

OA's 15 Questions

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies, or beverages?
12. Have I ever eaten food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

Have you answered "yes" to several of these questions? If so, it is possible that you have, or are well on your way to having, a compulsive eating or overeating problem. Your next step is to go to the Overeaters Anonymous website, oa.org, and "Find a Meeting."

Sometimes the more you eat,
the more empty you feel.

We can help.

Visit oa.org/quiz or scan the QR
code and find out how.



Remember, you are not alone...We in O.A. have suffered as you have, we have been helped by many powers outside of ourselves, and we have been shown a new way to live. We say in all sincerity, "Come with us and let us show you the way," and as we reach out to you, we truly hope that you will take heart ... and put your hand in ours.

Rozanne S., founder of OA

 **OVEREATERS ANONYMOUS**[®]
PENINSULA INTERGROUP OAPeninsula.org
SOUTH SOUND OASouthSoundIntergroup.org
PIERCE COUNTY PierceCountyOA.org

Overeaters Anonymous

Meeting Schedule

Olympic Peninsula
Kitsap Peninsula
Pierce County
South Sound
Online

Newcomers are always welcome!



Nearby Meetings of Overeaters Anonymous

Lifetime support with no fees or diets. There is no cost to attend OA meetings.

In-Person Meetings					
<i>Call the contact person near you to get more information about the meeting. They are here to help.</i>					
Day	Time	Location	Address	Contact	
Sun	3:00 pm	Bremerton	Agape Unlimited Treatment Center 4841 Auto Center Way	Toby 360-981-35220	
Mon	12:00 pm	Fircrest	Redeemer Lutheran Church 1001 Princeton St, Fellowship Hall	Pam 417-723-9465	
Mon	7:00 pm	Montesano	St. Marks Church 124 N Sylvia St	Donna 360-470-1916	
Tues	5:30 pm	Yelm	Yelm United Methodist Church 408 2 nd St. SE	Kathy 360-458-3370	
Wed	5:30 pm	Pt Angeles Hybrid, also via Zoom	First Presbyterian Church 139 W. 8 th St (enter from alley)	Anne 360-461-1640	
Wed	7:00 pm	Gig Harbor Hybrid, also via Zoom	Gig Harbor United Methodist Church 7400 Pioneer Way	Eric 509-979-0399	
Thurs	5:30 pm	Olympia Topic: Member Choice	Westminster Presbyterian Church 1925 Blvd Rd SE	Mary S 360-280-5165 (text or call)	
Thurs	6:00 pm	Puyallup Topic: Centered to Reality	First Christian Church of Puyallup 623 9 th Ave SW	Connie L 760-301-4146	
Fri	5:30 pm	Olympia, Newcomers Hybrid, also via Zoom	Westminster Presbyterian Church 1925 Blvd Rd SE	Anne K 360-352-9794	
Sat	9:00 am	Olympia	Westminster Presbyterian Church 1925 Blvd Rd SE	Mary S 360-280-5165 (text or call)	
Sat	9:00 am	Pt Ludlow Garden Cabin	190 N Bay Way, down driveway, walk towards water, red door	Judith 360-467-2394	
Sat	10:00 am	Bremerton	Manette Community Church 1137 Hayward Ave	Martha 360-813-2065	
Virtual Meetings					
<i>For world-wide virtual meetings, go to oa.org and click on "Find a Meeting".</i>					
Day	Time	Zoom ID#	Passcode	Topic	Contact
Mon	4:15 pm	833 8535 7151	36362 (FoBOA)	Friends of Bill OA	Sherry W 360-504-2341
Mon	5:30 pm	810 7188 8389	872702	11 th Step Meditation/Writing	Mary S 360-280-5165
Tues	12:00 pm	799 913 827	953793		Roberta 360-809-0730
Tues	12:00 pm	862 8663 1926	10242	OA & AA Literature	Carol M 360-357-9986
Wed	12:00 pm	846 2994 6299	Bainbridge	Speaker on 5 th Wed.	Kathleen 206-200-1864
Wed	12:00 pm	927 3421 0529	121314		Barbara 253-468-6257
Wed	5:30 pm	842 5464 8593	C2A	Committed 2 Abstinence	Lynne F 253-432-2288
Wed	5:30 pm	822 525 74322	391786	OA/AA 12X12 Step Study	Kathy 360-359-2755
Wed	7:00 pm	927 3421 0529	121314		Eric 509-979-0399
Thurs	12:00 pm	927 3421 0529	121314	Strength in Numbers	Sue 253-861-2641
Thurs	4:00 pm	812 0821 8600	060222	Literature/Meditation/Writing	Sherry W 360-504-2341
Thurs	7:00 pm	826 1956 8407	Thursday	Partners in Recovery	Lydia 206-423-2220
Sat	7:00 am	849 4001 8811	082448	Men's Book Study	Tom 206-459-3035
Sat	10:00 am	416 492 218	798131		Bonnie S 360-912-3755
Sat	10:30 am	927 3421 0529	121314	Literature & Sharing	Cayanne 253-802-6237
Sat	11:15 am	857 4627 9371	436533	Relapse/12 th Step Within	Mary S 360-280-5165