



OA Birthdays & Anniversaries Congratulations to all those celebrating

OA Anniversary:

Rebecca W. 31 years August 5

Jeannette G. 29 years July 29

Heather T. 3 years August 26

How many years of recovery do you have?
We want to celebrate milestones with you.

Email: mailto:ocioffice@oaoci.org



Summer Spiritual Bingo Series



FREE ONLINE ZOOM EVENT!
Practice memorizing the Steps!
Easy, quick play on your laptop, tablet, or phone.
Social time, easy icebreaker intros!

STEPS 1-6

JUNE 26 SAT 7:30 PM / JUNE 27 SUN 4:00 PM

STEPS 7-12

JULY 24 SAT 7:30 PM / JULY 25 SUN 4:00 PM

STEPS 1-12

AUGUST 28 SAT 7:30 PM / AUGUST 29 SUN 4:00 PM

SUMMER WRITING EVENT

“My 12-Stepping Life”

How do you practice the steps
in your day?

Submissions due Sep. 30th

For Flyer: oaoci.org/events

A Word about Hybrid Meetings

As we contemplate opening live meetings again and creating hybrid meetings, please refer to notes at oaoci.org/news

OA Virtual Events Beyond OCI

The next Virtual Region Sunday

e-workshops are:

- July 11th, “What does it really mean to surrender?”
- August 8th, “A Threefold Disease: Physical, Emotional and Spiritual”

Check out the flyers www.oaoci.org/events

THE SUMMER OF MIRACLES

Last August, I celebrated my 30th OA Birthday. I always thought I would have a big party to celebrate 30 years of recovery but on that day last summer, I found myself, like everyone else, in the midst of a global pandemic. Any kind of large celebration was out of the question. Am I complaining? Honestly, no. I have so much to be grateful for.

I first started coming to OA when I was 16 years old. At the time, the disease of alcoholism was tearing my family apart and food was my solace, it comforted and distracted me. A friend of mine asked me to go with her to a Tuesday night OA meeting at St. Olaf’s Church in Garden Grove. I agreed, and thus began my spiritual journey and my lifelong love affair with Overeaters Anonymous.

My body image issues started when I was about 10 years old. Food obsession, diet obsession, and self-loathing were already taking over my thoughts. This was probably about the time I started making up rules about what I could do and how happy I could be in my imperfect body. I think so many of us believe that we have to lose weight before we can really go out there and live our best lives. We tell ourselves that we can’t put on a bathing suit or go to the beach until we are a certain size. We don’t feel worthy to go on a tropical vacation, or wear fashionable clothes. We believe that we can’t go to the top of a waterfall or to a yoga class until we look good enough or feel fit enough.

My husband got Covid last June; he has a lung condition so it scared me a lot. He had all of the usual symptoms but thankfully he recovered after a few weeks. For that I am so grateful - I know that is not the case for everyone. The pandemic reminded me that life can change in the blink of an eye.

I’m a long way away from the 16 year girl who first walked through the doors over thirty years ago. I’m so glad that over the years OA taught me to stop believing the lies about who I could be and what I could do in an imperfect body. I’m calling this the summer of miracles. It’s a miracle that I have 30 years of recovery. I’m going to do all of the things that my recovery gives me the opportunity to do, and I hope you’ll join me. Put on the bathing suit, go to the beach. Put on the cute clothes and go out with friends. Take a yoga class (the one with baby goats sounds fun). Climb, walk, or drive to the top of a waterfall and enjoy the view. Our lives are calling on us to live. Now! Let’s enjoy this summer of miracles together.

Rebecca W.

Meeting Directory • July-August 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.

Check oaoci.org/meetings-by-day for updates.

☞ 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 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	HYBRID IN-PERSON+PHONE/WEB MEETING Starting July 11. Same address and Zoom info as below.	Cynthia E	949-246-7708	Newcomer's Meeting
6-7:30 pm	Lake Forest	HYBRID IN-PERSON+PHONE/WEB MEETING Starting July 11. 23685 Birtcher (Saddleback Masonic Lodge) Meeting ID: 758 943 461 Passcode:714949 OR Dial-in one of the following: 253-215-8782, 312-626-6799, 301-715-8592	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	Brigitte	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			
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			
2:30-3 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: **July 8 & August 12 at 7:30 pm**

Got experience, strength and hope in 450-500 words?

Please submit to publications@oaoci.org

To e-mail regarding a business matter: 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

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.oasvalley.org

Region 2 Convention!

July 9 – 11, 2021

(VIRTUAL ONLY)

Hosted by San Diego

County Intergroup

Registration & details here:

<http://www.oar2.org>

Your trusted servants:

Chair.....chair@oaoci.org

Laurie Y818-414-8841

Vice-Chair.....vicechair@oaoci.org

Rosemary D714-979-6780

Secretary.....secretary@oaoci.org

Steven M562-397-2596

Treasurer.....treasurer@oaoci.org

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Terry L949-400-3379

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Frank P949-842-3454

Region 2 Reps

Frank P949-842-3454

World Service Delegates

Laurie Y818-414-8841

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