

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 | CANCELLED | Oasis, 8825 Aero Drive, Suite 310 | | |
| 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 Serenity Shop (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/ | | | | | | |