

# Marin Rainbow

WWW.OAMARIN.ORG

(revised 01/08/10)

## OA Marin Meeting List

### MONDAYS 9:30-10:30 AM

*12 Steps/Traditions Study*  
Marin Lutheran Church  
649 Meadowsweet Drive, Corte  
Madera

### MONDAYS 6:00-7:00 PM

*12 Steps/Traditions Study and  
Topic Discussion*  
Church of the Nativity  
333 Ellen Drive, San Rafael  
(off Las Gallinas & Lucas Valley  
Rd.)

### TUESDAYS 7:15-8:15 PM

*OA Literature, Variety*  
Church of Our Savior  
10 Old Mill Street, Mill Valley

### THURSDAYS 7:30-8:30 PM

*Step/Tradition Study and  
Speaker*  
Good Shepherd Lutheran Church  
1180 Lynwood, Dr., Novato  
Children's Room - downstairs

### FRIDAYS 9:30-10:30 AM

*Writing*  
Marin Lutheran Church  
649 Meadowsweet Drive, Corte  
Madera

### SATURDAYS 10:45-11:45 AM

*Speaker*  
Marin Jewish Community Center  
Art Room, 2nd Floor  
200 North San Pedro Rd.,  
San Rafael

### SATURDAYS 11:45-12:15 PM

*Newcomers' Orientation*  
We suggest attending the Sat.  
10:45 am meeting proceeding  
this orientation. See Location  
above.

### SUNDAYS 6:00-7:00 PM

*Big Book Study & Writing*  
Church of the Nativity  
333 Ellen Drive, San Rafael  
(off Las Gallinas & Lucas Valley  
Rd.)



Overeaters Anonymous offers a program of recovery from compulsive overeating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope in which members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Unlike other organizations, OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.

## OA Events

East Bay Unity Intergroup of OA invites you to:

### ***A WEEKEND BIG BOOK STUDY***

Friday, Jan. 29<sup>th</sup> 6 PM - Sunday, Jan. 31<sup>st</sup> 12 PM  
Marriott Courtyard, 555 Shellmound St. Emeryville  
\$50 for the entire weekend workshop!  
For More info call Liane: 510-912-9111

Marin County Intergroup of OA presents:

### ***CELEBRATING SPONSORSHIP***

*Exploring the Why, When & How of OA Sponsorship*  
Saturday, February 27<sup>th</sup> - 1:00 PM - 3:30 PM  
Lucas Valley Community Church, 2000 Las Galinas Ave. S.R.  
For info call Kim: 415-806-2407 or Miller 415-730-1808  
or visit: [www.oamarin.org](http://www.oamarin.org)

Sonoma County Intergroup of OA presents:

### ***SPRING INTO RECOVERY RETREAT***

Friday, March 5<sup>th</sup> - Sunday, March 7<sup>th</sup> 2010  
Angela Center, Santa Rosa - Pre-Registration is required  
For info more info call Laura at 707-271-9737  
or visit: [www.sonomacountyoa.org](http://www.sonomacountyoa.org)

Maui Friends of Recovery I.G. of OA present:

### ***CAMP ALOHA RETREAT***

Speakers, Workshops, Panels, Yoga, Meditation,  
Great Food, Snorkeling, Kayaking, & Whale Watching!  
Friday, March 5<sup>th</sup> - Sunday March 7<sup>th</sup> 2010  
For More info call Caroline at 808-2147523

