

## 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](http://oasouthernoregon.org)  
Overeaters Anonymous World Service  
website: [oa.org](http://oa.org)

Please reach out if you have questions about OA to **541-779-1190** or [oasouthernoregon@gmail.com](mailto:oasouthernoregon@gmail.com)

## **Ashland**

Monday 12noon-1PM

**Not meeting at this time**

First Baptist Church

2004 Siskiyou Blvd.

Enter at rear door of church on Terra St.

Contact: Vicki 541-482-2606

Thursday 7-8PM

**Meeting online only**

First Baptist Church

2004 Siskiyou Blvd.

Enter at rear door of church on Terra St.

Contact: Maya 541-944-3831

## **Medford**

Monday 7-8PM

**Meeting online only**

Asante Rogue Regional Medical Center

2825 Barnett Rd.

Room 1B

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

Contact: Janet 541-772-1298

Saturday 10-11AM

**Meeting online only**

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

## **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 3<sup>rd</sup> weekend in January

Unity Day Last weekend in February

Sponsorship Day 3<sup>rd</sup> weekend in August

IDEA Day (International Day Experiencing

Abstinence) 3<sup>rd</sup> weekend in November

12th Step Within Day 12<sup>th</sup> of December

SOOA Annual St. Rita's retreat

1<sup>st</sup> weekend in October

Check our website [oasouthernoregon.org](http://oasouthernoregon.org) and  
look for flyers at meetings for event details.

Send an email to Danielle at

[oasouthernoregon@gmail.com](mailto:oasouthernoregon@gmail.com) and sign up to

receive **email** updates for events

Report meeting changes to Danielle at

[oasouthernoregon@gmail.com](mailto:oasouthernoregon@gmail.com)

Schedule revision 12-31-19