

Are You A Compulsive Overeater?

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 and 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.

The Jefferson State Intergroup (JSI)

supports individual OA groups in Southern Oregon and parts of Northern California by carrying the message of recovery through the 12 Steps, 12 Traditions, and guided by the 12 Concepts of Overeaters Anonymous to those with the problem of eating compulsively.

JSI is open to all and welcomes anyone who wants to participate. There are many opportunities to help carry the message of OA at the Intergroup level. Please consider doing service and represent your meeting at intergroup. It is important for the voice of your meeting to be heard!

Intergroup meets the 2nd Saturday of each month in Medford.

For more information contact Vickie at 541-482-2606.

WELCOME TO OVEREATERS ANONYMOUS

Overeaters Anonymous offers a program of recovery from compulsive overeating using the Twelve Steps and Twelve Traditions of OA.

We are not a diet club. OA is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. Together we get better!



For great resources to support your recovery please visit the following:

Southern Oregon Overeaters Anonymous
website: oasouthernoregon.org
Overeaters Anonymous World Service
website: oa.org

Please reach out if you have questions about OA to **541-779-1190** or oasouthernoregon@gmail.com

Ashland

Monday 12noon-1PM

First Baptist Church

2004 Siskiyou Blvd.

Enter at rear door of church on Terra St.

Contact: Vicki 541-482-2606

Thursday 7-8PM

First Baptist Church

2004 Siskiyou Blvd.

Enter at rear door of church on Terra St.

Contact: Maya 541-944-3831

Medford

Monday 7-8PM

Asante Rogue Regional Medical Center

2825 Barnett Rd.

Room 1B

Entrance B, room 1B is on the 1st floor-
straight ahead, pass elevators, room on
the right.

Contact: Janet 541-772-1298

Saturday 10-11AM

Smullin Center

Next to Asante Rogue Regional Medical
Center

2825 Barnett Rd.

Please check board to the right of main
entrance for room number.

Contact: Christy 541-499-6578

Central Point

Wednesday "Mid-Day Step Meeting"

12:30-1:30 PM

First Presbyterian Church of Central Point

456 West Pine St. in the nursery

Contact: Pam A. 541-999-4071

Grants Pass

Sunday "Voices of Recovery"

5:45-6:45PM

St. Luke's Church

224 NW D Street

Guild Room- enter from kitchen door

Contact: Gladys 541-291-3744

Monday "Just For Today"

12 noon-1PM

St. Luke's Church

224 NW D Street

Guild Room- enter from kitchen door

Contact: Gladys 541-291-3744

Saturday

10-11AM

St. Luke's Church

224 NW D Street

Guild Room- enter from kitchen door

Contact: Gladys 541-291-3744

Klamath Falls

Friday 12noon-1PM

Vineyard Christian Fellowship

400 Klamath Ave.

Contact: Diane 541-882-7361

Yreka, CA

Monday 5:30-6:30PM

Church of the Nazarene

415 Evergreen Ln.

Contact Rebecca 530-340-0024

Phone/Online Meetings

oa.org 7 days a week throughout the day
Click on Find A Meeting tab>Telephone
Meeting

oa.org 7 days a week throughout the day
Click on Find a Meeting tab>Online
Meeting

Overeaters Anonymous Annual Events

OA Birthday 3rd weekend in January
Unity Day Last weekend in February
Sponsorship Day 3rd weekend in August
IDEA Day (International Day Experiencing
Abstinence) 3rd weekend in November
12th Step Within Day 12th of December
SOOA Annual St. Rita's retreat
1st weekend in October

Check our website oasouthernoregon.org and
look for flyers at meetings for event details.
Send an email to Danielle at
oasouthernoregon@gmail.com and sign up to
receive **email** updates for events

Report meeting changes to Danielle at
oasouthernoregon@gmail.com
Schedule revision 12-31-19