

Many symptoms, one solution

The membership of OA is varied, both in its makeup and in the eating behaviors and experiences that brought each individual to OA.

In OA, you find'll members who are or were:

- extremely overweight, even morbidly obese;
- only moderately overweight;
- average weight;
- underweight;
- still maintaining periodic control of their eating behavior;
- totally unable to control their compulsive eating.

OA members have experienced many different patterns of eating. These symptoms are as varied as our membership. They include:

- obsession with body weight, size and shape;
- eating binges;
- grazing;
- preoccupations with weight-reduction diets;
- starving;
- inducing vomiting after eating;
- constricting preoccupation with food;
- inability to stop eating after taking the first bite;
- over-exercising

Our symptoms may vary, but we share a common bond: we are powerless over food and our lives are unmanageable. If you feel you are one of us, we welcome you with open arms.

Fifteen Questions

This series of questions may help you determine if you are a compulsive eater. Many OA members have found that they answered yes to many of these questions.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite all evidence to the contrary, have you continued to assert you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make others unhappy?

INTRODUCING OVEREATERS ANONYMOUS

Is food a problem for you?

Have you been worried about the way you eat?

Do you resolve to go on a diet tomorrow; only to fail again and again?

Is your weight affecting the way you live your life?

You are not alone.

Overeaters Anonymous can help.

No dues, no fees, no weigh-ins



Central Office of Louisiana

504-366-3230

www.oaneworleans.org

www.aa.org

What is OA?

Overeaters Anonymous (OA) is a Twelve Step Fellowship of people recovering from compulsive eating. OA is not a diet club. We are dedicated to helping individuals recover from compulsive eating, anorexia, bulimia, food addiction and obesity. If you are struggling, you are not alone anymore.

Who joins OA?

OA members are men and women from around the world. Some have been obese, while others have been anorexic, bulimic or a normal weight. We have been unable to freely live our lives because we have been so obsessed with food or weight.

Does the program really work?

Typically, OA members have tried numerous solutions to their problems with food, including (for many of us) years of diets or exercise. In OA, we have finally found a long-term answer. Many OA members have maintained a normal weight and found freedom from compulsive eating for many years. Overeaters Anonymous is patterned after the Alcoholics Anonymous program. Physical, emotional and spiritual recovery are offered through attending meetings, practicing the Twelve-Step program and helping others.

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If you feel you are one of us, we welcome you with open arms.

Monday

5:30 p.m.

- Terrebonne Parish Main Library
- **151 Civic Center Blvd., Houma**

Contact: Carole, 985-852-2016

6:45 pm, Newcomer's Welcome 7 p.m., Meeting

- Canal Street Church
- **4302 Canal Street, New Orleans**
- Room 110. Enter doors on left side of church, near top of ramp. Turn right at hallway then left. Straight ahead to 110.

Contact: Steve, 504-442-0696

Tuesday

Noon

- Unity Church of Metairie
- **3303 Richland Ave., Metairie**
- Behind Parran's; right at Richland & Veteran's then right into parking lot

Contact: Meg 504-610-6259

6:00 p.m.

- Aurora United Methodist Church
- **3300 Eton St., New Orleans**

Contact: Becca, 504-430-2486

6:30 p.m.

- Margaret Mary Catholic Church;
Richard Carroll Evangeliz. Center
- **1050 Robert Road, Slidell**

Contact: Julia, 985-646-2593

Wednesday

Noon

- St. Timothy's United Methodist Church
- **335 Asbury Drive (Hwy. 3228),
Room 102, Mandeville**

Contact: Rosalie, 985-893-2837

7:30 p.m.

- Rayne Methodist
- **3900 St. Charles Ave, New Orleans**
- Library on first floor. Parking lot at Constantinople and Pitt

Contact: Ellen, 504-258-3819

Thursday

10:15 a.m.

- Terrebonne Parish Main Library
- **151 Civic Center Blvd., Houma**

Contact: Janice, 985-879-1341

6:00 p.m.

- Lambda Center
- **628 Elysian Fields, New Orleans**

Contact: Alayna, 504-258-9347

Saturday

9 a.m.

- St. Timothy's United Methodist
- **335 Asbury Drive (Hwy. 3228),
Room 102, Mandeville**

Contact: Barbara 985-871-9866

9:45 a.m.

- Metairie Baptist Church
- **401 Codifer St., Metairie**
- Enter on Orion St., Room 106

Contact: Cheryl, 504-738-5721

Sunday

4 p.m.

- Unity Church of Metairie
- **3303 Richland Ave., Metairie**
- Behind Parran's; right at Richland & Veteran's then quick right into parking lot

Contact: Judie, 504-722-5774