

MEETING DIRECTORY

September 2010

Overeaters Anonymous San Diego County

Our central office, "The Oasis", is at 6304 Riverdale Street, San Diego, CA 92120

Mailing address: P.O. Box 81569, San Diego, CA 92138-1569

Telephone: **619-521-2538** Fax: **619-521-2548** Website: www.oasandiego.org Email: oasd@sbcglobal.net

Please call the meeting contact person prior to attending a meeting for the first time to be sure time and location have not changed.

New meetings, revisions and **NEWCOMERS'** meetings are in **BOLD** print.

Please notify TJ O'D. at 619-251-8304 or email tjo@acm.org with meeting changes.

NUMBER	AREA	TIME	TYPE/FORMAT	LOCATION	CONTACT	PHONE NO.
SUNDAY						
37977	San Diego	9 am	lit; part; men's; %	Kaiser, 4405 Vandever St., 2 nd floor, Classroom 2	TJ	619-251-8304
16189	Mission Gorge	9 am	part; writing; %	Oasis, 6304 Riverdale St.	Lisa	775-790-2206
00368	Mission Gorge	1:00 pm	For Today/part; %	Oasis, 6304 Riverdale St.	Susan M	619 562-2711
46834	Mission Gorge	4 pm	Big Book, part; %	Oasis, 6304 Riverdale St.	Jay S.	858-565-2740
46425	Vista	5:30 pm	Big Book study	Unity Church, 171 Unity Way	Faye	760-233-2404
50575	Mission Gorge	5:30 pm	Lit; part; LGBT; %	Oasis, 6304 Riverdale St.	Mary J	619-922-2468
29761	Encinitas	6:15 pm	step; writing; part	Atria Encinitas South, 504 S. El Camino	Nona	619-504-3950
46411	Mission Gorge	7 pm	anx/bul; step; %	Oasis, 3604 Riverdale St.	Rex	619-302-3003
MONDAY						
47841	Mission Gorge	7 am	Voices of Recovery%	Oasis, 6304 Riverdale St.	Anita S.	619-997-5141
39999	Encinitas	12 noon	part.	Seaside Church, 1613 Lake Dr.	Ellie	760-729-5536
10844	Mission Gorge	12 noon	part %	Oasis, 6304 Riverdale St.	Allen P.	619-670-3025
23050	Rancho Bernardo	12 noon	step; %	Rancho Bernardo Community Church 17010 Pomerado Rd., Pine View Room, 2 nd Floor	Jenny	760-739-9509
00606	San Marcos	12 noon	lit.	736 Center Dr. Vallecitos Apts. Library	Helen T.	760-291-1425
50516	Point Loma	5:45 pm	lit., young persons	Rock Church, 2277 Rosecrans Room 253	Nik	619-757-8953
37520	Mission Gorge	6:30 pm	NEWCOMERS	Oasis, 6304 Riverdale St.	Mary Joyce	619-922-2468
	Mission Gorge	7 pm	Part; CC, %	Oasis, 6304 Riverdale St.	Rex	619-302-3003
00201	Encinitas	7 pm	Open %	Seacoast Community Church, 1050 Regal Rd, Room C-4	Maureen	760-525-0358
47903	Carlsbad	5:30	men's part	2035 Corte del Nogal Suite 110	Steve P.	760-518-7125
20550	Chula Vista	7:30 pm	Part	C.V. Presbyterian Church, 940 Hilltop Dr.	Crystal D.	619-271-8358
TUESDAY						
26657	Mission Gorge	7 am	For Today; part; %	Oasis 6304 Riverdale St.	Beverly	619-822-0098
	San Marcos	7 am	part. Spanish	225 N. Rancho Santa Fe, Suite 104	Estella	760-613-8357
	Ocean Beach	7:30 am	AA12&12, anx./bul.	2229 Bacon St.	Kevyn	619-550-2757
10906	San Diego	12 noon	part; %	Serenity Shop ^l , 4740 Clairemont Mesa Blvd.	Allen P.	619-670-3025
47658	Mission Gorge	12 noon	Women, part, %	Oasis 6304 Riverdale St.	Kathleen	858-693-0925
	Mission Gorge	12 noon	Step study %	Oasis Boardroom 6304 Riverdale St.	Barbara	619-804-9121
46507	Mission Gorge	6 pm	Step study, % clsd	Oasis, 6304 Riverdale St.	Alison	858-361-2188
48763	Mission Gorge	6 pm	Leader, writing, part. %	Oasis Boardroom, 6304 Riverdale St.	Donna W.	619-549-0548
38483	Encinitas	7 pm	Spiritual group	Seaside Church, 1613 Lake Dr.	Melanie	858-531-7229
	Chula Vista	7 pm	lit. Spanish	Scripps Hospital. 499 H St.	Rosalinda	619-992-5974.
45979	Mission George	7:30 pm	Women's, %, clsd	Oasis, 6304 Riverdale St.	Rose	619-672-3162
35805	Oceanside	7:30 pm	Varies, %	Rancho Del Oro Hills Comm. Church, 4055 Oceanside Blvd. Suite P, Room 6	Randi	760-599-6577
WEDNESDAY						
46406	Mission Gorge	7 am	Big Book; part. %	Oasis, 6304 Riverdale St.	Elayne	619-528-1997
	Encinitas	7 am	11th Step/Seeking the Spiritual Path	San Dieguito United Methodist Church, 170 Calle Magdalena, Room 6	Jack B	760-484-1460
50739	Alpine	10 am	Part.	Alpine Community Church, 2225 W. Victoria St.	Jackie	619-445-6174
47904	Mission Gorge	12 noon	Spkr; For Today; %	Oasis, 6304 Riverdale St.	Susy S	619-807-8478
00805	Vista	12 noon	part; %	Grace Covenant Church, 2210 East Vista Way	Diana	949-584-0770
49929	La Mesa	1:00 pm	delayed until notice	7138 Saranac St. Apt. #2	Carolee	619-589-1842
----	Tijuana	4:00 pm	Spanish	Calle de la Grieta #1341 entre Calle del Rocío y Calle del Agua, Playas de Tijuana	Leo	01152664-681-40-34
	Mission George	5:45 pm	Women; Incest/trauma survivors	Oasis, 6304 Riverdale St.	Beth C.	619-454-8263

46406	Mission Gorge	7 pm	Big Book, % clsd	Oasis, 6304 Riverdale St.	Ariell	858-336-9720
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NUMBER	AREA	TIME	TYPE/FORMAT	LOCATION	CONTACT	PHONE NO.
THURSDAY						
40300	Mission Gorge	7 am	Lifeline reading, write %	Oasis 6304 Riverdale St.	Dianna	760-877-0089
	San Marcos	7 am	part. Spanish	225 N. Rancho Santa Fe, Suite 104	Estella	760-613-8357
10390	El Cajon	11 am	Step	8650 Langholm Rd.	Marge	619-749-9810
00369	Mission Gorge	12 noon	part.; %	Oasis 6304 Riverdale St.	Anita E.	619-449-0369
41222	San Diego	12 noon	part; %	Serenity shop ¹ , 4740 Clairemont Mesa Blvd.	Susan L.	858-349-3835
38376	Hillcrest	12 noon	Dscn	Episcopal Church of St. Paul, 2728 6 th Avenue	Deane	619-224-3131
45878	Chula Vista	12:30 pm	lit.; disc.; clsd.	First Baptist Church, 494 E Street	Ginger S.	619-477-2448
48339	Mission Gorge	6 pm	Relapse Prevention; %	Oasis 6304 Riverdale St.	Christina	619- 251-0022
	Chula Vista	7 pm	lit. Spanish	Scripps Hospital. 499 H St.	Rosalinda	619-992-5974.
35605	Rancho Penasquitos	7:30 pm	Part	Penasquitos Lutheran Church, 14484 Pensquitos Dr.	Kathy	858-748-1874
26900	Carmel Valley	6:30	lit., dscn.	Congregation Beth Am, 5050 Del Mar Hts Rd.	Colleen	858-210-0906
11390	Mission George	7:30 pm	Big Book/gut-level, %	Oasis 6304 Riverdale St.	Roger	619-985-1110
13186	Vista	7:30 pm	Varies	Unity Way Church, 171 Unity Way	Mark	760-889-2369

FRIDAY						
26659	Mission Gorge	7 am	Step, %	Oasis 6304 Riverdale St.	Anita S.	619-997-5141
45101	Vista	10 am	part; %	Unity Way Church, 171 Unity Way	Wilma	760 966-1812
31354	Mission Gorge	12 noon	part, %	Oasis 6403 Riverdale St.	Kathleen S.	619-670-9925
47119	Mission Gorge	6 pm	abstinence, %	Oasis, 6304 Riverdale St.	Camille	619-795-0171
48490	Encinitas	6 pm	abstinence, %	Seaside Church, 1613 Lake Dr.	Nona	619-504-3950
06841	Mira Mesa	6:30 pm	part.	The Lutheran Church 9028 Westmore Rd.	Sandra	858-689-1968

SATURDAY						
30159	San Diego	6:45 am	part; %	Kaiser Hosp 4647 Zion Ave., bsmt. CL-4	Sandy	858-279-4469
00401	Carlsbad	7 am	tools, recovery, relapse	Pilgrim Church, 2020 Chestnut	Therese	760-720-9790
	San Marcos	7 am	part. Spanish	225 N. Rancho Santa Fe, Suite 104	Estella	760-613-8357
	Chula Vista	7 pm	lit. Spanish	Scripps Hospital. 499 H St.	Rosalinda	619-992-5974.
13631	Mission Gorge	8 am	NEWCOMERS² , %	Oasis 6304 Riverdale St.	Phyllis	858-569-1616
		8:30 am	main; part; CC, %		Barbara S.	858-458-9415
22922	Encinitas	8:30 am	NEWCOMERS² , %	Seacoast Community Church, 1050 Regal Rd., Bldg. C	Jane R.	858-342-8375
		9 am	spkr; share, %			
45264	Mission Gorge	10:30 am	step; %	Oasis, 6304 Riverdale St.	Dave B.	619-224-4500
39713	San Diego	12 noon	part; %	Serenity Shop ¹ , 4740 Clairemont Mesa Blvd.	Eric	619-322-2685
10829	Mission Gorge	12 noon	For Today; part; %	Oasis, 6304 Riverdale St.	Kerry	619-223-6575
47843	Coronado	1 pm	spkr/part, clsd	Coronado Hospital Auditorium, 265 Soledad Pl.	Melody	619-347-1903
46409	Mission Gorge	6:30 pm	100 pounder; %; spkr 4 th week	Oasis, 6304 Riverdale St.	Eric P.	619-446-8850

GROUP REGISTRATION BY E-MAIL, PHONE OR ONLINE

All changes to the Meeting Directory can be done by e-mail or telephone. Submit meeting information to tjo@acm.org or call TJ 619-251-8304. For online registration, go to our website at www.oasandiego.org and OA world service at <http://www.oa.org/meetings/change-form.php>

KEY TO SYMBOLS

anx/bul = anorexia / bulimia	main = maintainers meeting	rel/rec – relapse & recover emphasis
CC = child care available	100 pounder = pound focus	% = wheelchair access
clsd = closed to observers/counselors	part = participation meeting	spkr = speaker meeting
CANCELLED = no longer meeting	lit = literature meeting	step = step study
dscn = discussion meeting	yng = young persons	LGBT = lesbian/gay/bi/trans

1 The **Serenity Shop** is located in the Diane Shopping Center on the north side of Clairemont Mesa Blvd between I-5 and I-805.

2 **NEWCOMERS** meetings address the needs of people new to OA. **NEWCOMERS** are encouraged to attend other OA meetings as well.