

## SUNDAY

**3:00 p.m.** Meeting at 309 Building, 309 Elm Street, Atlantic IA. Handicap accessible through rear door. Contact: Karen W. @ 712-774-5620

**4:00 p.m.** “3 T” meeting at St. Matthew’s Church, 60th & Walnut, Omaha NE. Northeast door upstairs Handicap accessible, **Childcare available.** Contact: Kathleen @ 402-556-7877

## MONDAY

**12:00 p.m.** Meeting at Broadway Christian Church, 2658 Ave. A Council Bluffs IA Handicap accessible Contact: Harold @ 402-690-2759

**5:30 p.m.** Meeting at Baright Public Library, 5555 South 77th Street, Ralston, NE. Contact: Geri @ 402-517-8718

**6:15 p.m. 2nd Monday of the Month** “Greater Omaha Intergroup” meeting — business and area service meeting at Unity Church, 3424 N. 90th St. Omaha NE. (Use **back door entrance, upstairs**) Contact: Marcy @ 402-571-6843

\*Reschedules to following Monday if evening activities for Omaha Public Schools are closed due to inclement weather.

**7:00 p.m.** Meeting at St. Andrews Methodist Church, 15050 Maple Street, Omaha NE. Meets in prayer chapel on 1st level, near office Handicap accessible. Contact: Rachel @ 402-306-9274

Please send Meeting List changes to:  
[oameetinglist@cox.net](mailto:oameetinglist@cox.net) or call our  
hotline at 402-344-7925

## TUESDAY

**10:30 a.m.** Meeting at 3163 Vane Street, Omaha, NE. Contact: Lita @ 402-455-1958.  
**Please call to confirm.**

**6:00 p.m.** “Relapse and Recovery” meeting at the First Presbyterian Church, South Calvin Hall, 216 S. 34th St, Omaha NE. Handicap accessible. Contact: Karen @ 402-346-6076

**7:00 p.m.** Meeting at Unity Church, 3423 N. 90th St., Omaha NE. Handicap accessible. Contact: Becky @ 402-669-0418

## WEDNESDAY

**5:30 p.m.** Meeting at Bellevue Public Library, 1003 Lincoln Road, Bellevue NE. Contact: Judy P. @ 402-292-8337

**6:00 p.m.** Meeting at Epworth United Methodist Church, 2447 Avenue B, Council Bluffs IA. Use back door. Handicap accessible, Childcare available. Contact: Karyn @ 712-310-7706

**7:30 p.m.** “Wednesday Night Winners” meeting at Central Presbyterian Church, 55th and Leavenworth, Omaha NE. Use northeast side door. Handicap accessible. Contact: Barbara S. @ 402-515-9049

## THURSDAY

**11:00 a.m.** Meeting at 2066 Colfax Street, Blair NE. Contact: Patti @ 402-426-2961

**5:30 p.m.** Meeting at Cozad Community Hospital, 300 E. 12th St., Conference Room. Cozad NE. Contact: Jan G. @ 308-537-3063

**7:30 p.m.** Meeting at St. Timothy’s Lutheran Church, 510 North 93rd Street, lower level doors, Omaha, NE. Handicap accessible. Contact: Kay @ 402-457-6864

## FRIDAY

**9:45 a.m.** Meeting at North Side Christian Church, 5555 Larimore Avenue, Omaha, NE. Contact: Lita @ 402-455-1958

**6:00 p.m.** “Journaling” Meeting at Unity Church, 3424 North 90th Street (back door, upstairs), Omaha, NE. Contact: Marcy @ 402-571-6843

**6:00 p.m.** “Simple But Not Easy Big Book Study” Meeting at St. Matthew’s Church, 60th and Walnut, Omaha NE. Handicap accessible. Contact: Robert @ 402-298-8155.

## SATURDAY

**8:30 a.m.** Meeting at Douglas County Hospital, 42nd and Woolworth, Town Hall Meeting Room, 1st Floor. Handicap accessible. Contact: Tracy @ 402-551-9711

**10:00 a.m.** Meeting at Lexington Health and Fitness Center. 1600 W. 13th St, Lexington NE , Conference Room. Contact: Jo D B. 308-785-2064

**10:00 a.m. 1st Saturday of the Month** “Newcomers” meeting at Unity Church (back door, upstairs), 3424 North 90th Street, Omaha NE. Contact: Emily @ 402-650-5217

**10:30 a.m.** “Come As You Are” meeting at Unity Church (back door, upstairs), 3424 North 90th Street, Omaha NE. Outside door must be locked at 10:40 a.m. Contact: Dala @ 402-210-3755

For the most recent, up-to-date meeting  
list, please visit our website at  
[www.omahaoa.org](http://www.omahaoa.org)

## Are You A Compulsive Eater?

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

**If you answer "yes" to 3 or more of the above questions, you may have a problem with food. Together we can do what we could never do alone!**

## The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food, and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## Greater Omaha Intergroup Overeaters Anonymous Meeting List

P.O. Box 34117  
Omaha, Nebraska, 68134  
Answering Service:  
(402) 344-7925

E-mail: [info@omahaoa.org](mailto:info@omahaoa.org)

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

Region IV E-mail: [admin@oaregion4.org](mailto:admin@oaregion4.org)

Region IV website: [www.oaregion4.org](http://www.oaregion4.org)

WSO E-mail: [info@overeatersanonymous.org](mailto:info@overeatersanonymous.org)

WSO Website: [www.oa.org](http://www.oa.org)

## O.A. Friends

Name	Phone Number

**We are all together now, reaching out our hands for power and strength greater than ours!**