

SUNDAY

Albany, NY (39167) **10:00 AM**
 Solutions Meeting **O/H**
 CDRC, 45 Colvin Ave, 2nd Fl **SP**
Dial in available: **LIT**
 757-841-1619
 Pin #: 2623407
 Contact: Brian 914-844-7128

Queensbury, NY (32843) **6:00 PM**
 Queensbury United Methodist Church **O/IP**
 460 Aviation Rd (Just off exit 19. Enter from parking lot at rear of church.)
 Contact: Angela 518-798-4561

MONDAY

Saratoga Springs, NY (58500) **5:30 PM**
 Healing Springs Recovery Center **O/IP**
 125 High Rock Ave, #105A (door w/ blue awning) **BB, 12/12**
 Contact: Veronica 607-435-2306 **LIT**

TUESDAY

Saranac Lake, NY **5:30 PM**
 Saranac Village at Will Rogers **O/IP**
 78 Will Rogers Dr (3rd Fl., Solarium)
 Contact: Shir 518-637-9251

Greenwich, NY **6:00 PM**
 Greenwich Centenary UMC **O/IP**
 1 Gray Avenue **BB, 12/12**
 Contact: Rob H. 518-683-5750 **LIT**

THURSDAY

Saranac Lake, NY (53582) **11:00 AM**
 Saranac Lake Adult Center **O/IP**
 130 Broadway
 Contact: Cheryl 518-569-5168

Albany, NY (56905) **7:00 PM**
 Phone: 757-841-1619 **O/P**
 Pin #: 2623407 **BB**
 Contact: Mary Ann 518-366-8420

Albany, NY **12:00 PM**

Unity Church (in library) **O/IP**
 21 King Ave.
 Contact: Laurie S. 518-478-3957

FRIDAY

Schuylerville, NY (50601) **10:00 AM**
 Phone: 717-908-1636 **O/P**
 Pin #: 164425# 1#
 Contact: Rob 518-683-5750

Arlington, VT (57296) **6:00 PM**
 Arlington Community House **O/IP**
 3854 RT 7A
 Contact: Carole O. 908-400-2232

Albany, NY (802208) **6:30 PM**
 Capital District Recovery Center **O/IP**
 45 Colvin Ave, 2nd Fl **TOP**
 Contact: Michele 518-881-8859 **FEL 7:30**

SATURDAY

Delmar, NY (26970) **9:00 AM**
 Delmar Reformed Church **O/IP**
 386 Delaware Ave (Park/enter at rear.)
 Contact: Barbara 510-414-2265

Zoom Meeting (89227) **9:15 AM**
<https://zoom.us/join> **O/R**
 Meeting number: 826 7242 5438
 Password: 121212
Call in:

929-205-6099 (New York)
 Meeting ID: 826 7242 5438
 Attendee ID: Hit the # key
 Password: 121212
 Contact: Cherie 518-225-7292 or Marie M. 518-222-7915

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.

Meeting Info

R = Remote (Zoom)	12/12 = OA 12 & 12
IP = In-Person	SP = Speaker meeting
H = Hybrid	BB = Big Book meeting
O = Open	LIT = Literature meeting
C = Closed	TOP = Topic Meeting
P = Phone only	FEL = Fellowship

Suggested 9 Tools of Recovery

Plan of eating	Sponsorship	Meetings
Telephone	Literature	Writing
Action Plan	Anonymity	Service

Serenity Prayer

God, grant me the
SERENITY to ACCEPT
the things I cannot change;
COURAGE to CHANGE
the things I can;
and, WISDOM to KNOW
the difference.

Scan the QR code to go directly to the
 OA NYS Capital District website: oanyscd.org



The 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 Overeaters 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.



Overeaters Anonymous of the NY State Capital District OA Region 6 Intergroup

Serving: Albany, Green, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, & Washington counties in NY; and, western VT

Website: <https://oanyscd.org>

Contact: oanyscdig@gmail.com

OA PREAMBLE

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating*. 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 compulsive food behaviors* and to carry the message of recovery through the Twelve Steps of OA to those who still suffer (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition*).

***NOTE**—These terms include, but are not limited to, overeating, under-eating, food addiction, anorexia, bulimia, binge eating, over-exercising, purging, and other compulsive food behaviors (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, pg. 1*).