

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

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oavermont.org

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

GMNI's contribution form can be found at oavermont.org/contributions. World Service and Region 6 forms are on their websites below.

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 oa.org

P.O. Box 44727

Rio Rancho, NM 87174-4727

(505) 891-2664

OA Region 6 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.

September 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 #56915 - Open
Bennington First Baptist Church, 601 Main Street
Judy (802) 733-6852

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 Park 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 8:30-9:30 am – WSO #56916 – Open
Bennington First Baptist Church, 601 Main Street
Judy (802) 733-6852

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., 1st 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
Steve (518) 334-1056

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 10:00 am-12:00 pm – 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.