

## 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](mailto:info@oovermont.org)**

**Information Line: (802) 863-2655**

**[www.oovermont.org](http://www.oovermont.org)**

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

GMNI's contributions form can be found at [oovermont.org/contributions](http://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](http://www.oa.org)**

P.O. Box 44727

Rio Rancho, NM 87174-4727

(505) 891-2664

**OA Region 6 [www.oaregion6.org](http://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.

# March 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** 91 Westminster W Rd.

*Literature Study*

Arlene (802) 387-4440 call for information

**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 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 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. The Parish House is on your right when facing the  
rear of the church. Park on the street or behind the church.

*Literature Study* **Newcomers welcome!**

Cathleen (802) 522-6460

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

**Morrisville** The Recovery Center, 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 7:30-8:30 pm** – WSO# 56326 – Open

**Burlington** Turning Point Center of Chittenden County

179 South Winooski Ave., Suite 301

*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

**Wednesday 7:00-8:00 pm** – WSO# 00787 -- Open

**Plattsburgh** CVPH Medical Center

75 Beekman St., 1<sup>st</sup> floor, Auditorium A

*Newcomer, Varies*

Teah (518) 524-9946

**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*

Cathleen (802) 522-6460

**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

**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** The Recovery Center, 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.