

OVEREATERS ANONYMOUS
Seacoast Intergroup Meeting List

February 2010

All meetings are "open."
24-hour Answering Service
603/433.5464

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone 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 issue. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

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Seacoast Intergroup website:
www.oaseacoast.org

Southern Maine Intergroup website:
www.oamaine.org

North Shore Intergroup:
<http://northshoreintergroup.org>

Region 6 website:
www.oaregion6.org

World Service Office website:
www.overeatersanonymous.org

SUNDAY

Portsmouth, NH 10:00-11:00 AM
Focus: Big Book/Discussion
Portsmouth Regional Hospital
Classrooms, enter thru main entrance
Contacts: Ron/207.604.2526
Vicki/207.363.2533

MONDAY

Dover, NH 5:00-6:00 PM
Focus: Topic/Discussion
Wentworth-Douglass Hospital
Bellamy Room, near cafeteria
Contact: Mary Lou/603.332.8766

Stratham, NH 7:00-8:00 PM
Focus: Tradition or 90-day Speaker, if available (1st week)
12 and 12 (rest of month)
Stratham Community Church
Emery Lane (across from NHSPCA)
Front entrance, upstairs, Room 207
Contact: Chris/603.659.7625

York, ME 7:00-8:30 PM
Focus: Big Book Step Study [BBSS]
York Hospital Medical Office Bldg.
16 Hospital Drive, downstairs conf room
Contact: Shirley/207.363.3917

TUESDAY

Portsmouth, NH 7:00-8:00 PM
Focus: Topic/Discussion
Christ Episcopal Church
1035 Lafayette Road
Contact: Steve/207.439.3579

Give mtg changes to Intergroup members or group reps

TUESDAY (continued)

Dover, NH 8:00-9:00 PM
Focus: Speaker/Discussion
Southeastern NH Services
272 County Farm Road (across pkg lot from jail)
Contacts: Heidi/603.742.6525
Eric/207.361.7032

WEDNESDAY

Portsmouth, NH 12:00-1:00 PM
Focus: Topic/Discussion
South Church/Basement, Ladies Parlor
State Street, entrance side door
Contact: Vicki/207.363.2533

South Berwick, ME 7:00-8:00 PM
Focus: Discussion/Literature
Speaker 2d Wed. of the month
York Hospital Medical Services Building
57 Portland St., 1st Floor Conf. Room
Parking in rear, off of Colcord Street
Contacts: Susan/207.748.0914
Mandy/207.432.0809

THURSDAY

Portsmouth, NH 7:00-8:00 PM
Focus: MEN'S MEETING
(Speaker/Discussion)
North Church Parish Hall
355 Spinney Road (cnr of Spinney/Middle Rds/Rte33)
Contact: Eric/207.361.7032

Rochester, NH 7:15-8:15 PM
Focus: Topic/Discussion/Step
Rochester Community Center
150 Wakefield St., Conference Room 2
Contacts: Steve/207.439.3579
Pat/603.664.7622

FRIDAY

York, ME 10:00-11:15 AM
Focus: Literature/Discussion
First Parish Church
Parish House, York Street
Contact: Lillie/207.439.2185

SATURDAY

York, ME 8:00-8:50 AM
Focus: Recovery
York Hospital, 15 Hospital Drive
Meeting in Ellis Conference Room
Contact: Nancy/978.462.9704

Rochester, NH 9:00-10:15 AM
Focus: Discussion/Speaker/Literature
Grace Community Church [begins 1/30]
159 Rochester Hill Road
Contact: Debra/603.833.1909

York, ME 9:00-10:15 AM
Focus: Speaker/Discussion
York Hospital
Ellis Conference Room
Contacts: Shirley/207.363.3917

Indicates new meeting, new location, or new information

Seacoast Intergroup meets the second Saturday of Jan., March, May, July, Sept., Nov., and Dec for elections: from 10:30 to 11:30 AM at the York Hospital Ellis Conference room. All are invited to come.

Our mailing address:
Seacoast Intergroup,
P. O. Box 666
York, ME 03909

