

Are You a Compulsive Overeater?

Welcome to Overeaters Anonymous. These questions may help you determine if you are a compulsive overeater or have issues with food.

- Do you eat when you're not hungry?
- Do you go on eating binges for no apparent reason?
- Do you have feelings of guilt and remorse after overeating?
- Do you give too much time and thought to food?
- Do you look forward with pleasure and anticipation to the time when you can eat alone?
- Do you plan these secret binges ahead of time?
- Do you eat sensibly before others and make up for it alone?
- Is your weight affecting the way you live your life?
- Have you tried to diet for a week (or longer), only to fall short of your goal?
- Do you resent others telling you to "use a little willpower" to stop overeating?
- Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
- Do you crave to eat at a definite time, day or night, other than mealtime?
- Do you eat to escape from worries or trouble?
- Have you ever been treated for obesity or a food-related condition?
- Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive overeating problem or other compulsive issue with food. We have found that the way to arrest this progressive disease is to practice the Twelve-Step recovery program of Overeaters Anonymous.

Welcome to Overeaters Anonymous! We of OA learned that we were in the clutches of a dangerous illness, and that willpower and self-discipline were no defense against it. We found the road to recovery by connecting to each other and to a Higher Power which gives us the ability to do what we cannot do alone. If you decide 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 OA. Welcome home!

OA is a program of support, recovery, and personal growth for people with issues relating to food and weight. OA addresses the physical, emotional and spiritual aspects of these issues. OA is a 12 Step Program based upon the AA model. Essentially, we admit we are unable to solve these issues on our own and need the help of a Higher Power, which is simply defined as a power greater than ourselves. OA is not religious and does not endorse any specific religious doctrine. Each member is free to define and connect with their Higher Power as they deem appropriate and all spiritual views are accepted and respected.

Our weekly meetings involve studying literature, working the steps, listening to speakers, connecting to other members, and sharing our hope and experience in the program. There are no weigh-ins, dues or fees. Donations to help cover group costs are appreciated after your second meeting.

Come and check us out. All are welcome.

WELCOME TO OVEREATERS ANONYMOUS

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. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer. Together we get better!

Is OA for You?

We who are in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive overeating is a progressive illness that can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

Overeaters Anonymous
Catch the Wave Intergroup
Serving OA members on the Oregon Coast
From Newport to Brookings
oacatchthewave.org
oa.org

Bandon

OA meeting
Sunday 4:00 - 5:00 PM
Unity of Bandon
50211 Hwy 101 S, Bandon, OR.
Contact: Barbara at Phone: 541-400-0081

Brookings

OA meeting
Tuesday 1:00 - 2:00 PM
Chetco Community Library Annex,
402 Alder St, Brookings, OR.
Contact: Liz at Phone: 541-813-1786

Coos Bay

OA meeting
Wednesday 12:30 - 1:30 PM
St Monica's Catholic Church
357 S 6th St, Coos Bay, OR.
Contact: Jan at Phone: 541-756-1209 or Judy at 541-297-1200

You do not have to register or pay any fees to attend OA meetings.

Coquille

OA meeting
Friday 9:00 - 10:00 AM
Coquille Valley Hospital
940 E 5th St, Coquille, OR.
Contact: Barbara at Phone: 541-400-0081

Florence

OA meeting
Thursday 12:00 – 1:00 PM
Lane Community College
Room 130; North Side of Campus
(Room subject to change)
3149 Oak Street, Florence, OR.
Contact: Valerie at Phone: 503-781-1961 or check out oaflorence.com

Newport

OA meeting
Tuesday 5:30 - 6:30 PM
Newport Senior Center
20 SE 2nd St, Library, Newport, OR.
Use 2nd Street entrance. Library on the right.
Contact: Roxanne at Phone: 541-270-3499

No weigh-ins!

North Bend

OA meeting
Monday 7:00-8:00 PM
Unity by the Bay – Library
2100 Union St., North Bend, OR.
Contact: Jan at Phone: 541-756-1209 or Judy 541-297-1200.

Reedsport

OA meeting
Monday 5:30 - 6:30 PM
United Presbyterian Church
(High St Entrance)
2360 Longwood Dr, Reedsport, OR.
Contact: Cindy at Phone: 541-271-2436 or oareedsport.org

Online and Telephone Meetings

7 days a week throughout the day

Go to oa.org and click on
Find a Meeting tab > Telephone
Meeting
Find a Meeting tab > Online Meeting

All are welcome!