

OVEREATERS ANONYMOUS  
Seacoast Intergroup Meeting List

Winter 2018–2019

All meetings are “open.”  
**24-hour voice mail**  
(messages returned within 24 hours)

**603-418-4398**

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome anyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

*Reprinted with permission from  
Overeaters Anonymous*

Seacoast Intergroup website:  
[seacoastoa.org/](http://seacoastoa.org/)

New Hampshire Intergroup website:  
[www.oanewhampshire.org/](http://www.oanewhampshire.org/)

Southern Maine Intergroup website:  
[www.oamaine.org](http://www.oamaine.org)

North Shore Intergroup website:  
[oanorthshoreintergroup.org](http://oanorthshoreintergroup.org)

Region 6 website:  
[www.oaregion6.org](http://www.oaregion6.org)

World Service Office website:  
[www.overeatersanonymous.org](http://www.overeatersanonymous.org)

**SUNDAY**

**Portsmouth, NH 10:00-11:00 AM**

Focus: Big Book/Discussion  
Portsmouth Regional Hospital  
Classrooms, enter thru main entrance  
Contact: Vicki 207/337.8263

**Wells, ME 4:00–5:00 PM**

Focus: Discussion  
Messiah Christian Church  
2700 Post Road (Rte 1)  
Contacts: Janey 207/468.3095  
Gerry 207/646.7504

**MONDAY**

**Dover, NH 5:00- 6:00 PM**

Focus: 12 Steps Wentworth-  
Douglass Hospital  
D.F. Richard Room, Garrison Wing (ask  
at Front Desk)  
Contact: Mary 603/335.4303

**TUESDAY**

**Durham, NH 7:00–8:00 PM**

Focus: 12+12 book + workbook  
St George’s Church, 1 Park Street  
Contact: Sue 603/793.2397

**WEDNESDAY**

**New Time**

**South Berwick, ME 6:30-7:30 PM**  
Focus: *For Today* using OA’s *For Today*  
*Workbook*  
First Parish Federated Church  
150 Main Street  
Academy St. door, 1st floor library  
Contact: Susan 207/752.3007

**THURSDAY**

**MEETING for NEWCOMERS!**  
First Thursday of each month

**Portsmouth, NH 5:30–6:00 PM**

Newcomers’ meeting: Find out what  
the program is all about! North  
Church Parish Hall  
355 Spinney Road (cnr of  
Spinney/Middle Rds/Rte 33)  
Contact: Robbie 603-781.4218

**Portsmouth, NH 6:00–7:00 PM**

Focus: Abstinence & Recovery (speaker)  
North Church Parish Hall  
355 Spinney Road (cnr of  
Spinney/Middle Rds/Rte 33)  
Contacts: Robbie 603/781.4218  
Emily 401/787.6036

**Portsmouth, NH 7:15–8:15 PM**

MEN’S MEETING  
Focus: Discussion  
North Church Parish Hall  
Contact Eric 207/361.7032

**FRIDAY**

**York, ME 10:00-11:15 AM**

Focus: Literature/Discussion  
First Parish Church  
Parish House, York Street  
Contact: Mary Lou 603/973.3600

**SATURDAY**

**York, ME 8:00–8:50 AM**

Focus: Recovery  
Warner Bldg. #16  
16 Hospital Drive, downstairs conf room  
Contact: Kathy 207/251.1454

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During holidays and inclement weather  
please call ahead to confirm a meeting  
will take place or check our website:  
[seacoastoa.org](http://seacoastoa.org)  
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Seacoast Intergroup meets on the  
second Saturday of **every month** from  
10:30 to 11:30 AM in the downstairs  
conference room in the Warner Building  
on the York Hospital campus (right after  
the 9 AM meeting). All are invited to  
attend.

Give meeting changes to group reps or  
Intergroup members

upd. 12/9/2018

## GETTING STARTED IN OA

### Are You a Compulsive Overeater?

Many of us have found it useful to answer the following questions to help determine if we have a problem with compulsive eating.

- Do I eat when I'm not hungry, or not eat when my body needs nourishment?
- Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
- Do I have feelings of guilt, shame or embarrassment about my weight or the way I eat?
- Do I eat sensibly in front of others and then make up for it when I am alone?
- Is my eating affecting my health or the way I live my life?
- When my emotions are intense—whether positive or negative—do I find myself reaching for food?
- Do my eating behaviors make me or others unhappy?
- Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
- Do I fast or severely restrict my food intake to control my weight?
- Do I fantasize about how much better life would be if I were a different size or weight?
- Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?
- Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?
- Are there certain foods I can't stop eating after having the first bite?
- Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?
- 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.

## Live One Day at a Time

The concept of abstinence is the basis of OA's program of recovery. By admitting inability to control compulsive eating in the past and abandoning the idea that all one needs is "a little willpower," it becomes possible to abstain from overeating—one day at a time.

While a diet can help us lose weight, it often intensifies the compulsion to overeat. The solution offered by OA does not include diet tips. We don't furnish diets, counseling services, hospitalization, or treatment; nor does OA participate in or conduct research and training in the field of eating disorders. For weight loss, any medically approved eating plan is acceptable.

OA members interested in learning about nutrition or who seek professional advice are encouraged to consult qualified professionals. We may freely use such help, with the assurance that OA supports each of us in our efforts to recover.

### Go to Meetings

Take in as many meetings as you can. Download Seacoast OA's meeting list and join us in person. OA also offers phone meetings and online meetings throughout the day.

What you will find at meetings is:

- Acceptance of you as you are now, as you were, as you will be.
- Understanding of the problems you now face—problems almost certainly shared by others in the group.
- Communication that comes as the natural result of our mutual understanding and acceptance.
- Recovery from your illness.
- Power to enter a new way of life through the acceptance and understanding of yourself, the practice of the Twelve-Step recovery program, the belief in a power greater than yourself, and the support and companionship of the group.

## Get a Sponsor

Sponsors are OA members who are living the Twelve Steps and Twelve Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence.

We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how he or she is achieving it.

### Read OA Literature

Dive into OA literature. It will help you relate to others with our disease, understand the program of recovery, and see how the fellowship works. Pick up any piece of our own approved literature and/or selected AA texts that are foundational to all 12-Step programs. Try any or all of these:

- "Welcome to Overeaters Anonymous"—newcomers packet
- *Overeaters Anonymous*, 3rd edition—"The Brown Book"
- *Twelve Steps and Twelve Traditions of Overeaters Anonymous*
- *Alcoholics Anonymous*—The Big Book of AA
- *For Today*
- *Voices of Recovery*

Available at OA.org and most meetings.

### Get Phone Numbers

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows.

### Keep Coming Back!

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more. Welcome to Overeaters Anonymous. Welcome home!

*Portions of this content appear on the OA website: OA.org/newcomers.*