

Meeting Directory

February 2012

Overeaters Anonymous San Diego County

Our central office, The Oasis is at 6150 Mission Gorge Road, Suite 125, 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.

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 flr. Classroom 2	TJ	619-251-8304
16189	Mission Gorge	9 am	part; writing; %	Oasis, 6150 Mission Gorge Rd. Suite 125	NEEDED	NEEDED
	Mission Gorge	11 am	Anx/bul cmplsv. exercise	Oasis, 6150 Mission Gorge Rd. Suite 125	Alison	858-361-2188
00368	Mission Gorge	1:00 pm	For Today/part; %	Oasis, 6150 Mission Gorge Rd. Suite 125	Betty	619-356-5593
	Mission Gorge	2: 30 pm	Lit.; part.	Oasis, 6150 Mission Gorge Rd. Suite 125	Marian L.	619-988-9751
46834	Mission Gorge	4 pm	Big Book, part; %	Oasis, 6150 Mission Gorge Rd. Suite 125	Candace	
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&friends; %	Oasis, 6150 Mission Gorge Rd. Suite 125	Mary Joyce	619-922-2468
29761	Encinitas	6:15 pm	step; writing; part	Atria Encinitas South, 504 S. El Camino	NEEDED	NEEDED
46411	Mission Gorge	7 pm	anx/bul; step; %	Oasis, 6150 Mission Gorge Rd. Suite 125	Rex	619-302-3003
MONDAY						
47841	Mission Gorge	7 am	Voices of Recovery%	Oasis, 6150 Mission Gorge Rd. Suite 125	NEEDED	NEEDED
39999	Encinitas	12 noon	part.	Seaside Church, 1613 Lake Dr.	Flor	760-931-9802
10844	Mission Gorge	12 noon	part %	Oasis, 6150 Mission Gorge Rd. Suite 125	Allen P.	619-670-3025
23050	Rancho Bernardo	12 noon	OA12&12 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
	Mission Gorge	5 pm	Young people, Big Book	Oasis, 6150 Mission Gorge Rd. Suite 125	Iola	619-370-4594
37520	Mission Gorge	6:30 pm	NEWCOMERS	Oasis, 6150 Mission Gorge Rd. Suite 125	Mary Joyce	619-922-2468
	Mission Gorge	7 pm	Part; CC, %	Oasis, 6150 Mission Gorge Rd. Suite 125	Rex	619-302-3003
00201	Encinitas	7 pm	Open %	Seacoast Community Church, 1050 Regal Rd, Room C-4	Maureen	760-525-0358
	Ramona	6:30 pm	step; disc.	McAlister Institute, 323 Hunter St.	Belinda	760-788-8344
20550	Chula Vista	7:30 pm	Part	C.V. Presbyterian Church, 940 Hilltop Dr.	Crystal D.	619-240-1928
TUESDAY						
26657	Mission Gorge	7 am	For Today; part; %	Oasis 6150 Mission Gorge Rd. Suite 125	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	CLOSED	2229 Bacon St.	CLOSED	CLOSED
10906	San Diego	12 noon	part; %	Serenity Shop!, 4740 Clairemont Mesa Blvd.	Allen P.	619-670-3025
47658	Mission Gorge	12 noon	Women, part , %	Oasis, 6150 Mission Gorge Rd. Suite 125	Kathleen	858-693-0925
	Mission Gorge	5 pm	Part., lit., tools	Oasis, 6150 Mission Gorge Rd. Suite 125	Jayson	619-400-9591
46507	Mission Gorge	6 pm	Step study, % clsd	Oasis Boardroom ,6150 Mission Gorge Rd. Suite 125	Alison	858-361-2188
48763	Mission Gorge	6 pm	Leader, writing, part. %	Oasis, 6150 Mission Gorge Rd. Suite 125	Donna W.	619-549-0548
38483	Encinitas	7 pm	Spiritual group	Seaside Church, 1613 Lake Dr.	Perla	619-300-6625
	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, 6150 Mission Gorge Rd. Suite 125	Holly	619-861-4823
35805	Vista	7:30 pm	Varies, %	1120 Highland Drive	Randi	760-310-2525
WEDNESDAY						
46406	Mission Gorge	7 am	Big Book; part. %	Oasis, 6150 Mission Gorge Rd. Suite 125	Elayne	619-528-1997
51235	Encinitas	7 am	11th Step/Seeking the Spritual Path	San Dieguito United Methodist Church, 170 Calle Magdalena, Room 6	Jack B	760-484-1460
50739	Alpine	10 am	CLOSED	Alpine Community Church	CLOSED	CLOSED
47904	Mission Gorge	12 noon	Spkr; For Today; %	Oasis, 6150 Mission Gorge Rd. Suite 125	Susy S	619-807-8478
00805	Vista	12 noon	part; %	Grace Covenant Church, 2210 East Vista Way	Diana	949-584-0770
52040	Rancho Bernardo	1 pm	Step a month; For Today	San Rafael Church, 17252 Bernardo Center Dr. 2 nd Floor Rm H-1	Gayle	858-217-6680
	Mission George	5:45 pm	Incest/trauma survivors	Oasis, 6150 Mission Gorge Rd. Suite 125	Beth C.	619-454-8263
46406	Mission Gorge	7 pm	Big Book, % clsd	Oasis, 6150 Mission Gorge Rd. Suite 125	Ariell	858-336-9720

NUMBER	AREA	TIME	TYPE/FORMAT	LOCATION	CONTACT	PHONE NO.
THURSDAY						
40300	Mission Gorge	7 am	Lifeline reading, write %	Oasis, 6150 Mission Gorge Rd. Suite 125	NEEDED	NEEDED
	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, 6150 Mission Gorge Rd. Suite 125	NEEDED	NEEDED
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; meditation;%	Oasis 6150 Mission Gorge Rd. Suite 125	Christina	619- 251-0022
26900	Carmel Valley	7 pm	Spirituality, writing, part.	Congregation Beth Am, 5050 Del Mar Hts Rd.	NEEDED	NEEDED
	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
11390	Mission George	7:30 pm	Big Book/gut-level, %	Oasis 6150 Mission Gorge Rd. Suite 125	NEEDED	NEEDED
13186	Vista	7:30 pm	Varies	Unity Way Church, 171 Unity Way	Sara S.	202-465-0945
FRIDAY						
26659	Mission Gorge	7 am	Step, %	Oasis 6150 Mission Gorge Rd. Suite 125	Susan M.	619-562-4355
45101	Vista	10 am	part; %	Unity Way Church, 171 Unity Way	Wilma	760 966-1812
31354	Mission Gorge	12 noon	part, %	Oasis 6150 Mission Gorge Rd. Suite 125	Joe M.	619-562-2711
47119	Mission Gorge	6 pm	abstinence, %	Oasis, 6150 Mission Gorge Rd. Suite 125	Bruce	619-434-3648
06841	Mira Mesa	6:30 pm	part.	The Lutheran Church 9028 Westmore Rd.	Sandra	858-689-1968
		7:30 pm	Weight loss procedures	Oasis 6150 Mission Gorge Rd. Suite 125	Zee	619-302 8136
SATURDAY						
30159	San Diego	7 am	meditation; writing; part.	Oasis 6150 Mission Gorge Rd. Suite 125	Sandy	858-279-4469
00401	Carlsbad	7 am	tools, recovery, relapse	Pilgrim Church, 2020 Chestnut	Therese	760-994-6533
	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 6150 Mission Gorge Rd. Suite 125	Phyllis	858-569-1616
		8:30 am	maint; 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, 6150 Mission Gorge Rd. Suite 125	Dave B.	619-224-4500
10829	Mission Gorge	12 noon	For Today; part; %	Oasis, 6150 Mission Gorge Rd. Suite 125	Kerry	619-223-6575
47843	Coronado	1 pm	OA 12&12/part., clsd.	Coronado Hospital 265 Soledad Pl. Auditorium or 3rd flr conf. room NE corner	Nan	619-426-2709
46409	Mission Gorge	6:30 pm	100 pounder; %; spkr 4 th week	Oasis, 6150 Mission Gorge Rd. Suite 125	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 online at http://www.oa.org/meetings/change-form.php						
KEY TO SYMBOLS						
anx/bul = anorexia / bulimia			maint = 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 <i>Serenity Shop</i> (858-581-1979) is 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.						
Open Meeting: Open to OA members and non-OA visitors. All meetings are considered open unless otherwise indicated.						
For more meeting information online, see http://www.oa.org/meetings/find-a-meeting.php						