

./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

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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JANUARY 2018

SUNDAY

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

Queensbury/Glens Falls (32843) **6:00 PM**¹
 Queensbury United Methodist Church. *O L
 460 Aviation Rd.
 Contact: Angela@518-798-4561

MONDAY

Clifton Park (24716) **7:30 PM**¹
 Schuyler Ridge Residential Healthcare
 1 Abele Blvd
 *O S/T (1st Mon Tradition Mtg.)
 Contact: Barb K 518- 496-0907

TUESDAY

Albany (40862) **12:00 PM**¹
 Unity Church *O Ch/D/L/V
 Corner of Bradford and King Ave. (Lunch Allowed)
 Contact: Barbara C. 510-414-2265

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

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**²
 Unity Church **C L
 Corner of Bradford and King Ave. (Dinner Allowed)
 Contact: Kathryn @518-463-5938; 518-229-8682(cell)

Schenectady (50145) **6:30 PM**¹
 Sunnyview Hospital *O V
 1270 Belmont Ave., Conference Rm #1
 Contact: Marie @518-280-5954

THURSDAY

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

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

Queensbury **7:00 PM**
 Queensbury United Methodist Church.
 460 Aviation Rd. Rm7 downstairs
 Contact: Linda:@ 518-793-6539

Saranac Lake (53582) **11:15AM**
 Saranac Lake Adult Center O V
 135 Broadway
 Contact: Mary @518-891-5254

FRIDAY

East Greenbush (48697) **6:00 PM**¹
 Evergreen Commons *O BB/S/T
 1070 Luther Rd., Route 151
 Contact: Cindy: 518-265-7773

Schuylerville (50601) **10:00AM**
 United Methodist Church **C L/S/T
 51 Church St
 Contact: : Barb F. @ 518-744-4572

Schenectady (51973) **6:00PM**¹
 Eastern Parkway United Meth. Church *O L
 943 Palmer Ave.
 Contact: Theresa @518-374-4739

SATURDAY

Delmar (26970) **9:00 AM**¹
 Delmar Reformed Church *O B/Ch
 386 Delaware Ave.
 Contact: Kathy Q @421-8481; Stacy @518-495-7436

Saratoga (37190) **9:15 AM**
 New England Presbyterian Church *O BB/BrB
 Nolan House
 24 Circular St.
 Contact: Marie @518-280-5954

Arlington, VT (53581) **9:30AM**
 Arlington Community House Ch
 3854 Main Street - Route 7A
 Contact: Lisa Ann @ 802-440-6787

Meeting Codes		
B-Beginner	D-Discussion	S-Step
BB-Big Bk	L-Literature	ST-Special Topic
BrB-Brown Bk	M-Men Focus	T-Tradition
Ch-Child Friendly	SP-Speaker	V-Various Topics
* 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)
2nd Saturday each month
3rd 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 644
 Peabody, Mass. 01960
 Or: www.oaregion6.org

Please put your group number on your check.

Suggested Nine Tools of Recovery

- Plan of Eating
- Sponsorship
- Meetings
- Telephone
- Literature
- Writing
- Action Plan
- Anonymity
- Service

Helping us live and work the Twelve Steps

**Send meeting list changes to Faye at
 coffeee12206@gmail.com**