

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.

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WWW.PIEDMONTINTERGROUP.ORG

INFORMATION AND WEEKLY
MEETING LIST FOR
FEBRUARY 2020

**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**

For NATIONAL OA information, visit the World Services Organization website: www.oa.org

**For ONLINE OA meetings, visit:
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 11:35 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.”

MONDAY

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

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

TUESDAY

Ft. Mill (Charlotte): Meets 10:00 AM at
Zoar Road Club(House)
14729 Thomas Road
Contact: Stacey (626)-354-2334
(Recovery from Relapse Focus, open)

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

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 2ND & 4TH TUESDAY OF EACH MONTH
714 Stone Street
Contact: Mary (704) 477-8390

Conover: Meets 7:00 PM at
Immanuel Lutheran Church
2448 Emmanuel Church Road, Fellowship Hall
Contact: Carolyn (828) 466-8252

WEDNESDAY

Charlotte: Meets 10:30 AM at
St. John's Episcopal Church
1623 Carmel Road, 2nd floor Choir Room
Contact: Dominic (704) 771-5652 N*

THURSDAY

Lake Wylie, SC: Meets 6:45 PM at
River Hills Community Church
103 Hamiltons Ferry Road, Room 116
Contact: Info Line (704) 303-9601 N*

Charlotte: Meets 7:00 PM at
St. Stephen United Methodist Church
6800 Sardis Road, Room 7
Contact: Heather (704) 680-0496

FRIDAY

Charlotte: Meets 10:30 AM at
St. John's Episcopal Church
1623 Carmel Road, 2nd Floor, Choir Room
Contact: Jim (704) 641-4958 N*

Conover: Meets 11:30 AM at
Immanuel Lutheran Church
2448 Emmanuel Church Road, Fellowship Hall
Contact: Carolyn (828) 466-8252

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

SATURDAY

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 1ST & 3RD 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 2ND & 4TH 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
(1st Saturday of the month Speaker Meeting)

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

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