Lunch Allowed)  
 Contact: Mary O @518-368-3640  
 \*O Ch/D/L/V

**Bennington, VT** (38628) **5:30 PM**<sup>2</sup>  
 2<sup>nd</sup> Congregational Church  
 115 Hillside St.  
 Webster Hall -Classroom 6 (1<sup>st</sup> Tues Step Mtg.)  
 Contact: Kathleen T. @203-470-8778  
 \*O D S

**Johnstown** (53127) **6:30 PM**<sup>1</sup>  
 Johnstown Public Library  
 Upper Meeting Room  
 38 S. Market Street  
 Contact: Christine or Don @518-762-0235  
 \*O V

**Saranac Lake** (46211) **5:30 PM**  
 Will Rogers Saranac Village  
 1 Will Rogers Drive  
 Contact: Shir @ 518-891-6755

**WEDNESDAY**

**Albany** (41284) **5:30 PM**<sup>2</sup>  
 Unity Church  
 Corner of Bradford and King Ave. (Dinner Allowed)  
 Contact: Kathryn @463-5938; 229-8682(cell)  
 \*\*C L

**Schenectady** (50145) **6:30 PM**<sup>1</sup>  
 Sunnyview Hospital  
 1270 Belmont Ave., Conference Rm #1  
 Contact: Marie @280-5954  
 \*O V

**THURSDAY**

**Albany** (40861) **12:00 PM**<sup>1,2</sup>  
 Unity Church  
 Corner of Bradford St. & King Ave.  
 Contact: Andrea @ 518-496-0654  
 \*O Ch/D/L/V  
 (Lunch Allowed)

**Granville (50267)** **6:00 PM**<sup>2</sup>  
 White Rose Inn  
 2730 County Rt. 17  
 Contact: Henry@518-232-1399  
 \*O D/L

**Queensbury** **6:30 PM**  
 Queensbury United Methodist Church.  
 460 Aviation Rd. Rm7 downstairs  
 Contact: Linda:@ 518-793-6539

**Saranac Lake** (53582) **11:00AM**  
 Saranac Lake Adult Center  
 135 Broadway  
 Contact: Mary @518-891-5254  
 O V

**FRIDAY**

**East Greenbush** (48697) **6:00 PM**<sup>1</sup>  
 Evergreen Commons  
 1070 Luther Rd., Route 151  
 Contact: Megan @421-0264  
 \*O BB/S/T

**Schuylerville** (50601) **10:00AM**  
 United Methodist Church  
 51 Church St  
 Contact: : Barb F. @744-4572  
 \*\*C L/S/T

**Schenectady** (51973) **6:00PM**<sup>1</sup>  
 Eastern Parkway United Meth. Church  
 943 Palmer Ave.  
 Contact: Theresa @374-4739  
 \*O L

**SATURDAY**

**Delmar** (26970) **9:00 AM**<sup>1</sup>  
 Delmar Reformed Church  
 386 Delaware Ave.  
 Contact: Kathy Q @421-8481; Stacy @495-7436  
 \*O B/Ch

**Saratoga** (37190) **9:15 AM**  
 New England Presbyterian Church  
 Nolan House  
 24 Circular St.  
 Contact: Marie @280-5954  
 \*O BB/BrB

**Arlington, VT** (53581) **9:30AM**  
 Arlington Community House Ch  
 3854 Main Street - Route 7A  
 Contact: Lisa Ann @ 802-375-2995C

**Meeting Codes**

<b>B-Beginner</b>	<b>D-Discussion</b>	<b>S-Step</b>
<b>BB-Big Bk</b>	<b>L-Literature</b>	<b>ST-Special Topic</b>
<b>BrB-Brown Bk</b>	<b>M-Men Focus</b>	<b>T-Tradition</b>
<b>Ch-Child Friendly</b>	<b>SP-Speaker</b>	<b>V-Various Topics</b>

\* O Open to OA members and non-OA members

\*\*C Restricted to those who desire to stop eating compulsively (including OA members and others who think they have a problem with food.

1 Handicapped accessible. 2. Meetings in need of support

**NYS Capital District Intergroup** (09079)

**2<sup>nd</sup> Saturday each month**

**3<sup>rd</sup> Saturday for Federal holiday weekends**

**10:10AM-11:30AM**

Delmar Reformed Church (After 9:00am mtg)  
 386 Delaware Ave.  
 Delmar NY 12054

NOTE: All contact information is to be used for OA recovery purposes ONLY. Any other personal or business use is a break with the Eleventh Tradition.

**Suggested Contributions after Group Expenses**

**NYS Capital District Intergroup** **60%**  
 PO Box 38125  
 Albany, NY 12203

**World Service** **30%**  
 PO Box 44020  
 Rio Rancho, NM 87174-4020  
 Or www.oa.org

**Region 6, OA** **10%**  
**Contributions on line preferred**  
 Treasurer  
 PO Box 1792  
 Westfield, Mass. 01086  
 Or: [www.oaregion6.org](http://www.oaregion6.org)

*Please put your group number on your check.*

<b>Suggested Nine Tools of Recovery</b>	
• Plan of Eating	• Writing
• Sponsorship	• Action Plan
• Meetings	• Anonymity
• Telephone	• Service
• Literature	
<i>Helping us live and work the Twelve Steps</i>	

**Send meeting list changes to Faye at  
 coffee12206@yahoo.com**