



OA Birthdays & Anniversaries

Congratulations to all
those celebrating.

OA Birthdays:

Barbara G. 47 years August 1
Jean S. 5 years September 2

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

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

If you need help with your
writing, Susie, the OAOCI
Activities Chair, would be
happy to assist you! Email
Susie at activities@oaoci.org

A Word about Hybrid Meetings

As we contemplate opening live
meetings 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:

- Sep 12th, “The Promises of the Program”
- Oct 10th, “Applying the Traditions in Daily Life”

Check out the flyers for these workshops at:
oaoci.org/events

Animal Friends in Our OA Program

The pdf booklet of submissions from our
winter writing challenge is still up on the
OAOCI website. Check out our amazing fellow
writers and their furry friend stories at
oaoci.org/events

This Is Life or Death for Me

I'm a mother of four young adult children, three three of them have autism and mental illness. My husband is an advanced tongue cancer survivor. It took me almost 35 years, in program, before I was FINALLY able to become abstinent more than three days here, seven days there, 21 days once or twice. I finally realized to the core of my being that there was nothing ahead for me, except for a lot more PAIN, a lot more SUFFERING and an EARLY DEATH...unless I PUT DOWN THE FOOD!!! I had to clearly identify my alcoholic foods, their common ingredients, and PUT THEM DOWN 100%. I realized this is life or death for me! I PUT DOWN THE FOOD and I picked up this program and worked it like my life depends on it, because it does.

I hooked myself up to an “IV of recovery voices” through attending lots of meetings, studying the literature and working with others. Six years went by, I was now down 100 pounds from my top weight, I felt 20 years younger, my brain worked better, I was abstaining from my binge foods and life was good. I went to a Big Book Workshop put on by Harlan G. He was talking about the Fourth Step and things in life that we can't get past because of the traumatic nature of them. I started to cry uncontrollably. I thought to myself, I must need to do the Steps again. He mentioned A Vision for You OA meetings (avision4you.info) and how it was in his opinion, the Renaissance of OA. I had never heard of them. I started listening to the meetings and have been listening everyday possible since then. I got a sponsor right away and worked through the Steps “like my hair was on fire.” It was a transformational experience in **emotional sobriety**.

I learned that the point is, to live in Steps 10, 11 and 12 on a daily basis to enhance and enlarge our spiritual lives in order to remain abstinent over the long haul. I had never really understood how to do a 10th Step effectively. I practice them now on a daily basis. It is such an AMAZING GIFT! I can go from being seized up in fear or lost in resentment and do a 10th Step and feel such dramatic relief afterwards with my emotional sobriety restored! It is like getting a hug from my Higher Power.

I am now living a life beyond my wildest dreams! Not because my circumstances have changed, but because my attitude about my circumstances has been transformed through the working of Steps 10, 11 and 12 on a daily basis.

*By Dawn B., now abstinent for nine years and down
over 120 pounds from her top weight.*

Meeting Directory • September-October 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. (The office is still closed to visitors.)

Newcomers & Meeting Information: 714-953-0900 • website: <http://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	In-Person Meeting 275 Victoria St. Room 1B	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 Passcode: selflove	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 Same address and Zoom info as below.	Cheryl B.	949-280-5475	Newcomer's Meeting
6-7:30 pm	Lake Forest	HYBRID IN-PERSON+PHONE/WEB MEETING 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	Cheryl B	949-380-5475	Speaker, pitch, 100 pounders, chip
6-7 pm	Irvine	TEMPORARILY SUSPENDED			

☞ 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			
10-11:30 am	Yorba Linda	TEMPORARILY SUSPENDED			
6-7 pm	Yorba Linda	TEMPORARILY SUSPENDED			
6-7 pm	San Clemente	IN PERSON 35522 Camino Capistrano (Christ Lutheran Church)	Katie D.	828-802-5253	Women/s Book Study, Spkr
7-8 pm	S. Juan Capistrano	Meeting ID: 860 5579 6774 Passcode: Love You (Phone Passcode : 82854732)	Kari B..	949-291-6842	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

10-11:00 am	Mission Viejo	Hybrid In-Person 26051 Marguerite Pkwy, MV Meeting ID: 527 966 781 Passcode:123123	Darlene	949-842-6272	HOW, 12 Step Study
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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: 815 0366 8243 Passcode: 246280	Laurie Y.	818-414-8841	Podcast, Speaker, YPF
7-8:30 pm	Costa Mesa	TEMPORARILY SUSPENDED			
7-8:30 pm	Hunt. Beach	TEMPORARILY SUSPENDED			
7-8:30 pm	Fullerton	Meeting ID: 239 125 7255 Passcode: 276682	Carol U	714-364-7573	Women's / Varied / Writing

SCROLL DOWN TO CONTINUE WITH WEDNESDAY MEETINGS

☞ Wednesday

9:30-11 am	Fullerton	Meeting ID: 239 125 7255, Passcode: 276682	Laura C.	(657) 253-2061	AA Big Book/ Step Study
10-11:30 am	Costa Mesa	Meeting ID: 821 0785 1966 Passcode: 092627	Chris P.	714-366-2995	Women's
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/Literature Study
6:30-7 pm	Costa Mesa	TEMPORARILY SUSPENDED Newcomers please call Mike or another contact person to be welcomed into our fellowship.	Mike G.	714- 856-8408	
7-8:30 pm	Costa Mesa	Meeting ID: 830 0871 6331 Passcode:bayst	Mike G.	714-856-8408	Spkr, Newcomer, Chips, Open
7-8:30 pm	Whittier	Meeting ID: 239 125 7255 Passcode: 276682	Carol U.	714-364-7353	OA 12 & 12 Step & Tradition

☞ Thursday

6-7 am	Yorba Linda	TEMPORARILY SUSPENDED			
2:15-3:15 pm	Costa Mesa	TEMPORARILY SUSPENDED			
4-5 pm	Laguna Woods	Contact: 301-312-3543	Marsha M.	301-312-3543	
6-7 pm	San Clemente	Mtg ID: 831 6550 3209 Passcode:123456	Tom S.	949-668-3468	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: 317 9493 3945	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	HYBRID IN-PERSON 26051 Marguerite Pkwy, Rm 202, Educ. Bldg,	Laurie Y.	818- 414-8841	
	MVMeeting ID: 600 472 981	Passcode:321321			
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 HB 9:30 MEETING)			
8-9 am	Laguna Niguel	Mtg. ID: 520 034 6624 For passcode email: osaturday12@gmail.com	Linda	949-510-5142	Women's Steps/Traditions Using OA 12&12
8- 9:30 am	Seal Beach	Phone/Web Meeting Contact: 714-890-1071	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
9-10:30 am	Hunt. Beach	Hybrid In-person 19102 Beach Blvd. HB Meeting ID: 695 411 1440 Passcode: recovery	Linda	714-969-7992	Book Study, Pitch

PLEASE SCROLL DOWN TO CONTINUE WITH SATURDAY MEETINGS

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: 228 000 2755 Passcode:550269

Dave G. 847-239-2772 Discussion, varied

SCROLL DOWN TO CONTINUE WITH INTERGROUP INFORMATION

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.

Fred B.....714-925-8233
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.

Fred B.....714-925-8233
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
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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:

September 9 & October 14 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

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

**The office is still closed to
visitors.** To purchase literature, go
to <https://bookstore.oa.org>.

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

Foothill 626-568-7511 www.oafoothill.org

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

Los Angeles 323-653-7652 www.oalaig.org

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

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

San Gabriel Valley 626-335-3355 www.oasgvie.org

Your trusted servants:

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

Secretary.....secretary@oaoci.org
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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

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

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