

15 Questions

This series of questions may help you determine if you are a compulsive overeater. Many members of Overeaters Anonymous have found that they have answered "yes" to many of these questions.

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

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Green Mountain North Intergroup

WSO #09543

P.O. Box 1352

Burlington, VT 05402-1352

email: info@oovermont.org

Information Line: (802) 863-2655

www.oovermont.org

For all 7th Tradition Disbursements, please include a filled-out contribution form.

GMNI's contributions form can be found at oovermont.org/contributions. World Service and

Region 6 contributions are on their websites.

7th Tradition Disbursement: 60/30/10

After expenses and a prudent reserve, suggested meeting donations are 60% to Intergroup, 30% to World Service and 10% to Region 6.

World Service Office www.oa.org

P.O. Box 44727

Rio Rancho, NM 87174-4727

(505) 891-2664

OA Region 6 www.oaregion6.org

Supports communities in New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland and Labrador, New Brunswick, Nova Scotia, Prince Edward Island, and Bermuda.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

January 2019



Green Mountain North Intergroup

Meetings for northern Vermont and surrounding areas

We recommend that new members call contacts to verify times.

OA Preamble

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 issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Sunday 6:30-7:30 pm – WSO# 50890 – Open

Rutland Rutland Regional Medical Center 160 Allen St.
Conf. Rm D in the Leahy Center, use employee entrance
Ramona (802) 948-2948

Monday 10:00–11:15 am – WSO# 56050 – Closed

Putney call for information

Literature Study

Arlene (802) 387-4440

Monday 6:00-7:00 pm – WSO# 53365 – Open

South Burlington Temple Sinai, 500 Swift St.

Walk through the lobby and turn right and continue
straight through to first classroom on the left.

Literature Study Delyn (802) 495-9435

Monday 5:30-6:30 pm – WSO# 45187 – Open

Bristol Federated Church, 37 North St.

Big Book, OA Steps and/or Traditions Study

Ramona (802) 948-2948

Monday 7:00-8:00 pm – WSO# 52982 – Open

Bellows Falls Parks Place Community Resource Center

44 School St. Ext

*90 Day This meeting is also a **phone meeting (WSO# 55510)***

*dial 712-770-4614 code 964781# then *6 to mute/unmute.*

Kathy (802) 376-4322

Tuesday 5:30-6:30 pm – WSO# 49015 – Open

Barre Parish House at the rear of the First Church in Barre,
Universalist (the white church with the clock at Barre City Park)
19 Church St. Parking behind the church. Parish House is on
your right when facing the rear of the church.

*Literature Study **Newcomers welcome!***

Cathleen (802) 522-6460

Tuesday 6:00-7:00 pm – WSO# 54616 – Open

Morrisville North Central Vermont Recovery Center (NCVRC),

275 Brooklyn St. Suite #2, Located at the back parking lot

between the tan Carriage Barn and Ace Glass

Big Book

Debbie (802) 730-7639

Tuesday 7:00-8:00 pm – WSO# 47951 -- Closed

Brattleboro St. Michael's Episcopal Church 16 Bradley Ave
lower level

Newcomer

Ellen (802) 275-7053 **Ellen_Anonymous@gmail.com**

Tuesday 7:00-8:00 pm – WSO# 00787 -- Open

Plattsburgh CVPH Medical Center, 75 Beekman St., 1st floor,
Auditorium A

Newcomer, Varies

Susan (518) 310-3201

Tuesday 7:30–8:30 pm – WSO# 56326 – Open

Burlington Turning Point Center of Chittenden County

179 S Winooski Avenue (corner of King St & S Winooski Ave)

*Big Book, Newcomer, **Big Book Solution Group***

Elise (302) 528-6672

Wednesday 7:45-8:45 am – WSO# 56590 – Open

Shelburne Trinity Episcopal Church, 5171 Shelburne Rd

*Steps, Traditions, Speaker. **Newcomers welcome!***

Lyn H (802) 999-8340 **shelburne.meeting@gmail.com**

Wednesday 12:30-1:30 pm WSO#50578 – Open

Rutland Rutland Turning Point Center, 141 State St.

Literature Study, Varies

Sara (802) 747-4020

Wednesday 6:00-7:00 pm WSO# 31960 – Open

St. Johnsbury Northeastern Vermont Regional Hospital

1315 Hospital Dr. Business Building Conf. Room 224

Literature Study

Rosemary B. (802) 748-2360

Thursday 7:30-8:30 am – WSO# 00334 – Open

Burlington First United Methodist Church of Burlington

21 Buell St., Upstairs in Reid-Booth Room

OA Steps and/or Traditions Study, Writing

Julia (802) 310-7091

Thursday 5:30-6:30 pm – WSO# 54884 – Open

Middlebury Turning Point Center of Addison County
54 Creek Rd.

Big Book, Literature Study

Ramona (802) 948-2948

Thursday 6:30-7:30 pm – WSO# 56514 – Open

Springfield Springfield Family Center 365 Summer St

*90 Day This meeting is also a **phone meeting (WSO#)***

*dial 515-604-9826 code 719890 then *6 to mute/unmute.*

Kathy (802) 376-4322

Saturday 9:00-10:00 am – WSO# 31962 – Open

St. Johnsbury Northeastern Vermont Regional Hospital, 1315

Hospital Dr., Business Building Conf. Room 126,

OA Steps and/or Traditions Study

Carol M. (802) 633-2675

Saturday 9:30-10:30 am – WSO# 38265 – Open

Colchester Fanny Allen Hospital UVM Medical Center,

792 College Parkway/Route 15,

downstairs in the Dunbar Room (next to the Dunbar Cafe)

Literature Study

Stefi F. (802) 238-2649

Saturday 10:00-11:00 am – WSO# 46035 – Open

Morrisville North Central Vermont Recovery Center (NCVRC)

275 Brooklyn St. Suite #2, Located at the back parking lot

between the tan Carriage Barn and Ace Glass

Anne (802) 888-2356, Debbie (802) 730-7639

Saturday 10:00am-12:00 – WSO# 49297 – Open

Derby Community National Bank Conf Bldg (enter around the
back/behind the bank on Derby Rd), Rt 5 at Crawford Rd.

Newcomer

Helen S. (802) 673-5621

**We recommend that new members call
contacts to verify times.**

TRADITION 3: "The only requirement for OA membership is a desire to
stop eating compulsively."

**ALL MEETINGS ARE OPEN to all OA members. If you can't connect
with one meeting, try another!**

Open Meeting: Open to OA members and non-OA visitors. All meetings are considered open unless otherwise indicated.

Closed Meeting: Open to anyone with a desire to stop eating compulsively or anyone who thinks they may have a
problem with compulsive overeating.