

Sunday

Atlantic, IA
3:00 p.m.
309 Building
309 Elm Street
Contact: Karen @ 712-774-5620

Monday

West Des Moines, IA
7:00 p.m.
St. Timothy's Episcopal Church
1020 24th Street
West Des Moines, IA
Rear door
Handicap accessible
Contact: Becky @ 515-314-0619

Tuesday

Des Moines, IA
Noon
First Christian Church
2500 University
2nd floor Library
Across from Drake
Handicap accessible
Contact: Jeanne @ 515-278-5627

Wednesday

Des Moines, IA (HOW)
5:30 p.m.
Grace United Methodist Church
38th & Cottage Grove
Child Care Available during the
school year
Handicap accessible
Contact: Diane @ 515-223-6474

Mason City, IA
4:30 p.m.
Mercy Medical Center
North Iowa, Cancer Center
3rd Floor, Room 7
1000 4th St. S.W.
Contact: Sheila 641-423-4814

Thursday

Ames, IA
7:00 p.m.
Collegiate Presbyterian Church
159 N. Sheldon
Room 204, West main door, west
parking lot
OA Step/Tradition study
Contact: Paul @ 1-847-809-8094

Friday

Marshalltown, IA
11:00 a.m.
Marshalltown Public Library
105 W. Boone Street, room 1
Contact: Shirley @ 641-753-7185

Saturday

Des Moines, IA
9:00 a.m.
Central Presbyterian Church
3829 Grand Ave Room #206
Step Study
Handicap accessible
Child Care Available
Contact: Julie @ 515-276-3016

Notes

Clear Lake, IA
10:00 a.m.
1115 Main Ave
Contact: Pat H. @ 641-357-3665

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?

O. A. Friends

Name	Phone Number

Overeaters Anonymous Meeting List

P.O. Box 30068
 Des Moines, Iowa 50310-9402
 Answering Service:(515) 255-0444

Region IV E-mail: admin@oaregion4.org
Region IV website: www.oaregion4.org
Central Iowa website: www.cii.oaregion4.org
WSO e-mail: info@overeatersanonymous.org
WSO website: www.ia.org

"I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

Updated – August, 2012

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, 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 the persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever 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.

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group Conscious. Our leaders are but Trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such ought never be organized; but we may create service boards or committees directly responsible to those directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at level of, press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.