

# OVEREATERS ANONYMOUS

## A Vision for You Big Book Study

### Monday from 6:30 – 7:30 PM

First United Methodist Church

112 Navesink Avenue

Atlantic Highlands, NJ 07716

(Parking is available behind the church)

In addition to our meeting, you can join A Vision for You Phone Meetings:

Phone: 712-432-5210 Conf. ID: 876148#

Monday – Friday Time: 7am – 9am ET (first 50 mins recorded)

Time: 10am – 11am ET (first 50 mins recorded)

Sunday Time: 8:30 am ET (Dial in # above)

For information about this meeting please contact Ron at 973-641-9042

We study the first 164 pages of the Big Book of Alcoholics Anonymous, and practice the 12 Steps to recover from the hopeless state of mind and body called compulsive overeating. We believe our condition is described well by the following excerpt from the Big Book.

“All these, and many others, have one symptom in common: they cannot start drinking\* without developing the phenomenon of craving. This phenomenon, as we have suggested, may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity. It has never been, by any treatment with which we are familiar, permanently eradicated. The only relief we have to suggest is entire abstinence” The Doctors Opinion - xxx

\*in OA we can consider drinking equivalent to eating