

Meeting Directory

Overeaters Anonymous San Diego County

The Oasis is at 8825 Aero Drive, Suite 310, San Diego, CA 92123

Telephone: 619-521-2538 Website: www.oasandiego.org Email: oaoffice@oasandiego.org

The Intergroup Board Meeting is at the Oasis at 1PM on the *first Saturday* of each month.

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

NUMBER	AREA	TIME	TYPE/FORMAT	LOCATION	CONTACT	PHONE NO.
SUNDAY						
37977	San Diego	9 am	Lit, part, men's, %	5107 Waring Road	TJ	619-777-8304
16189	Serra Mesa	9 am	Part, writing, %	Oasis, 8825 Aero Drive, Suite 310	Beth F. J.	619-261-3141
46425	Vista	5:30 pm	Big Book study	Unity Church, 171 Unity Way Elmer	Elmer	760-941-4131
50575	Serra Mesa	5:30 pm	Lit, part, LGBT&friends, %	Oasis, 8825 Aero Drive, Suite 310	Roberta	619-920-0645
29761	Encinitas	6:15 pm	Step, writing, part	San Dieguito United Methodist Church, 170 Calle Magdalena, Room 9	Mark	760-439-3955
MONDAY						
39999	Encinitas	12 noon	Part	Seaside Church, 1613 Lake Dr., Room A7	Gayle S.	760-815-2832
10844	Serra Mesa	12 noon	Part, %	Oasis, 8825 Aero Drive, Suite 310	Anita	619-997-6111
23050	Rancho Bernardo	12 noon	OA12&12 step, %	Rancho Bernardo Community Church 17010 Pomerado Rd., Pine View Room, 2 nd Floor	Cynthia	858-312-6017
52609	Oceanside	6 pm	Step study	Oceana Community Center, 550 Vista Bella	Barbara R.	760-717-9245
37520	Serra Mesa	6:30 pm	NEWCOMERS	Oasis, 8825 Aero Drive, Suite 310	Kathy	619-922-2713
	Serra Mesa	7 pm	Part, CC, %	Oasis, 8825 Aero Drive, Suite 310	Holly	619-861-4823
00201	Encinitas	7:30 pm	Literature	Seacoast Community Church 1050 Regal Rd., Room A7	Cynthia R.	781-690-7007
TUESDAY						
26657	Serra Mesa	7 am	For Today, part, %	Oasis, 8825 Aero Drive, Suite 310	Karla L.	619-855-0942
53639	Escondido	9 am	Lit, part, %	Trinity Episcopal Church 845 Chestnut St.	Carol M.	760-525-0375
41222	San Diego	12 noon	Part, %	Serenity Shop ¹ , 4740 Clairemont Mesa Blvd.	Susan	858-349-3835
47658	Serra Mesa	12 noon	Women, part, %	Oasis, 8825 Aero Drive, Suite 310	Kathy W.	619-922-2713
48763	Serra Mesa	5:45 pm	Big book, spkr, NEWCOMERS	Oasis, 8825 Aero Drive, Suite 310	Kristie	619-548-7483
WEDNESDAY						
46076	Serra Mesa	7 am	Big Book, meditation, part %	Oasis, 8825 Aero Drive, Suite 310	Tobey	773-531-2361
47904	Serra Mesa	12 noon	For Today, %	Oasis, 8825 Aero Drive, Suite 310	Nancy D.	619-990-1363
00805	Vista	1 pm	Part, %	Grace Covenant Church of Vista 2210 E. Vista Way	Karleen F.	310-963-6746
46406	Serra Mesa	7 pm	Book/Lit Study	Oasis, 8825 Aero Drive, Suite 310	Natele	619-540-7131

NUMBER	AREA	TIME	TYPE/FORMAT	LOCATION	CONTACT	PHONE NO.
THURSDAY						
40300	Serra Mesa	7 am	Lifeline read&dscn, meditation,%	OAsis, 8825 Aero Drive, Suite 310	Elyesse	858-531-0045
10390	El Cajon	11 am	Step	8650 Langholm Rd.	Marge	619-749-9810
41222	San Diego	12 noon	Part, %	Serenity shop ¹ , 4740 Clairemont Mesa Blvd.	Marilyn	858-531-7767
38376	Hillcrest	12 noon	Dscn	Episcopal Church of St. Paul, 2728 6 th Avenue	Phyllis	619-507-4870
54692	Chula Vista	3:30 pm	Lit, Part, %	The Refinery Church 494 E Street	Marilynn	619-861-8189
48339	Serra Mesa	6 pm	Relapse prevention, meditation,%	OAsis, 8825 Aero Drive, Suite 310	Gail	619-213-4909
NEEDED	Chula Vista	7 pm	Lit. Spanish	Scripps Hospital. 499 H St.	Rosalinda	619-992-5974
13186	Vista	7:30 pm	Varies	Unity Way Church, 171 Unity Way	Elmer	760-941-4131
FRIDAY						
46076	Serra Mesa	7 am	11 th step, meditation, %	OAsis, 8825 Aero Drive, Suite 310	Elyesse	858-531-0045
45101	Vista	10 am	Part, %	Unity Way Church, 171 Unity Way	Wilma	760-212-4922
31354	Serra Mesa	12 noon	Big Book,%	OAsis, 8825 Aero Drive, Suite 310	Alice C.	619-985-7643
47119	Serra Mesa	6 pm	Abstinence, %	OAsis, 8825 Aero Drive, Suite 310	Rex M.	619-302-3003
SATURDAY						
30159	Serra Mesa	7 am	Meditation, writing, part	OAsis, 8825 Aero Drive, Suite 310	Jerry	619-869-1006
00401	Carlsbad	7 am	Tools, recovery, relapse	Pilgrim Church, 2020 Chestnut	Bob R	760-518-6639
50582	San Marcos	7 am	Part, Spanish	225 N. Rancho Santa Fe, Suite 104	Estella	760-613-8357
13631	Serra Mesa	8 am	NEWCOMERS ² , %	OAsis, 8825 Aero Drive, Suite 310	Barbara R.	619-448-3472
		8:30 am	maint, part, CC, %		Joan D.	858-292-1313
22922	Encinitas	9 am	NEWCOMERS ² , %	Seacoast Community Church, 1050 Regal Rd., Bldg. C	Sara	858-794-9250
		9:30 am	Spkr, share, %			
45264	Serra Mesa	10:30 am	Step, %	OAsis, 8825 Aero Drive, Suite 310	Dave B.	619-224-4500
10829	Serra Mesa	12 noon	For Today, part, %	OAsis, 8825 Aero Drive, Suite 310	Kerry	619-223-6575
	Serra Mesa	1 pm first Sat.	Board meeting	OAsis, 8825 Aero Drive, Suite 310	Office	619-521-2538
47806	Coronado	1 pm	Lit, part, clsd.	Coronado Hospital auditorium 265 Soledad Pl, side entrance	Nan	619-426-2709
46409	Serra Mesa	6:30 pm	100 pounder, %, spkr 4 th week	OAsis, 8825 Aero Drive, Suite 310	Lessie	619-739-1643
GROUP REGISTRATION BY E-MAIL, PHONE OR ONLINE						
Submit changes for this Meeting Directory to tjo@acm.org (best for changes) or call or text TJ 619-777-8304. OA World Service meeting registration is at oa.org/groupsservice-bodies/meeting-changes/add-a-meeting and changes at oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting						
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 www.oa.org/meetings/						