



COURAGE LINES

SILICON VALLEY OVEREATERS ANONYMOUS

FEBRUARY 2010

Upcoming Events:

- OA Unity Day in San Francisco. Saturday February 27, 9am-12pm. St. Francis' Episcopal Church, 399 San Fernando Way. This day reaffirms the love and understanding shared by members of our Fellowship. At 11:30 am (PST), members worldwide will pause and join hands in an expression of unity. Day includes: panel with speakers, workshops and sharing, clothing exchange, raffle. \$5 suggested donation. For more info, call Barbara (508) 648-7141. Flyer: <http://www.oasf.org/20100227OAUnityDay.pdf>
- Monthly Intergroup Meeting: Tuesday March 2, 7:15-8:30pm. Mission Oaks Hospital, Cafeteria, 15891 Los Gatos Almaden Road, Los Gatos in the cafeteria. All are welcome.
- OA Serenity Retreat will be held on Friday, Apr 30 through Sunday, May 2, 2010 in Santa Cruz at the Villa Maria del Mar. The topic is "Stepping through the Arch to Freedom - A friendly walk through steps 4 & 5." <http://oasv.org/included/SerenityRetreat2010Flyer090411.pdf>
- Region 2 of Overeaters Anonymous Convention on June 4 - 6, 2010 at the Marriott Hotel, San Francisco Airport in San Mateo California. See www.oar2.org for more information.
- OA World Service Convention: OA's 50th birthday! August 26-29, 2010 in Los Angeles at the Hilton Los Angeles Airport Hotel. <http://www.oa.org/world-service/convention.php>
- The "OA Men's Retreat" will be held on Friday-Sunday, October 29-31, 2010 in Santa Cruz at the Villa Maria del Mar. <http://oasv.org/included/Men%20Retreat%2010,%20flyer.pdf>

Overheard in the Rooms of Overeaters Anonymous Silicon Valley:

WILLINGNESS AND ABSTINENCE

If I am willing to be abstinent, this is a state of great humility. If I am trying to be abstinent, this is a state of great frustration. A willingness to be abstinent implies that I don't know how. Trying to be abstinent implies that I should know how, but can't come up with the right formula. A willingness to be abstinence involves acceptance. Trying to be abstinent involves condemnation. If I am willing to be abstinent, I am open to receive it. If I am trying to be abstinent, I am closed to guidance. If I am trying to be abstinent, I will fear failure. If I am willing to be abstinent, even "failure" may be used as a learning device. If I am willing to be abstinent, and consciously choose to do so, H.P. will empower my choice, if I ask HIM or HER to do so. If I am trying to be abstinent, I will fear failure, and judge myself a failure. If I am willing to be abstinent, no setback becomes a problem, for I know I will be shown. Trying to be abstinent places the responsibility on me. Being willing to be abstinent, places the responsibility on God. A willingness to be abstinent is in a sense, like a prayer. Trying to be abstinent is an act of separation. Trying to be abstinent implies resistance, and struggle. A willingness to be abstinent implies acceptance and surrender.

Silicon Valley Intergroup

Group #005-09020, P.O. Box 5603, San Jose, CA 95150, 408-268-7243

www.oasv.org

Group Contributions: Write the meeting day and time and "60/30/10" on the check. Send donations plus 9.25% tax for any literature sales to the above address.

Temporary Sponsorship:

Tom 408-375-5370

Late Night Support: volunteers needed. email couragelines@gmail.com

Support for anorexics, bulimics, compulsive exercisers:

Gabrielle 408-893-0533 (after 10pm)

Activities: Sandie 408-728-2633

Young People in OA: Kate K. 408-910-0376

Speaker List: Rick 408-891-4703

Webmaster: Rick 408-891-4703

Courage Lines: Jessica R 408-679-2130, couragelines@gmail.com

90 Day OA: Courtney 650-938-4311

Bay Area OA

Contra Costa: 925-825-0448

East Bay: 510-733-1262

Marin: 415-927-2245

Napa: 707-552-9895

San Francisco: 415-436-0651

San Jose: 408-268-7243

San Mateo: 415-375-0274

Santa Cruz: 831-429-7906

Regional OA

Modesto: 209-579-9310

Monterey: 831-372-4673

OA HOW: 866-469-6222

Sonoma: 707-538-9770

OA Region 2

4733 Torrance Blvd., PMB 335, Torrance, CA 90503. www.oar2.org

International OA

OA World Service (WSO), P.O. Box 44697, Rio Rancho, NM 87174

Day	Time	City	Focus	Location	Contact
Sun	9:30-10:30am	Mtn.View	WomenStepStudy	El Camino Hospital, 2500 Grant Rd., New/Main Bldg, Rm C, basement	Deborah 650-964-0558
Sun	10-11am	Santa Clara	Relapse/Recovery	Santa Clara U., Benson Center, Campus Ministry. Parking on campus.	Jeanne 408-374-7226
Sun	3-4pm	Sunnyvale	90 Day (in Farsi)	The Community Room, 151 South Bernardo Ave, next to apt. pool	Nima 408-205-2872
Sun	3-4pm	Santa Clara	Women&Abuse	Kaiser, 710 Lawrence, Park.LotB, Homestead W. Lobby, 1st Flr, RmB1&2	Julie S. 408-423-8407
Sun	4-5pm	San Jose	90 Day	YMCA East, 1975 S.White Rd.	Chris W 408-272-3755
Sun	7-8pm	Redwd City	90 Day	FitzpatrickBldg./1stFlr/2000Broadway/EnterBldgOnMain/RingBell4Entry	Scott 650-218-1751
Sun	7:30-8:30pm	San Jose	90 Day	Holy Family Church, 4848 Pearl Ave. (Near Branham), conference room	Laura T. 408-348-4793
Sun	8-9:15pm	San Jose	Speaker/Sharing	St Francis Episcopal Church, 1205 Pine Ave. near Newport	Julie M. 408-881-3250
Mon*	9:30-10am	Saratoga	Newcomers	Prince of Peace Church, 12770 Saratoga Ave. @ Cox	Sarah 408-269-6786
Mon*	10-11:30am	Saratoga	Speaker/Sharing	Prince of Peace Church, 12770 Saratoga Ave. @ Cox	Sarah 408-269-6786
Mon	11am-12pm	Palo Alto	Writ., Step Study	Unitarian Church, Fireside Room, 505 E. Charleston Road	
Mon	7-8:15pm	Cupertino	90 Day	New Life Church of the Nazarene, 20900 McClellan Road, main building	Fred 408-340-1952
Mon	7-8:15pm	Fremont	Lit/Wrt/Spkr/Shr	St.James Episcopal Church, 37051 Cabrillo Terrace	Carole B. 510-794-6345
Mon	7:30-8:45pm	San Jose	Speaker/Sharing	San Jose Christian Reformed, 5150 Camden Ave., Bldg. #C	Rose 408-997-7124
Mon	7:30-8:30pm	Palo Alto	Literature Study	Covenant Presbyterian Church, 670 E. Meadow	Anne 650-283-7499
Tues	10-11am	Santa Clara	Literature Study	Community Church, 3536 Monroe St	Gabriel 408-246-6788
Tues	10-11am	Milpitas	90 Day Format	Church of Jesus Christ of LDS, Relief Society Rm, 3110 Croypley Ave.	Laurel 408-946-8492
Tues	2-3pm	Palo Alto	Literature Study	Etz Chayim Congregation, 4161 Alma St., btwn Charleston & SanAntonio	
Tues	6-7pm	Hayward	Step Study	St. Rose Hospital, St. Joseph Pavilion, 27200 Calarozza	Jo-Ann 510-732-0253
Tues	6:15-7:15pm	San Jose	Step Study	San Jose Christian Reformed, 5150 Camden Ave., Bldg. #C	Scott S. 408-369-1740
Tues	7-8pm	Morgan Hill	90 Day	Church of Latter Day Saints, 1790 E. Dunne Ave	Tony 408-859-8654
Tues	7:30-8pm	Palo Alto	Newcomers	St. Mark's Episcopal Church, 600 Colorado, in Chapel	Amy 650-321-5591
Tues	8-9pm	Palo Alto	Speaker/Sharing	St. Mark's Episcopal Church, 600 Colorado, in Chapel	
Tues	8-9pm	San Jose	90 Day	St. Edwards Episcopal Church, 15040 Union Ave., Near exit off Hwy. 85.	Pam L. 408-832-8994
Wed	10-11am	Palo Alto	Literature Study	Unitarian Church, Fireside Room, 505 E. Charleston Road	Jean 408-732-6699
Wed	12-1pm	San Jose	Step Study/Spkr	First Congregational Church, 1980 Hamilton Ave at Leigh Ave., Room 14	Marti 408-391-9913
Wed	7-8pm	Sunnyvale	90 Day	Congregational Community Church, 1112 S. Bernardo at Remington	Mary R. 408-253-8394
Wed	7:30-8:30pm	San Jose	Spkr/Lit/ Share	Holy Redeemer Church, 1948 Alameda @ McKendrie (Hall downstairs)	Scott S. 408-369-1740
Thurs	7-7:50am	Redwd City	Lit/Discussion	Peninsula Covenant Church, Rm20/Fireside Rm, 3560 Farm Hill Blvd.	Bob 650-918-9256
Thurs	10-11am	Santa Clara	Literature/ Share	Community Church, 3536 Monroe St., near Lawrence Expressway	Julie S.408-423-8407
Thurs	2-3pm	Palo Alto	Literature Study	Etz Chayim Congregation, 4161 Alma St., btwn Charleston & SanAntonio	Barbara 650-599-9663
Thurs	7-8pm	San Jose	90 Day	Church of Jesus ChristofLDS, 150 Bernal Rd near Via del Oro, back door	John 408-226-6933
Thurs	7-8pm	Palo Alto	Step Study	St. Mark's Episcopal Church, 600 Colorado, in Chapel	
Thurs	7-8pm	Cupertino	90 Day	Union Church, 20900 Stevens Creek Blvd., behind church on east side	John 408-226-6933
Thurs	7:30-8:30pm	San Jose	Big Book Study	San Jose Christian Reformed, 5150 Camden Ave., Bldg. #C	Jessica 408-679-2130
Fri	10-11:30am	San Jose	Speaker/Sharing	Christ the Good Shephard Church, Meridian & Alta Glen (Fireside Rm)	Rick 408-225-9780
Fri	10-11am	Saratoga	90 Day 12x12	Prince of Peace Church, 12770 Saratoga Ave. @ Cox	Trenna 408-272-7520
Fri	11am-12pm	Palo Alto	"For Today" Study	Unitarian Church, 505 E. Charleston, Room 9	Barbara 650-965-4730
Fri	5:30-6:30pm	San Jose	Young at Heart	Holy Redeemer Church, 1948 Alameda @ McKendrie (Hall downstairs)	Gina 408-504-9109
Fri	6:30-7:30pm	San Jose	Step Study/Spkr	St Francis Episcopal Church, 1205 Pine Ave. near Newport	Veronica 408-892-8114
Fri*	7-8pm	Saratoga	90 Day	Southwest YMCA, 13500 Quito Road. Sign waiver for child care.	Greg B. 650-823-0960
Fri	7:30-8:30pm	Santa Clara	90 Day	Kaiser, 710 Lawrence, Park.LotB, Homestead E. Lobby, Rooms C1 & C2	John 408-226-6933
Sat	8:30-9:30am	Mtn.View	Speaker/Sharing	YMCA, 2400 Grant Road at North Drive - Room "K" -basement	
Sat	9:00-10:30am	Sunnyvale	90 Day	Congregational Community Church, 1112 S. Bernardo at Remington	Don B. 408-842-0688
Sat	9:30-10am	San Jose	Newcomers	Holy Redeemer Church, 1948 The Alameda@McKendrie, Fellowship Hall	Frank 408-691-0818
Sat	10-11:30am	San Jose	Spkr/Share/Chips	Holy Redeemer Church, 1948 The Alameda@McKendrie, Fellowship Hall	Frank 408-691-0818
Sat	10:00-11:20am	San Jose	Women Spkr/Shr	San Jose Christian Reformed, 5150 Camden Ave., Bldg. #C	Georgia 408-732-8891
Sat	10:15-11:30am	Redwd. Cty.	Lit/Discuss/Spkr	Peninsula Covenant Church, Rm 20/Fireside Rm, 3560 Farm Hill Blvd.	Marciana 650-619-7376
Sat	10:30-11:30am	Morgan Hill	Lit./ Gratitude	18675 Adams Court	Doreen 408-910-9194
Sat	10:30am-12pm	Newark	Speaker/Sharing	6330 Thornton Avenue (up the winding staircase)	Linda 510-797-7475
Sat	11am-12pm	San Jose	90 Day	First Xian Church, 80 South Fifth Street, in classroom off parking lot	Mary R. 408-569-1391
1st&3rd Sat. only	1:30-3:30pm	San Jose	12th Step Within	First Congregational Church, 1980 Hamilton Ave at Leigh Ave., Room 14	Sheila 408-761-0625
Sat	4-5pm	Santa Clara	Literature	Kaiser, 710 Lawrence, W. Lobby, 1st Fl., ConferenceCenter 196, Rm. B1&2	Julie S. 408-423-8407

*= childcare available, call contact for more info