



**Oregon Area
Information Line:**
971 317-6343
(landline, no texts)

For Oregon OA events visit http://oregon-aa.org/event_calendar/

Join an email group to receive and share daily reflections to strengthen your program.
To join *For Today* OA book writing group please contact Cherish at:
2cherish@comcast.net or 503 453-0212

To join *Voices of Recovery* OA book writing group please contact Cherish at:
2cherish@comcast.net or 503 453-0212

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 questions about a meeting, such as where in the building to go or whether the group meets on holidays, we suggest that you call the contact person.

DAY/TIME	CITY	LOCATION	CONTACT	DELEGATE	CODES/TOPIC	MTG#
Sunday						
7:00 AM	Portland SE	Unity of Portland, 4525 SE Stark St, 97215; in basement, left of stairs	Joan 503 913-4817	<i>Margie</i> 503 807-0201	D, H, NP, holidays, RR-RP-1 st Sun	23753
10:30 AM	Portland NW	Alano Club (SE Room) 909 NW 24 th Ave, @ Kearney, 97210 **** Not handicap accessible ****	Cleo 707 591-3852	<i>Liz</i> 310 433-6494	1-¼ hr.	38550
1:00 PM	Seaside	Suzanne Elise Assisted Living, 101 Forest Drive, Rm. Library NEW MEETING	Melody 503 468-9818	<i>Margie</i> 503 807-0201	1-¼ hr., H, V	56539
7:00 PM	Portland SW	St. Vincent Hospital, 9205 SW Barnes Road; Room 3 on 2 nd floor near cafeteria Call in: 515 739-1458; Enter Pin 781502	Kym 503 544-5955	<i>Jan</i> 971 338-1275	Anorexia / Bulimia Focused	54433
Monday						
12:00 PM	Beaverton	Bethel UCC, library, 5150 SW Watson Ave @ 6 th St, 97005	Penelope 503 644-7671 3	<i>Jan</i> 971 338-1275	V, H, Brn Bag, NP RR-RP-4 th Monday	22065
12:00 PM	Portland SE	St. Paul Lutheran Church, 3880 SE Brooklyn St @ SE Cesar Chavez Blvd, 97202	Emerald 503 231-0350	<i>Rosanne</i> 503 828-4693	Writing-SS	06652
12:30 PM	Forest Grove	St. Anthony Catholic Church, Parish Hall, 1660 Elm St @ 17 th , 97116	Jean 503 913-5434	<i>Rebecca</i> 503 880-1632	V, H	19903
5:30 PM	Tillamook	Tillamook Hospital, 1000 3 rd St, 97141; 3 rd floor Room D	Sylvia 503 812-0838	<i>Margie</i> 503 807-0201	V, H	25939
5:30 PM	Salem	First Christian Church, 685 Marion St @ Cottage, 97301	Virginia 503 868-7144	<i>Rebecca</i> 503 880-1632	SS, H, NC,	26872
5:30 PM	Longview, WA	The 1414 Club Fellowship & Unity, 1414 12 th Ave, 98122	Char 360 487-7020	<i>Liz</i> 310 433-6494		
6:30 PM	Hillsboro	All Saints Episcopal, 372 NE Lincoln St, 97124; Entrance is on the west side of the church Guild/Library Room; 1 st door on the right	Kathy C. 503 640-2545	<i>Rosanne</i> 503 828-4693	1-¼ hr., Book/Spkr, NP	22923
7:00 PM	Milwaukie	Clackamas Park Friends Church, Fellowship Hall, 8120 SE Thiessen Rd, 97267	Margaret 503 757-1943	<i>Jan E.</i> 971 338-1275	V, H, NP	18333
7:00 PM	Portland NE	Bethany Lutheran, 4330 NE 37 Ave @ Skidmore, 97211	MerleAnn 503 281-8947	<i>Liz</i> 310 433-6494	H	16216
7:00 PM	Vancouver, WA	St Luke's Episcopal 426 E 4 th Plain Blvd, 98663, parking lot entrance, 1 st left off "F" St, upstairs Library	Sandi 360 910-9652	<i>Liz</i> 310 433-6494	IC, YP, LS RR-RP-1 st Monday	11259
7:30 PM	Newberg	First Presbyterian Church, 501 Mission Dr., 97132 New meeting location starting 10/22/18	Margie 503 807-0201	<i>Margie</i> 503 807-0201	V, H	56116

DAY/TIME	CITY	LOCATION	CONTACT	DELEGATE	CODES/Topic	MTG#
Tuesday						
10:00 AM	Beaverton	United Methodist Church, 12555 SW 4 th St, 97005 4 th St and Watson Ave; Mtg. location change 9/4/18	Nancele 971 303-4636	Jan E. 971 338-1275	IC, FT, H RR-RP-1 st Tuesday	33814
10:00 AM	Canby	Smyrna Church, 31119 S Hwy 170, 97013 call in option 712-451-0748 access code: 14308#	Jenice 503 705-5599	Jan E. 971 338-1275	1-¼ hr., H, NC, NP	45836
12:00 PM	Dallas	Dallas Evangelical Church, 783 SW Church St., 97338 Church and Mill, entrance on Church St. meeting downstairs ****Not handicap accessible****	Dee Ann 971 718-6444	Rosanne 503 828-4693		54472
12:00 PM	Tillamook	Tillamook Serenity Club, 5012 3 rd St., 97141; Mtg. room downstairs *Not handicap accessible*	Joy 503 812-9658	Liz 310 433-6494	V	56524
5:30 PM	Hood River	Immanuel Lutheran, 305 9 th St, @ Sherman, 97031	Liz 541 490-3819	Rebecca 503 880-1632	V	39448
6:15 PM	Hillsboro	Westside Kaiser Medical Center, 2875 NW Stucki Ave, 97124; 4 th floor, Mt. Hood Room	Janet C. 503 747-5759	Rosanne 503 828-4693	Literature, D, H, Sharing, NC, NP	53364
7:00 PM	Corvallis	Corvallis Seventh Day Adventist Church 3160 SW Western Blvd, 97333, Fellowship Hall	Larisa 832-941-2181	Margie 503 807-0201	45 min. A Vision For You format	56554
7:00 PM	McMinnville	First Baptist Church, 125 SE Cowsls St. 97128, use First St entrance (handicapped entrance in rear)	Marna 971 267-0058	Margie 503 807-0201	discussion/topic, H	52986
7:30 PM	Salem	Salem Hospital Building D, 939 Oak St. 97301, Community Health Educ. Cntr Group Support Rm	Pat I. 503 569-5403	Rebecca 503 880-1632		00236
Wednesday						
10:30 AM	Gresham	St. Henry Church School, Room 7, 346 NW 1 st St, 97030; at school, only door is at East parking lot	Margie 253 222-5654	Rebecca 503 880-1632	1-¼ hr., NC, NP, V H, YP	07901
12:00 PM	Lake Oswego	United Church of Christ, 1111 SW Country Club Rd @ Knaus Rd, 97034	Esther 503 427-2734	Jan E. 971 338-1275	LS, V, H	33618
1:00 PM	Portland SE	St. Paul Lutheran Church; 3880 SE Brooklyn St, @ SE Cesar Chavez Blvd, 97202	Suzanne 716 983-5313	Rosanne 503 828-4693	LS, D	53019
6:30 PM	Portland SE	St Ignatius Church, 3400 SE 43 rd (1 block north of Powell), Parish office white/red brick building	Cathy P. 503 975-2405	Liz 310 433-6494	1-¼ hr., SS, LS, Spkr, NP	51751
6:30 PM	Beaverton	First United Methodist Church, 12555 SW 4 th St., 97007; Room 104 4 th St and Watson Ave U.S Call in: 781-448-4326 PIN: 58044#	Karen 503 936-9512	Liz 310 433-6494	1 hr. Back to Basics B2B BB Meeting	
7:00 PM 2 nd Wed Only	Portland SW	Oregon Intergroup Business Meeting Girl Scout Building, 9620 SW Barbur Blvd 97219 ****Second Wednesday Only****	<i>OIG Board & Delegates</i>	<i>OIG Board & Delegates</i>	Business Meeting; Meeting reps & all members welcome	09043
7:15 PM	Portland SW	St Barnabas Episcopal Church, 2201 SW Vermont St. 97219, Lower level of church building. Church Offices. Red door. Room 1	Amelia 503 970-3926	Liz 310 433-6494	NP, V	38889
Thursday						
10:00 AM	Beaverton	United Methodist Church, 12555 SW 4 th St, 97005 4 th St and Watson Ave; Mtg. location change 9/6/18	Nancele 971 303-4636	Jan E. 971 338-1275	IC, SS, H	41103
11:00 AM	Gresham	Metro Church of Christ 1525 NW Division St, @ Wallula Ave, 97030	Laneta 503 539-4799	Rebecca 503 880-1632	1-½ hr.	54125
11:45 AM	Seaview, WA	NEW LOCATION: Peninsula Church Cntr 5000 N Pl, Seaview, WA; PLEASE CONTACT BEFORE ATTENDING	Diane B. 503 318 6608	Margie 503 807-0201	Leader's Choice, Brn Bag, H	52810
12:00 PM	Portland NE	NEW LOCATION: Central Lutheran Church, 1820 NE 21 st Ave, 97212 (very handicap accessible)	Shelby S. 503 388-8638	Rosanne 503 828-4693	SS, Brn Bag	48990
12:00 PM	Oregon City	Unitarian Universalist Church, 710 6 th Street (Religious Education Wing)	Jenice 503 705-5599	Jan E. 971 338-1275	LS, Brn Bag, H	56189
12:00 PM	Seaside	1218 Avenue A (across from Bob Chisolm Senior Center)	Carole R. 503 440-3761	Margie 503 807-0201	Closed, LS, women focus	56097
5:30 PM	Longview, WA	The 1414 Club Fellowship & Unity, 1414 12 th Ave, 98632	Char 360 487-7020	Liz 310 433-6494	V, D	50311
7:00 PM	Vancouver, WA	SW Medical Center, health Ed bldg., enter on 92 nd Ave. 400 NE Mother Joseph Pl, @ Millplain, Rm 2	Tina 360 991-7007	Liz 310 433-6494	D, H	51512
7:00 PM	Silverton	St. Edward's Episcopal Church, 211 W Center St. @ Fairview (across from hospital), 97381	Kim 503 551-3671	Rebecca 503 880-1632	LS/SS/BB alternate, NP, NC	51565

DAY/TIME	CITY	LOCATION	CONTACT	DELEGATE	CODES/Topic	MTG#
Friday						
10:30 AM	Beaverton	Westside Service Center, 12945 SW Beaverdam Road, one block east of Cedar Hills Blvd, north of Canyon	Bob 503 504-9093	<i>Rosanne</i> 503 828-4693	V, RR-RP-2 nd Friday	00706
12:00 PM	Lake Oswego	United Church of Christ, 1111 SW Country Club Rd, @ Knaus Rd, 97034	Esther 503 427-2734	<i>Jan E.</i> 971 338-1275	SS, H	33913
12:00 PM	McMinnville	First Baptist Church 125 SE Cowsls St, use Washington St entrance (handicapped entrance in rear)	Marna 971 267-0058	<i>Margie</i> 503 807-0201	H, NC, RR-RP-4 th Fri.	49171
12:00 PM	Portland SW	St Barnabas Episcopal Church, 2201 SW Vermont St, Lower level of church building, red door, Rm 1.	Martha G. 503 244-5080	<i>Rosanne</i> 503 828-4693	HOW, BB, LS or Spkr	49679
12:00 PM	Salem	First Christian Church, 685 Marion St @ Cottage, 97301	Sharon C. 503 851-9900	<i>Rebecca</i> 503 880-1632	Brn Bag, SS	39199
7:00 PM	Portland NE	Bethany Lutheran, 4330 NE 37 Ave @ Skidmore, 97211. Entrance is on NE 37 th through recessed doorway	Merle Ann 503 281-8947	<i>Liz</i> 310 433-6494	BB, LS, D	49678
Saturday						
7:00 AM	Portland SE	Unity of Portland, 4525 SE Stark St, 97215; In basement, to left of stairs	Joan (503) 913-4817	<i>Margie</i> 503 807-0201	H, NP, D, meets holidays	23622
9:00 AM	Portland SW	St Barnabas Episcopal Church, 2201 SW Vermont St, Lower level of church building. Red door, Room 1.	Terri 503-692-7938	<i>Jan E.</i> 971 338-1275	1-½ hr., NP, D, Sharing	32536
9:00 AM	Salem	Morningside United Methodist Church, 3674 12th Street SE	Chris W. 971 222-6209	<i>Rebecca</i> 503 880-1632	Rotating format	29424
10:00 AM	Portland SE	St. Paul Lutheran Church, 3880 SE Brooklyn St @ Caesar Chavez, 97202	Georgia 503 720-4628	<i>Rosanne</i> 503 828-4693	1-¼ hr., OA/HOW, H, NP, D,	36473
10:00 AM	Portland SE	Colonial Heights Presbyterian Church, 2828 SE Stephens Street, 97214; Entrance on 28 th	Ilene S. 503-268-3064	<i>Rosanne</i> 503 828-4693	1-¼ hr., Spkr	56341
10:00 AM	Long Beach	1st Place Mall, Suite 3, 811 Pacific Ave, 98631	Diane B. 503 318-6608	<i>Margie</i> 503 807-0201	1-½ hr., NC, leader's choice, RR-RP 3 rd Sat.	36544
10:00 AM	Vancouver	St. Andrew Lutheran, Room 1, 5607 NE Gher Rd, 98662	Sue 360 213-8902	<i>Rebecca</i> 503 880-1632	LS	34274
7:00 PM 1st Sat. Only	Portland SW	Speaker meeting, Girl Scout Building 9620 SW Barbur Blvd FIRST SATURDAY ONLY! U.S Call in: 641-715-3836 PIN: 282586	June 503 997-4441	<i>Jan E.</i> 971 338-1275	1-½ hr., Spkr	52186

MEETING CODES

BB – Big Book Study	H – handicapped access	NC – no children	Spkr – speaker sharing his/her story
Brn Bag – bring your lunch	HOW – a more structured approach to the traditional 12-step program.	NP – no pets	V – varied topic
D – Discussion or topic	IC – infants & children welcome	RR-RP – focus is on Recovery from Relapse & Relapse Prevention	VR – Voices of Recovery
FT – For Today	LS – literature study	SS – Step study 12&12 book	YP – supportive of young people, open to all



Does your meeting have an Intergroup Rep?

Serving as an Intergroup Representative offers you a rewarding opportunity to share in Overeaters Anonymous' Third Legacy: Service! Intergroup Meetings are at 7pm on the second Wednesday of the month at the Girl Scouts' Building in Southwest, Portland. These monthly business meetings are open to any member. You can better serve the members of your group and fellow reps by being an observer at as many meetings as possible. Even without a vote, you have a right to voice your opinion.

Oregon Intergroup Board			Committee Chairs			Service Positions		
Chair-Exec Board	Jan – Interim	971 338-1275 chair@oregon-oa.org	12 th Step Within	Open	12thstepwithin@oregon-oa.org	CD Library	Christina	503 910-7732 cdlibrary@oregon-oa.org
Co-Chair-Exec Board	Jan	971 338-1275 cochair@oregon-oa.org	Literature	Rebecca	503 880-1632 literature@oregon-oa.org	Delegate Chair	Rosanne	503 828-4693 delegatechair@oregon-oa.org
Event Coordinator	Open	503 807-0201 events@oregon-oa.org	Public Info / Professional Outreach	Open	pipo@oregon-oa.org	Lifeline	Rosanne	503 828-4693 lifeline@oregon-oa.org
Group Coordinator	Cathy	503 975-2405 meetinglist@oregon-oa.org	Serenity Retreat	Open	serenityretreat@oregon-oa.org	Network / Info Line	MerleAnn	503 281-8947 infoline@oregon-oa.org
Member-at-Large	Open	memberatlarge@oregon-oa.org	Speaker Meeting	Open	speakermeeting@oregon-oa.org	Sponsor List	Cindy	503 961-2743 sponsorlist@oregon-oa.org
Newsletter	Nicole	503 442-2777 newsletter@oregon-oa.org	Ways & Means	Open	waysandmeans@oregon-oa.org	Website & Yahoo Group	Joel T	307 399-0414 webmaster@oregon-oa.org
Secretary-Exec Board	Liz	310 433-6494 secretary@oregon-oa.org	Young People	Alice W	971 371-6267 youngpeople@oregon-oa.org			
Treasurer-Exec Board	Laurie	503 314-3412 treas@oregon-oa.org	Nominations	Lisa S.	503-701-6014 nominations@oregon-oa.org			

OA Hotline

The OA Members listed below are not professional counselors; they are volunteers who are willing to listen to your thoughts and feelings about food, compulsive over/under eating, bingeing, 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.

Day	Name	Telephone Number
Weekdays		
6:30 AM – Noon	Margie	503 807-0201
7 PM – 10 PM	Bob S.	503 669-2357
Sunday		
12:30PM – 3:30 PM	Jenice	503 705-5599
8 AM – 12:30 PM	Carolyn	503 399-0773
12:30 PM – 9 PM	Alice E.	503 640-2050
5 PM – 10 PM	Bob S.	503 669-2357
Monday		
9 AM – 5 PM	Diane B.	503 318-6608
4 PM – 6 PM	Denise	503 253-5154
Tuesday		
6 AM – 8 AM	Alice E.	503 640-2050
9 AM – 5 PM	Penelope	503 644-7671
5 PM – 9 PM	Alice E.	503 640-2050

Day	Name	Telephone Number
Wednesday		
8 AM – 5 PM	Nancele	971 303-4636
5 PM – 9 PM	Rosie	413 214-1324
Thursday		
6 AM – 8 AM	Alice E.	503 640-2050
9 AM – 5 PM	Penelope	503 644-7671
5 PM – 9 PM	Alice E.	503 640-2050
Friday		
6 AM – 8 AM	Alice E.	503 640-2050
5 PM – 9 PM	Alice E.	503 640-2050
Saturday		
8 AM – 9 PM	Alice E.	503 640-2050
5 PM – 10 PM	Bob S.	503 669-2357

www.oregon-oa.org is our web page. It lists meeting directories, local events, and other useful information.

OregonOA@yahoogroups.com is our email distribution list. We use it to share information about Intergroup activities, upcoming events, and individual member's experience, strength and hope in recovery. Intergroup's monthly reports, agendas and minutes are stored in the 'files' section. To subscribe, send an email to: OregonOA-subscribe@yahoogroups.com with "Subscribe" as the subject.

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