

**OVEREATERS ANONYMOUS**  
Seacoast Intergroup Meeting List

**May 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](http://www.oaseacoast.org)

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

**North Shore Intergroup website:**  
<http://northshoreintergroup.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  
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 meeting changes to your group reps or Intergroup members

**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  
159 Rochester Hill Road  
Contact: Debra/603.833.1909

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

Indicates new meeting, new location, or new information

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**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