

*"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."— OA Responsibility Pledge*

**NEWCOMER'S AND SPEAKER'S MEETING: 7–9 PM, LAST SATURDAY OF EACH MONTH**  
Easter Seal Building, 5757 SW Macadam, Portland, Contact: Jenice G.50 3 632-3990

DAY/TIME	CITY	LOCATION	CONTACT	CODES/Topic	MTG#
<b>SUNDAY</b>					
7:00 AM	Portland SE	St Philip Neri, Paulist Ctr, 2408 SE 16, @ Division, 97214	Joe 971 246-0915	NP, D, RR-RP – 1 <sup>st</sup> Sun. of month	23753
10:30 AM	Portland NW	Alano Club (SE Rm) 909 NW 24 Av, @ Kearney, 97210	Meryl 503 490-8796	NC, 1¼ hr, RR-RP – last Sun. of month	38550
2:00 PM	Portland NW	Alano Club (Clock Rm) 909 NW 24 Av, @ Kearney, 97210	Wendy 503 470 9280	100 #'ers, Spkr, 1½ hr	51093
2:00 PM	Seaview, WA	** Floating location, call for time & place**.	Kathleen 360 642-8439 or Diane 360 665-2535	RR-RP – 3 <sup>rd</sup> Sun.	00543
<b>MONDAY</b>					
12:00 PM	Beaverton	Bethel UCC, library, 5150 SW Watson Av, @6 <sup>th</sup> St. 97005	Candace 971 226 0212	H, BrnBag, V, RR-RP – 4th Mon.	22065
12:00 PM	Portland SE	Central Christian Church 1844 SE 39 Av, @ Stephens, 97214	Sue 503 775-4774	Writing–SS	06652
12:30 PM	Forest Grove	St. Anthony Catholic Church, Parish hall, 1660 Elm St, @ 17th, 97116,	Jean 503 640-6812	H, V	19903
5:30 PM	Salem	First Christian Church 685 Marion Street, @ Cottage, 97301	Lyn 503-378-7825	H,NC, SS	26872
5:30 PM	Tillamook	Tillamook Hospital, 3rd floor Rm D, 1000 3rd St, 97141	Sylvia 503 842-8073	H, V	25939
7:00 PM	Hillsboro	All Saints Episcopal, 372 NE Lincoln, 97124	Rachel 503 640-9493	1½ hr, Book/Spkr	22923
7:00 PM	Milwaukie	Clackamas Pk Friends Church. Fellowship Hall, 8120 SE Thiessen Rd, 97267	Michelle 503 407-8802, after 5pm	H, V	18333
7:00 PM	Portland NE	Bethany Lutheran, 4330 NE 37 Av, @ Skidmore, 97211	MerleAnn 503 281-8947	H	16216
7:00 PM	Vancouver, WA	St Luke's Episcopal, the Library, 426 E 4th Plain Blvd, 98663	Correct?? Susan 360 213-8902	NC, YP, LS, RR-RP – 1 <sup>st</sup> Mon.	11259
7:00 PM	Dundee	Dundee United Methodist Church, 1110 Hwy 99W @ 11th, 97115	Julie 503 472-7309	RR-RP – 5 <sup>th</sup> Mon.	00796
<b>NEW MTG!</b> 7:00 PM	Longview, WA	1414 Club, 1414 12 <sup>th</sup> Av, Rm 3, 98632	Vickie 360 560-5038	SS	
7:15 PM	Portland SW	St. Barnabas Episcopal, in Barnabas Hse downhill from church 2025 SW Vermont, 97219	Deanna 503 452-4090	BB, Focus on Abstinence	45760
<b>TUESDAY</b>					
9:30 AM	Beaverton	St Matthew Lutheran, Rm 209,10390 SW Canyon Rd, 97005	Bill G 503 560-6383	H, IC, FT, RR-RP – 1 <sup>st</sup> Tues.	33814
10:00 AM	Canby	Smyrna Church, 31119 S. Hwy 170, 97013	Judy 503 651-2185	NC,H,NP 1½ hr	45836
New Day! 12:00 PM	Ocean Park, WA	Golden Sands Senior Community Facility, 21608 'O' Ln., 98640	Diane B 360 665-2535 or 503 318-6608		
5:30 PM	Hood River	Immanuel Lutheran, 305 9th St, @ Sherman, 97031	Liz 541 386-7160 Leslie 541 806-9697	V	39448
5:45 PM	St. Helens	St.Helen's Alano Club, 215 N. Sixth St, @ Wyeth,97051	Sheri 503 369-4607	NP, V, 1 ¼ hr.	00050
6:00 PM	Portland SE	St Philip Neri, Paulist Center, Isaac Heckler Hall 2408 SE 16, @ Division, 97214	Joe 971 246-0915	Men's Focus, Blend, H, NP, RR-RP – 3 <sup>rd</sup> Tues	40678
7:00 PM	Salem	Woodland Chapel Library, 582 High Street SE, 97301	Barbara R 503 588-9066	1 ½ hr.	00236

<b>WEDNESDAY</b>					
7:00 AM	Portland SE	St.Philip Neri, Paulist Ctr, 2408 SE 16, @ Division, 97214	Cliff 503 247-2993	FT	49544
10:30 AM	Gresham	St. Henry Church School, Rm 7, 346 NW 1 <sup>st</sup> St, at the school, 97030	Sylvia 503 775-7423	NC	07901
12:00 PM	Lake Oswego	United Church of Christ, 1111 SW Country Club Rd, 97005	Diane 503 624-1403	H, LS, V, RR-RP – 2nd Weds.	33618
12:00 PM	Salem	First United Methodist, Rm 222, 600 State St, 97301	Mimi 503 763-8869	BrnBag, VR	10559
6:30 PM	Portland SE	St. Philip Neri, Paulist Ctr, 2408 SE 16, @ Division, 97214	Nicole 503 442 2777	Blend, SS/LS/Spkr, NP, 1¼ hr	51751
7:00 PM	Portland N.	University Park United Methodist, 4775 N Lombard, @ Fiske, 97203	Jacqueline 503 289-6444	SS, H	36328
7:15 PM	Portland SW	St Barnabas Episcopal, in Barnabas Hse. downhill from church 2025 SW Vermont, 97219	Katie 503 975-5527	HOW-Blend, H, NP, 1¼ hr, Spkr	38889
<b>THURSDAY</b>					
9:30 AM	Beaverton	St Matthew Lutheran Church, Rm 209, 10390 SW Canyon Rd, 97005	Lisa 503 543-8252	H, IC, SS	41103
12:00 PM	Portland NE	Grace Memorial Church, 1535 NE 17 Av @ Weidler, 97232	Harry W. 503 957-2377	SS, No food	48990
1:00 PM	Portland Dntn	Macdonald Center, 605 NW Couch Av, 97209	Mary 503 493-0082	SS, H, Spkr	50504
6:00 PM	Tualatin	Meridian Park Hosp. Education Center, Rm 107, Room may vary! 19300 SW 65, 97062	Nicole 503 919-0700	SS	00046
7:00 PM	Astoria	Clatsop Care Ctr, downstairs, 646 - 16 <sup>th</sup> St, 97103	Stephanie 503 338-8779		50461
7:00 PM	Vancouver, WA	SW Med Ctr, health education bldg, enter on 92 <sup>nd</sup> AV. 400 NE Mother Joseph Pl, @ Millplain, 98663	Colleen 360 253-7914	"Recovery 101"	51512
7:00 PM	Silverton, OR	St. Edward's Episcopal Church, 211 W Center St. @Fairview (across from hospital), 97381	Teryl 503 910-6862		51565
7:30 PM	Longview, WA	1414 Club, 1414 12 <sup>th</sup> AV, @Broadway, 98632	Vee 360 578-3393	V, D	50311
<b>FRIDAY</b>					
7:00 AM	Portland SE	St.Philip Neri, Paulist Ctr, use pkg lot entr, 2408 SE 16, @ Division, 97214	Carolyn 503 353-6932	NP, SS	23670
9:00 AM	Sherwood	Sherwood Senior Center, 21907 SW Sherwood Blvd, 97140	Janet Marie 503 538-8870	H, D	18225
Loc.Change 10:30 AM	Beaverton	Westside Service Ctr, 12945 SW Beavercreek Rd, 97005, 1 blk E of Cedar Hills Blvd, N of Canyon	Bob 503 452-5886	V, RR-RP-2 <sup>nd</sup> Friday	00706
12:00 PM	Lake Oswego	United Church of Christ, 1111 SW Country Club Rd, @ Knaus Rd, 97034	Diane 503 624-1403	H, SS	33913
12:00 PM	McMinnville	First Federal Board Room, 111 NE 3rd St (next to Cozine House), 97128	Marna 503 835-1042, Margie 503 538-8260	H, NC, RR-RP – 4 <sup>th</sup> Fri.	49171
12:00 PM	Portland SW	St.Barnabas Episcopal, in Barnabas Hse downhill from church, 2025 SW Vermont, 97219	Sally 503 246-8993	HOW, BB, LS or Spkr	49679
12:00 PM	Salem	First Christian Church, 685 Marion Street, @ Cottage, 97301	Sharon 503 851-9900	BrnBag, SS	39199
7:00 PM	Portland NE	Bethany Lutheran, 4330 NE 37 Av, 97211	MerleAnn 503 281-8947	fellowship hr-8PM	49678
NEW!! 7:00 PM	Portland SE	Portland Health & Rehab Ctr, 12441 SE Stark, @122 <sup>nd</sup> , 97233, <u>meets every other wk starting 8/26/11</u>	Cliff 503 247-2993	<u>Meets every other week, call contact!</u>	
<b>SATURDAY</b>					
7:00 AM	Portland SE	St Philip Neri, Paulist Ctr, pkg lot entr, 2408 SE 16, @ Division, 97214	MerleAnn 503 281-8947	1¼ hr, NP, D	23622
9:00 AM	Lincoln City	Community of Christ Church, 1922 NE 17th St, 97367	Sandi 541 996-2963	Relapse Recovery	47035
9:00 AM	Portland SW	St. Barnabas Episcopal, in Barnabas Hse downhill from church, 2025 SW Vermont, 97219	Louise 503 245-8506	1½ hr, H, NP, D, Sharing	32536
9:00 AM	Salem	St. Paul's Episcopal, Rm 1 dnstrs, 1444 Liberty St SE, @ Meyers, 97302, Brkfst Meeting	Vicki D 503 551-4112	Rotating format	29424
9:30 AM	Oregon City	St. Paul Episc, 822 Washington St, office entr, 97045	Jenny 503 442-9303	LS, NC, V, NP	51143
10:00 AM	Portland SE	St Philip Neri, Paulist Ctr, pkg lot entr, St. Paul's Rm, 2408 SE 16, @ Division, 97214	Georgia 503 720-4628	H, NP, D, Blend, 1¼ hr.	36473

10:00 AM	Seaview, WA	Ocean Beach OA, 4603 Pacific Hwy, @ 46 <sup>th</sup> So., 98644	Kathleen 206 419-7930	1½ hr, NC, leader's choice, RR-RP 3 <sup>rd</sup> Sat.	36544
10:00 AM	Vancouver	St. Andrew Lutheran, Rm 1, 5607 NE Gher Rd, 98662	Susan 360-735-9783	LS	34274
10:30 AM	Gresham	St. Henry's Church School, Rm 9, across strtt from church 346 NW 1 <sup>st</sup> St, 97030	Bob S. 503 669-2357	1 ½ hr, SS	22631

**ALL MEETINGS ARE 1 HOUR UNLESS NOTED.**

**ALL MEETINGS ARE NON-SMOKING.**

If you are attending a meeting for the first time, or if you have any questions about a meeting, like where in the building to go or whether the group meets on holidays, we suggest that you call the contact person for that group to confirm their meeting information.

**CODES:**

<b>BrnBag</b> – bring your lunch	<b>Closed Mtg</b> – call contact person	<b>NC</b> – no children	<b>SS</b> – Step study 12&12 book
<b>BB</b> – Big Book Study	<b>Blend</b> – mix of HOW & regular OA	<b>NP</b> – no pets	<b>Spkr</b> – speaker sharing his/her story
<b>D</b> – Discussion or topic	<b>IC</b> – infants & children welcome	<b>V</b> – varied topic	<b>VR</b> – Voices of Recovery
<b>FT</b> – For Today	<b>H</b> – handicapped access	<b>LS</b> – literature study	<b>YP</b> – supportive of young people, open to all

**SPECIAL INTEREST GROUPS – ALL ARE WELCOME:**

<b>HOW</b> – a more structured approach to the traditional 12-step program.
<b>Mens Focus</b> – all welcome, men especially.
<b>100 #ers</b> – for those who need to lose, or have lost 100 pounds or more. All are welcome.
<b>RR-RP</b> – focus is on Recovery from Relapse & Relapse Prevention. These meetings are open to everyone.

**INTERGROUP INFORMATION**

**OREGON INTERGROUP (OIG)** is an OA service body. It meets the second Tues. of each month from 7:00 – 8:30 pm, at the Easter Seal Bldg, 5757 SW Macadam, Portland. Each OA meeting may send two elected representatives who may vote; and all OA members are welcome and encouraged to take part.

We serve OA groups from Longview to Salem and from the Coast to Mt. Hood. We provide liability insurance, newcomer and speaker meetings, meeting directories and a CD library. We host special events, maintain the phone line, web site and Yahoo mail group, and sell literature.

**Current Board Members**

Chair	Candace	971-226-0212
Co-Chair	Vee	360 578-3393
Secretary	Pat O	503 579 8187
Treasurer	<i>position vacant</i>	
Member-at-Large	Deb	503 720 6157
Directory Editor	Dorothy	503 520 1855
Newsletter Editor	Alice	503 213 3687
Events Coordinator	Beverly	503 579 1919

**Service People**

Delegates	Deborah	503 620 3931
CD Library	Vee	360 578-3393
Network	Julie	503 857 6207
Lifeline	Marie	503 351 0917
Sponsor List	Deb A	503 720 6157

**Committee Chairs**

Speaker Meeting	Jenice	503 632 3990
Ways & Means	Jenice	503 632 3990
Public Info/Profess	<i>Position vacant</i>	
Media Outreach	<i>Position vacant</i>	
12 <sup>th</sup> Step Within	Cherish	503 453 0212
Literature	Marie	503 351 0917
Serenity Retreat	Deborah	503 620 3931

**Newcomers and Speaker's meeting:** held 7–9 PM, on the LAST SATURDAY OF EACH MONTH at the Easter Seal Building, 5757 SW Macadam, Portland  
Contact: Jenice G. 503 632 3990.

**Online Study Groups:** local study groups on Voices of Recovery–contact <tinabuchananpdx@gmail.com>; and For Today–contact <bonniesuemay@yahoo.com>.

**Intergroup meeting:** 7 PM, 2<sup>nd</sup> Tuesday of each month at the Easter Seal Building, 5757 SW Macadam, Ptlid.

**Meeting Directory Changes,** comments, or questions: contact Dorothy at djccc@comcast.net, or 503 520 1855.

<p><b>ADDRESS AND PHONE INFORMATION</b></p> <p><b>Oregon Intergroup</b> web page: <a href="http://www.oregon-oa.org">www.oregon-oa.org</a>  <b>Mailing address:</b>  Oregon Intergroup, PO Box 2429, Portland, OR 97208</p> <p><b>For meeting information,</b> call 503 254-5658  <b>Intergroup chair email:</b> gr8fulinpdx@yahoo.com</p> <p><b>Region One</b> web page: &lt;<a href="http://www.oaregion1.org">www.oaregion1.org</a>&gt;  <b>Mailing address:</b>  Region One, PO Box 1185, Issaquah, WA, 98027-0045</p> <p><b>World Service Office</b> web page:&lt;<a href="http://www.aa.org">www.aa.org</a>&gt;.  <b>Mailing address:</b> World Service, PO Box 44020,  Rio Rancho NM, 87174-4020 <b>Phone:</b> 505 891 2664</p>
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**OTHER INTERGROUPS IN OREGON**

Central Oregon IG, Bend	(541) 306 6844
Eagle Cap IG, Baker City	(541) 523 2220
Emerald Empire IG, Eugene	(541) 484 9923
Jefferson State IG, Medford	(541) 779 1190

## COMPUTER RESOURCES:

Oregon Intergroup has two computer information resources:

**www.oregon-oa.org** is our web page. It lists basic info, meeting directories, local events, and other useful material. AND, you can make donations directly to Oregon Intergroup through the website, via PayPal, (and, no you don't have to have a paypal account to do this). You can use a credit or debit card, or transfer money from your checking or savings account.

**OregonOA@yahoogroups.com** is an e-mail distribution list on Yahoo. We use it to share information about Intergroup activities, and individual members' experience, strength and hope in their recovery. When you join the list, you receive emails sent to the list. You can read the emails on Yahoo, or you can have the e-mails forwarded to your own email address. Intergroup's monthly reports, agendas and minutes are stored in the 'files' section so any OA member served by Oregon Intergroup can access them. To subscribe, send a blank e-mail to <OregonOA-subscribe@yahoogroups.com>. Questions about using the Yahoo group? Ask Deborah (503-620 3931) or Margie (503-807-0201).

## OA HOTLINE

*The people listed here are not professional counselors; they are volunteers who are willing to listen to your thoughts and feelings about food, compulsive over/undereating, binging, or purging. Please call only within the specific time given. Feel free to leave your phone number if you get an answering machine. The person you called will do everything they can to call you back promptly, and your anonymity will be respected.*

### Every Day

Noon-Midnight	Kelly	503 747 4327
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### Weekdays

6:30 AM – Noon	Margie	503 538 8260
7:00 PM – 10:00 pm	Bob S.	503 669 2357

### Sunday

8:00 AM - 9:30 AM	Jenice	503 632 3990
8:00 AM - 12:30 PM	Carolyn-Salem	503 399 0773
12:30PM - 9:00 PM	Alice E.	503 640 2050
5:00 PM - 10:00 PM	Bob S.	503 669 2357

### Monday

9:00 AM - 5:00 PM	Diane B.	503 318 6608 360 665 2535
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### Tuesday

6:00 AM - 8:00 AM	Alice E.	503 640 2050
9:00 AM - 5:00 PM	Penny	503 644 7671
5:00 PM - 9:00 PM	Alice E.	503 640 2050

### Wednesday

8:00 AM - 4:00 PM	Nancele	503 504 9449
4:00 PM - 6:00 PM	Denise	503 253 5154

### Thursday

6:00 AM - 8:00 AM	Alice E.	503 640 2050
9:00 AM - 5:00 PM	Penny	503 644 7671
5:00 PM - 9:00 PM	Alice E.	503 640 2050

### Friday

6:00 AM - 8:00 AM	Alice E.	503 640 2050
5:00 PM - 9:00 PM	Alice E.	503 640 2050

### Saturday

8:00 AM - 9:00 PM	Alice E.	503 640 2050
5:00 PM - 10:00PM	Bob S.	503 669 2357

## UPCOMING EVENTS, LOCAL & REGION 1:

**Speaker/Newcomer meeting**, info at top of page 1.

**All events** are on our website: [www.oregon-oa.org](http://www.oregon-oa.org), click on "Events".

**IDEA Day (International Day Experiencing Abstinence)**, Nov 19, 9:30-10AM Registration, Workshop 10-3, at Cedar Hills UCC, 11695 SW Park Way (@Cedar Hills Blvd) Bring your lunch, or get food nearby. Hosted by Hillsboro group. Contact Kathy 503 640 2545, kaktkat1953@gmail.org..

**12<sup>th</sup> Step Within** afternoon event in Beaverton, Dec 10, hosted by 12<sup>th</sup> Step Within, more info tba.

**"Welcome to OA, Welcome Home"** event, January 2012. more info tba

**O.A. Birthday Party** in Los Angeles Jan 20-22, 2012. <[www.oalaig.org](http://www.oalaig.org)>

**Unity Day** February 25, 2012, , hosted by the Salem meetings, more info tba

**Twin Rocks Retreat** March 16-18, 2012, ,

**Workshop on Abstinence** April or May 2012

