



OA Birthdays Congratulations to all those celebrating

Abstinence Birthdays:

Terry L. 4 years May 4

How many years of recovery do you have?
We want to celebrate milestones with you.
Email the OA office. ocioffice@oaoci.org

OAOCI SERVICE POSITION OPPORTUNITY! Public Information Committee Chair

- Increase local community awareness of OA
- Reach out to other sufferers
- Mentorship & training provided
- Must have 6 months of abstinence and completed steps 4 and 5
- Contact chair@oaoci.org

Just published!

Winter 2021 Story Submissions
“Animal Friends in Our
OA Program”
See PDF Booklet for all Stories
[oaoci.org/events](https://www.oaoci.org/events)

New Meeting in OC!

Monday 9 – 10 pm
Virtual “Night Owl” – OA 12 & 12, 100
Pounder & Newcomer Focus
Meeting ID: 861 867 10202
Passcode: 714949
See Meeting Directory Page for More Info.

OA Virtual Events Beyond OCI The next Virtual Region Sunday e-workshops are:

- May 9th, “Relieve Me of the Bondage of Self”
- June 13th, “The Sponsor – Sponsee Connection”

Check out the flyers www.oaoci.org/events

Canyon of Thinking

Because the hills are bone dry around here most of the year, when it does rain, it tends to run off in torrents. Many areas don't have anything much holding the soil together when water runs across it so we have many canyons, big ones and little ones, everywhere that the water gathers enough and runs downhill.

I got to thinking that this was like my disease. It took my life experiences and ran them in the areas with the least resistance, over and over, year after year until there were deep thought-canyons in my mind. It probably started with a little path to follow, but it dug deep into my every thought, deeper and deeper each year. Most of these were negative thoughts. Eventually, I fell all the way into them, and desperately wanted out. I tried to eat myself out which just made me sink farther in. Just as I didn't want to live in a lonely canyon anymore, along came OA to show me a way to get out.

Picture having all the water that is running downhill go somewhere it has never gone before, to nourish some living things that really need it instead. We dig a bit at the edge of the canyon, to give the water another path to follow, all the while building up a sturdy dam to keep it from leaking out as it flows into our new canal. Slowly or quickly, we dig enough that the water begins to nourish the new living things.

The old canyon, however, doesn't go away. It is still there. If we want to keep the water from running back down it, we have to maintain our new channel regularly. As soon as we begin to neglect it, the water will erode the dam and the water will follow the old canyon because it is easier.

My mind thinks like the canyon and the new canal. I had experienced what life threw at me and it dug a deep canyon in my thinking. It was all so full of negative thinking - I ate, cried, complained, criticized, judged, isolated, etc. etc. When I came into this program, I was given tools for the first time in my life that I could handle, and I began a new way of thinking. I began to look for joy, to nourish a relationship with my Higher Power, to listen to others, to focus on things other than my troubles and feelings. This new thought-canal is called recovery and we build it with the Steps, Traditions and tools of recovery. Every day, I patch up and reinforce so my new thinking doesn't run out before my recovery is nourished.

An estimated 24,000 people died building the Panama Canal, but an inestimable more died in efforts to get around from the Atlantic Ocean to the Pacific or back before it was built. Our recovery is like that. We can do what we used to do, go around the work needed for recovery and risk our lives. Or we can dig in and build our canal to get through life on life's terms. I am sure this program built my recovery for me – although I had to do the shoveling. I had no plan before and now I have a Plan. I don't mind that I have to maintain the thinking-canal that this program built for me and I am going to care for it with all my heart and soul for the rest of my life.

Anonymous

Meeting Directory • May-June 2021

Orange County Intergroup of Overeaters Anonymous, Inc.

1905 E. 17th St., Suite 322 • Santa Ana, CA 92705 • Parking at the rear of the building

Office Hours: Mon-Thu—10:30 am to 1:30 pm & 1st & 3rd Sat—10:00 am to 2:00 pm

Newcomers & Meeting Information: 714-953-0900 • website: www.oaoci.org

Meetings may change after this directory has been posted, so please call the listed person before attending a meeting for the first time. If a phone number is not in service, please call the OA Office @ 714-953-0900. Our program is based on the 12 Steps of Alcoholics Anonymous. Formats may vary, as shown below. For example, some meetings feature a speaker while others work on studying the 12 Steps. We suggest you try more than one type of meeting. Although some meetings have a particular emphasis, all meetings are open to anyone with a desire to stop eating compulsively.

^Meetings are open to anyone, including non-compulsive overeaters

** HOW meetings - offering suggestions for recovery *** YPF - Young Person Friendly

You may join any Zoom meeting below by phone at any one of the following numbers: 253-215-8782, 312-626-6799, 301-715-8592. Enter the meeting ID followed by #, and the passcode if requested.

☞ Sunday

10:30-11:30 am	Costa Mesa	Call: 978-990-5000, Access code: 200672#	Patty G.	949-363-3996	Lit. Study/Discussion/Open^
10:30-Noon	Anaheim	Meeting ID: 239 125 7255 (this is not a phone number.) Passcode:276682	Carol U.	714-364-7573	AA Big Book, OA/AA 12&12
Noon-1 pm	S J Capistrano	Meeting ID: 952 734 4316	Mari S	949-306-5041	Relapse & 12th Step Within
4:30-6 pm	Anaheim	Call: 978-990-5000 Access code: 200672#	Joyce	714-328-2690	Speaker, pitch, chips
5:30-6 pm	Lake Forest	Meeting ID: 758 943 461 Passcode:714949	Cynthia E	949-246-7708	Newcomer
6-7:30 pm	Lake Forest	Meeting ID: 758 943 461 Passcode:714949	Cynthia E	949-246-7708	Speaker, pitch, 100 pounders, chip
6-7 pm	Irvine	Phone meeting. Call in: 425-535-9207	Steven H	949-230-2023	Book Study/Pitch

☞ Monday

6-7 am	Yorba Linda	Meeting ID: 896 2297 7425 Passcode: 472271	Cathy F.	714-328-3339	
10-11:30 am	Costa Mesa	Meeting ID: 721 884 847 Passcode: 092627	Chris P.	714-557-1380	Women's stag, Step Study
10-11:30 am	Orange	TEMPORARILY SUSPENDED			
6-7 pm	Yorba Linda	TEMPORARILY SUSPENDED			
7-8 pm	Capistrano Beach	Meeting ID: 860 5579 6774 Passcode: Love You (Phone Passcode : 82854732)	Katie D.	818-802-5253	Women's Book Study
7:30-9 pm	Hunt. Beach	TEMPORARILY SUSPENDED			
9-10 pm	Virtual	Meeting ID: 861 867 10202 Passcode: 714949	Virtual	714-395-9294	OA 12&12 Study, 100-pounder & Newcomer focus

☞ Tuesday

10-11:30 am	Mission Viejo	Meeting ID: 527 966 781 Passcode:123123	Darlene	949-842-6272	HOW**, step study
10:30 -Noon	Orange	TEMPORARILY SUSPENDED			
5:30-6:30 pm	Costa Mesa	Meeting ID: 854 1528 4448 Passcode: 12and12	Sharon P.	714-330-2014	OA & AA 12&12 Study
7-8 pm	Laguna Niguel	Meeting ID: 756 303 613 Passcode: 650542	Laurie Y	818-414-8841	Speaker, YPF
7-8:30 pm	Costa Mesa	TEMPORARILY SUSPENDED	Jay V	949-500-2775	
7-8:30 pm	Fullerton	Meeting ID: 239 125 7255 Passcode:276682	Carol U	714-364-7573	Women's / Varied / Writing
7-8:30 pm	Hunt. Beach	TEMPORARILY SUSPENDED			

☞ Wednesday

9:30-11 am	Fullerton	Meeting ID: 239 125 7255, Password: 276682	Laura C.	(657) 253-2061	AA Big Book/ Step Study
10-11:30 am	Hunt. Beach	Meeting ID: 695 411 1550 Passcode: recovery. For phone: Meeting ID: 695 411 1550, Password: 63521964	Maureen	714-894-0232	Various Books/Writing
5-6 pm	Orange	TEMPORARILY SUSPENDED			
6-7 pm	Laguna Hills	Meeting ID: 839 8847 1979 Passcode:949714	Traci	978-587-5936	Women's Stag/Lit Study
6:30-7 pm	Costa Mesa	TEMP. SUSPENDED Newcomers please call Mike or another contact person to be welcomed into our fellowship.	Mike G.	(714) 856-8408	
7-8:30 pm	Whittier	Meeting ID: 239 125 7255 Passcode:276682	Carol U.	(714) 364-7573	Speaker, Pitch, open^
7-8:30 pm	Costa Mesa	Meeting ID: 830 0871 6331 Passcode: bayst	Mike G	714-856-8408	Speaker, newcomers, chips, Open

☞ Thursday

6-7 am	Yorba Linda	TEMPORARILY SUSPENDED			
2-3:30 pm	Fullerton	Meeting ID: 239 125 7255 Passcode:276682	Susie S..	(424) 321-1257	Women's Stag/Step Study
2:15-3:15 pm	Costa Mesa	TEMPORARILY SUSPENDED			
4-5 pm	Laguna Woods	Call in: (425) 535-9207	Marsha M.	301-312-3543	
6-7 pm	San Clemente	Mtg ID: 453 644 149 Passcode:123456	Christine	949-929-6974	Literature Study/Positive Pitch
6-7 pm	Santa Ana	TEMPORARILY SUSPENDED			
6:30- 7:45 pm	Santa Ana	Meeting ID: 239 125 7255 Passcode:276682	Nancy	714- 721-2132	Varied, open^
6:30-7:30 pm	Virtual Mtg	Meeting ID: 130 051 247	Amanda M	714- 955-1592	Women's mtg, daily reader
7- 8:30 pm	Tustin	Meeting ID: 861 8671 0202 Passcode:714949	Frank P.	949-842-3454	Big Book study
7:30-8:30 pm	Intergroup Mtg	MEETING ID: 148 694 212 Passcode: 123123			2 nd Thursdays

☞ Friday

10-11:30 am	Costa Mesa	Meeting ID: 721 884 847 Passcode:092627	Chris P.	714-557-1380	Women's stag, Pitch
10-11:00 am	Mission Viejo	Meeting ID: 600 472 981 Passcode:321321	Laurie Y.	818- 414-8841	
Noon-1:30 pm	Tustin	Meeting ID: 924 5753 9217 Passcode:123123	Janet B.	714-329-8133	Literature study
6:30-7:30 pm	Laguna Hills	Meeting ID: 618 701 417 Passcode: 123123	George Y.	818-414-8118	Podcast
7-8:30 pm	Orange	Meeting ID: 239 125 7255 Passcode:276682	Steven M.	562- 397-2596	Newcomers, varied, chips, ***YPF, open^

☞ Saturday

8-9 am	Hunt. Beach	TEMPORARILY SUSPENDED (JOINING HP 9:30 MEETING)			
8-9 am	Laguna Niguel	Mtg. ID: 520 034 6624 For passcode email: pasaturday12@gmail.com	Linda	949-510-5142	Women's Steps/Traditions Using OA 12&12
8- 9:30 am	Seal Beach	Phone/Web Meeting	Nettie	714-890-1071	
9-10:15 am	Brea	Meeting ID: 858 0021 9190 Passcode:001549	Cheri S	714-803-7839	Abstinence
9 -10:30 am	Laguna Hills	Meeting ID: 854 5506 1145 Passcode:2468	Kathy M.	949- 340-9089 or 949- 583-9703	Women's/Varied/ Maintenance
9:30-11 am	Hunt. Beach	695 411 1550, Password: 63521964	Linda	714-969-7992	Book Study, Pitch
10:15-11:15 am	Dana Point	Meeting ID: 527 608 205 Passcode: 308511	Michelle P.	happyspiritspark@gmail.com	Book Study
5-6 pm	Laguna Beach	Meeting ID: 407 488 6616 Passcode:123456	Dave G.	847-239-2772	Discussion, varied

To be added to any of the following lists, please contact the OCI office at 714-953-0900 or ocioffice@oaoci.org

Find A Sponsor

The following individuals may be available as sponsors. Please give one of them a call and take advantage of their experience, strength and hope.

Lynette P.....714-401-7148
Jamie.....781-389-0800
Greg K.....949-784-9380
Ron H.....714-381-4515
Sharon P.....714-330-2014
Carol.....714-630-3975
Domingo.....562-587-7306

Phone Contacts

Feel free to give the following people a call at the available hours indicated.

Lynette P.....714-401-7148
Ken T.....714-654-3525
Jamie.....781-389-0800
Sharon P.....714-330-2014
Adria (before 8 pm).....714-847-0956
Annie G (24/7).....714-552-2337
Gaddy G (7a—10 p).....949-842-6439
Tim P.....714-606-5306
Terri (Before 6 pm).....714-531-6904
Leslie B (8am—9pm).....949-892-0265
Joyce F (8 am—9 pm).....Work 714-995-3136
.....Cell 714-328-2690
Eva H.....714-774-7400
Ron H.....714-381-4515

E-Mail Contacts

The following people are available via e-mail:

Donna A.....Andersdg2012@gmail.com
Amanda S.....darling6066@hotmail.com
Jamie.....ruler11@aol.com
Griselda.....nicknamegoeshere05@gmail.com
Laurie Y.....lyank08@att.net
Steven H.....shh92714@yahoo.com
Annie G.....jitterbalbug@yahoo.com
Gaddy G.....gaddy3@gmail.com
Anne C.....anne@thepearlygates.com
Karen.....cruise2hawaii@yahoo.com
Maria.....angels4m@aol.com
Maria R.....rgr-maria@msn.com

Carrying the Message & Donations
OA World Service suggests donating \$5 per meeting to offset increased costs and declining donations.

Orange County Intergroup

OC Intergroup Zoom Meeting

Give service and join the ZOOM meeting, no driving required! Let's get every meeting represented!

<https://zoom.us/j/148694212>

MEETING ID: 148 694 212

PASSWORD: 123123

Next two 1 hour meetings will be:

May 13 & June 10 at 7:30 pm

Got experience, strength and hope in 450-500 words?
Please submit to publications@oaoci.org

Want to e-mail regarding a business matter? Email:
ocioffice@oaoci.org

Orange County Intergroup Office

1905 E. 17th Street, Suite 322,
Santa Ana, CA 92705

www.oaoci.org

Office Hours:

Mon-Thu — 10:30 am to 1:30 pm
During the pandemic the office is not receiving visitors or selling literature.

Newcomer & Meeting Information
714-953-0900

Region 2 Office

4733 Torrance Blvd. PMB 335,
Torrance, CA 90503

<http://www.oar2.org>

World Service Office

505-891-2664

PO Box 44727, Rio Rancho, NM 87174

E-mail: info@oa.org <http://www.oa.org>

Other Intergroup Offices

Foothill626-568-7511 www.oafoothill.org

Inland Empire 951-715-2080 www.go2oa.org

Los Angeles323-653-7652 www.oalaig.org

San Diego ...619-521-2538 www.oasandiego.org

San Fernando Valley 818-888-4776 www.oasfvalley.org

Your trusted servants:

Chair.....chair@oaoci.org
Laurie Y.....818-414-8841

Vice-Chair.....vicechair@oaoci.org
Rosemary D.....714-979-6780

Secretary.....secretary@oaoci.org
Steven M.....562-397-2596

Treasurer.....treasurer@oaoci.org
Joyce F.....714-328-2690

Office Liaison.....officeliason@oaoci.org
Jean S.....949-300-7903

Activities.....activities@oaoci.org
Susie S.....714-393-2944

Meeting Liaison.....mtgliason@oaoci.org
Caroleena A.....626-421-2544

Public Information.....publicinfo@oaoci.org
Vacant

Publications.....publications@oaoci.org
Lynette P.....714-401-7148

E-Media Manager.....emediamgr@oaoci.org
Terry L.....949-400-3379

12th Step Within.....12thstepwithin@oaoci.org
Frank P.....949-842-3454

Region 2 Reps
Frank P.....949-842-3454

World Service Delegates
Laurie Y.....818-414-8841

OA Tools of Recovery

There are 9 tools used by members of OA on a daily basis to obtain recovery from compulsive overeating.

They are: A Plan of Eating, Sponsorship, Service, Telephone, Writing, Literature, Anonymity, Meetings and an Action Plan

HAVE SOME SPARE TIME?

Any time you have to help carry the message is appreciated!

We've got lists and check them out on the left column of this page.

Call Frank P. at 949-842-3454 or Email name & phone number to: volunteers@oaoci.org