

## The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

*Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*

## The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

*Permission to use the Twelve Traditions of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*



[WWW.PIEDMONTINTERGROUP.ORG](http://WWW.PIEDMONTINTERGROUP.ORG)

### INFORMATION AND WEEKLY MEETING LIST FOR **AUGUST 2018**

**For general information on Piedmont Intergroup, please call the Info Line:  
(704) 303-9601**

**To receive regular updates on LOCAL information, email your name to:  
[piedmontintergroup@gmail.com](mailto:piedmontintergroup@gmail.com)**

**For NATIONAL OA information, visit the World Services Organization website: [www.oa.org](http://www.oa.org)**

**For ONLINE OA meetings, visit:  
[www.oa.org/onlinemeetings.html](http://www.oa.org/onlinemeetings.html)**

**The Piedmont Intergroup meets monthly.  
We encourage you to join us!  
Meetings are on the second Saturday of each month at 11:30 a.m. in Room G at:  
ANUVIA Prevention & Recovery Center  
100 Billingsley St.  
Charlotte, NC**

*The only requirement for membership is a desire to stop eating compulsively. There are no dues or fees for membership. Our groups are self-supporting.*

***“Together we get better.”***

June 5, 2018

## MONDAY

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**Shelby:** Meets 7:00 AM at  
Healing, Health and Wellness Center  
323 S. Washington St  
Contact: Leroy (704) 457-1001

**Boone:** Meets 6:00 PM at  
Club 12  
141 Health Center Dr.  
Contact: Michelle (954) 270-3972

**Concord:** Meets 7:00 PM at  
Central United Methodist Church  
30 Union Street North  
Contact: Donna (704) 932-1863

## TUESDAY

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**Charlotte:** Meets 11:00 AM at  
Advent Lutheran Church  
8840 University City Blvd, Room 135  
Contact: Info Line (704) 303-9601

**Monroe:** Meets 1:30 PM at  
Bridges to Recovery  
2111 Stafford St Ext  
Contact: Lew (704) 909-8025

**Cornelius:** Meets 6:30 PM at  
Community in Christ Lutheran Church  
7621 Norman Island Drive  
Contact: Patty (704) 780-0988

**Kings Mountain:** Meets 6:30 PM at  
Christ the King Catholic Church  
*MEETS 2<sup>ND</sup> & 4<sup>TH</sup> TUESDAY OF EACH MONTH*  
714 Stone Street  
Contact: Mary (704) 477-8390

## WEDNESDAY

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**Charlotte:** Meets 10:30 AM at  
St. John's Episcopal Church  
1623 Carmel Road, Room 315 (upstairs)  
Contact: Dominic (704) 771-5652 N\*

## THURSDAY

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**Boone:** Meets 6:00 PM at  
Club 12  
141 Health Center Dr.  
Contact: Michelle (954) 270-3972

**Cornelius:** Meets 6:30 PM at  
Community in Christ Lutheran Church  
7621 Norman Island Drive  
Contact: Catherine (843) 324-7579

**Charlotte:** Meets 6:30 PM at  
Advent Lutheran Church  
8840 University City Blvd, Room 135  
Contact: Shannon (704) 451-8419

**Lake Wylie, SC:** Meets 6:45 PM at  
River Hills Community Church  
104 Hamiltons Ferry Road, Room 116  
Contact: Maureen (803) 493-6870 N\*

**Charlotte:** Meets 7:00 PM at  
St. Stephen United Methodist Church  
6800 Sardis Road, Room 7  
Contact: Lee (704) 560-4345

**York, SC:** Meets 7:00 PM at  
If you are interested in attending,  
contact Kathy at (803) 740-8040.

## FRIDAY

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**Charlotte:** Meets 10:30 AM at  
St. John's Episcopal Church  
1623 Carmel Road, Room 308 (upstairs)  
Contact: Jim (704) 641-4958 N\*

**Hickory:** Meets 11:30 AM at  
Woman's Resource Center  
125 E. 3rd Street NE  
Contact: Mary (704) 922-5470

**Mooreville:** Meets 12:00 PM at  
St. Therese Catholic Church  
217 Brawley School Road  
Contact: Patty (704) 780-0988 N\*

## SATURDAY

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**Davidson:** Meets 10:00 AM at  
209 Delburg Street  
Use Davidson Community Players entrance  
Contact: Patty (704) 780-0988 N\*

**Charlotte:** Meets 10:30 AM at  
ANUVIA Prevention & Recovery Center  
100 Billingsley Road, Room G  
Contact: Melissa (704) 756-4493 N\*

**Shelby:** Meets 10:30 AM-12:00 PM at  
Cleveland County Memorial Library  
*MEETS 1<sup>ST</sup> & 3<sup>RD</sup> SATURDAY OF EACH MONTH*  
104 Howie Drive - City Park Group  
Contact: Mary (704) 477-8390

**Lincolnton:** Meets 10:30 AM-12:00 PM at  
Holy Cross Lutheran Church  
*MEETS 2<sup>ND</sup> & 4<sup>TH</sup> SATURDAY OF EACH MONTH*  
2639 East Highway 150  
Contact: Robbie (704) 616-2630

**Fort Mill, SC:** Meets 11:00 AM at  
St. Philip Neri Catholic Church  
292 Munn Road  
Contact: Maureen (803) 493-6870

**Concord:** Meets 3:00 PM – 4:00 PM at  
Mount Olivet United Methodist Church  
301 Mount Olivet Road, Room 12  
Contact: Info Line (704) 303-9601

## SUNDAY

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**Charlotte:** Meets 4:00 PM at  
St. Stephen United Methodist Church  
6800 Sardis Road, Room 33  
Contact: Richard (704) 534-6014 N\*

*N\* = last 15 minutes devoted to newcomers*