

## Meeting Directory

### Overeaters Anonymous San Diego County

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

Telephone: 619-521-2538

Young Persons' Hotline: 858-430-6767

Website: [www.oasandiego.org](http://www.oasandiego.org)

Email: [oaoffice@oasandiego.org](mailto:oaoffice@oasandiego.org)

The Intergroup Board Meeting is at the Oasis at 1:00 pm on the first Saturday of each month.

The Intergroup Meeting is at the Oasis at 2:00 pm on the first Saturday of each month.

The Mailing Party is at the Oasis at 9:00 am on the first Saturday of *every third* month.

These meetings are postponed one week when there is a holiday.

*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.
<b>SUNDAY</b>						
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
<b>NEEDED</b>	<b>Serra Mesa</b>	<b>3 pm First Sunday</b>	<b>OA/HOW</b>	<b>Oasis, 8825 Aero Drive, Suite 310</b>	<b>Melanie</b>	<b>202-834-6585</b>
46425	Vista	5:30 pm	Big Book study	Unity Church, 171 Unity Way	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	<b>Tom</b>	<b>925-997-4381</b>
<b>MONDAY</b>						
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	Bruce	619-980-1088
23050	Rancho Bernardo	12 noon	OA12&12 step, %	Rancho Bernardo Community Church 17010 Pomerado Rd., Room 220, upper courtyard	Cynthia	858-312-6017
52609	Oceanside	6 pm	Step study	Oceana Community Center, 550 Vista Bella	Bill	760-805-8688
37520	Serra Mesa	6:30 pm	<b>NEWCOMERS</b>	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	<b>7:00 pm</b>	Literature	Seacoast Community Church 1050 Regal Rd., Room A7	<b>Tom</b>	<b>925-997-4381</b>
<b>TUESDAY</b>						
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., Dove library by fountain	Carol M.	760-525-0375
41222	San Diego	12 noon	Part, %	Serenity Shop <sup>1</sup> , 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
50232	Chula Vista	7 pm	OA in Spanish	Scripps Hospital, 435 H St. Conference Library	Silvia	619-392-5344
<b>NEEDED</b>	<b>Serra Mesa</b>	<b>7 pm</b>	<b>Step</b>	<b>Oasis, 8825 Aero Drive, Suite 310</b>	<b>Alice C.</b>	<b>619-985-7643</b>
<b>WEDNESDAY</b>						
<b>56387</b>	Chula Vista	7 am	Big Book Study	The Refinery Church, 494 'E' Street	Jeri	619-665-3637
47904	Serra Mesa	12 noon	For Today, %	Oasis, 8825 Aero Drive, Suite 310	Linda	619-742-4193
00805	Vista	1 pm	Part, %	Grace Covenant Church of Vista 2210 E. Vista Way	Michelle	760 519 0347
46406	Serra Mesa	7 pm	Book/Lit Study	Oasis, 8825 Aero Drive, Suite 310	Natele	619-540-7131
56343	Lemon Grove	7 pm	OA steps and traditions	St. Philip the Apostle Church 2660 Hardy Dr.	Mary G.	405-334-3222

NUMBER	AREA	TIME	TYPE/FORMAT	LOCATION	CONTACT	PHONE NO.
<b>THURSDAY</b>						
10390	El Cajon	11 am	Step	8650 Langholm Rd.	Marge	619-749-9810
41222	San Diego	12 noon	Part, %	Serenity shop <sup>1</sup> , 4740 Clairemont Mesa Blvd.	Marilyn	858-531-7767
38376	Hillcrest	12 noon	Dscn	Episcopal Church of St. Paul, 2728 6 <sup>th</sup> 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	6:30 pm	Relapse prevention, meditation,%	Oasis, 8825 Aero Drive, Suite 310	Michelle	619-723-4863
56384	Univ. Heights	6:30 pm	Spkr., LGBT&friends	Live & Let Live Alano Club, 1730 Monroe, Suite B	Monica	619-980-3762
NEEDED	Chula Vista	7 pm	OA in Spanish	Scripps Hospital, 435 H St. Conference Library	Silvia	619-392-5344
13186	Vista	7:30 pm	Varies	Unity Way Church, 171 Unity Way	Elmer	760-941-4131
<b>FRIDAY</b>						
46076	Serra Mesa	7 am	<b>CANCELLED</b>	Oasis, 8825 Aero Drive, Suite 310	Elyesse	858-531-0045
56150	Coronado	8:15am	Steps: OA/AA 12&12	Coronado Alano Club, 950 Orange Ave (alley behind Orange between 9 <sup>th</sup> and 10 <sup>th</sup> )	Jerry	619-869-1006
45101	Vista	10 am	Part, %	Unity Way Church, 171 Unity Way	Ellie P.	760-889-3052
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
<b>SATURDAY</b>						
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	<b>CANCELLED</b>	225 N. Rancho Santa Fe, Suite 104		<b>CANCELLED</b>
13631	Serra Mesa	8 am	<b>NEWCOMERS</b> <sup>2</sup> , %	Oasis, 8825 Aero Drive, Suite 310	Barbara R.	619-448-3472
		8:30 am	maint, part, CC, %		Ann-Marie	619-300-6215
22922	Encinitas	9 am	<b>NEWCOMERS</b> <sup>2</sup> , %	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
<b>NEEDED</b>	<b>Serra Mesa</b>	<b>10:30 am</b>	<b>Yng; dscn.</b>	<b>Oasis, 8825 Aero Drive, Suite 310 SMALL ROOM</b>	<b>Kate</b>	<b>858-430-6767</b>
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 <sup>th</sup> week	Oasis, 8825 Aero Drive, Suite 310	Lessie	619-739-1643
<b>GROUP REGISTRATION BY E-MAIL, PHONE OR ONLINE</b>						
Submit changes for <i>this</i> Meeting Directory to <a href="mailto:tjo@acm.org">tjo@acm.org</a> (best for changes) or call or text TJ 619-777-8304. OA World Service meeting registration is at <a href="http://oa.org/groupsservice-bodies/meeting-changes/add-a-meeting">oa.org/groupsservice-bodies/meeting-changes/add-a-meeting</a> and changes at <a href="http://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting">oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting</a>						
<b>KEY TO SYMBOLS</b>						
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		
<sup>1</sup> 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.						
<sup>2</sup> <b>NEWCOMERS</b> 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 <a href="http://www.oa.org/meetings/">www.oa.org/meetings/</a>						