

March 2020 MEETING LIST

www.oavirtualseervices.org

❖ SUNDAY

Titusville

3:00-4:00pm OA 12&12 Meeting
4:00pm-4:30pm Newcomers Meeting
Titusville Library, 2121 S. Hopkins Ave. Titusville
Pati V 561-371-1354

❖ MONDAY

Cocoa Beach

11:00am-12:00pm Newcomer
Cocoa Beach Library, 550 N. Brevard Ave.
Gary (321)482-2458

Palm Bay

7:30pm-8:30pm Literature/Open Disc
Church of Our Savior, 1000 Jersey Lane
Trisha 772-559-1993

Titusville

7:00pm-8:00pm Literature
Sun Valley Christian, 4825 Barna Ave
Lynn 321-794-6763

Vero Beach

7:00pm-8:00pm Big Book
Our Savior Lutheran, 1850 6th Ave. Rooms 6&7
David 772-925-4145

❖ TUESDAY

Cocoa

10:00am-11:00am Big Book Step Study
Cocoa Library, 308 Forest Ave
Conference room by Computer room
Lily 321-961-0487

Melbourne

11:00am-12:00pm Newcomer Discussion
Lamplighter Village, 500 Lantern Dr. (Bldg. "B")
Rhea 321-751-0616

❖ WEDNESDAY

Vero Beach

12:00pm-1:00pm Literature
First Presbyterian, 520 Royal Palm Blvd.
Eleanor T. Smith Lounge
Linda H 508-259-8386

❖ WEDNESDAY, continued

West Melbourne

1:00pm-2:00pm OA 12&12
West Melbourne Library, 2755 Wingate Blvd.
Elizabeth 978-760-2565

Merritt Island

7:30pm-8:30pm Focus on the "Keys"
Hobbs Pharmacy, 133 N. Banana River Dr.
Lynn 321-794-6763

❖ THURSDAY

Merritt Island

7:30pm-8:30pm OA 12&12
Grace United Methodist, 65 Needle Street
1st Floor Conf. Room
Stacie 321-961-4424 or Betty 321-877-4880

Melbourne

7:00pm-8:00pm OA 12 & 12/
Big Book Study (Men's Meeting)
595 Shady Lane, Melbourne (behind St. John's
Episcopal Church)
Mike J 321-431-9955

❖ FRIDAY

Indian Harbor Beach

11:00am-noon Literature Study
Circle Club, 230 E Eau Gallie Blvd
Elizabeth 978-760-2565

❖ SATURDAY

Port St John

9:30am-10:30am Newcomer Discussion
Port St John Library, 6500 Carole Ave.
Lynn 321-794-6763

Indialantic

9:30am-10:30am Big Book Study
Holy Name of Jesus, 3050 N. Hwy A1A
LIFE CENTER Room L143
Liz 321-327-7883

Vero Beach

10:00am-11:00am OA 12&12
Unity Center 950 43rd Ave. Chapel.
NO FOOD OR WATER
Lily 772-562-6307



OVEREATERS ANONYMOUS

OA SPACE-COAST

Please call contact # to
confirm the meetings
day & time

OA.ORG

No matter what your problem with food — compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising — we have a solution.

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 compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

DO YOU HAVE A PROBLEM WITH FOOD?

15 QUESTIONS MAY TELL YOU....

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?

WHAT IS OA?

What you **will** find at OA meetings:

- Acceptance of you as you are now, as you were, as you will be.
- Understanding of the problems you now face — problems almost certainly shared by others in the group.
- Communication that comes as the natural result of our mutual understanding.
- Recovery from your illness.
- Power to enter a new way of life through the practice of the Twelve-Step recovery program, the belief in a power greater than yourself, and the support and companionship of the group.

What you **won't** find at OA meetings are:

- Weigh-ins
- Packaged meals
- Dues
- Fees
- "Shoulds"
- "Musts"
- Judgment

If you decide that you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!

The concept of abstinence is the basis of OA's program of recovery. By admitting inability to control compulsive eating in the past and abandoning the idea that all one needs is "a little willpower," it becomes possible to abstain from overeating—one day at a time. While a diet can help us lose weight, it often intensifies the compulsion to overeat. The solution offered by OA does not include diet tips. We don't furnish diets, counseling services, hospitalization or treatment; nor does OA participate in or conduct research and training in the field of eating disorders. For weight loss, any medically approved eating plan is acceptable. OA members interested in learning about nutrition or who seek professional advice are encouraged to consult qualified professionals. We may freely use such help, with the assurance that OA supports each of us in our efforts to recover. We offer unconditional acceptance and support through readily available OA meetings, which are self-supported through voluntary contributions. We in OA believe we have a threefold illness—physical, emotional and spiritual. Tens of thousands have found that OA's Twelve-Step program affects recovery on all three levels. The Twelve Steps embody a set of principles which, when followed, promote inner change. Sponsors help us understand and apply these principles. As old attitudes are discarded, we often find there is no longer a need for excess food. Those of us who choose to recover one day at a time practice the Twelve Steps. In so doing, we achieve a new way of life and lasting freedom from our food obsession.

