



**OA Birthdays &
Anniversaries**
Congratulations to all
those celebrating!

OA Anniversary:

Lynette P. 46 years November 20

Recovery Birthdays:

“Your Name Here, 1-50 years”

If you forgot to submit, we can
still publish next month.

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

Call or email the OA office today
at 714-953-0900 or

<mailto:ocioffice@oaoci.org>

Thanksgiving Day Gratitude Meeting

9 – 10 am at Heller Park in
Costa Mesa

For more info and flyer visit
oaoci.org/events

Looking for an OA meeting?

Meetings are listed now only on the
oaoci.org site. Click on the link to view
Orange County OA Meetings by Day
(in-person, web and phone).

[OC OA Meetings by Day](#)

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 at 12 – 1:30 pm are:

- Nov 14th, “To Carry the Message to Other Compulsive Overeaters”
- Dec 12th, “Connection is the Opposite of Addiction”

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

Susie’s 12 Steps All Day

When I see the sun come up at 5:30 am, that is my first evidence of my Higher Power (Step 2).

Already on awakening, my mind has started its agenda, in my dreams. I have thoughts of breakfast prep, to-do lists, shopping, and resentments about family members. Drowsily, I take my medication on an empty stomach to help facilitate absorption. This requirement was initially annoying, but has been a boon to my morning abstinence. I am encouraged to not dive into the kitchen first. I ask my HP for help with indecision, impatience, and self-will (Step 3). Cooking, eating, and touching food will have to wait. I will let myself prepare coffee at this early hour to be of service to my early-rising husband (Step 12).

I call an OA fellow in New Jersey to recite On Awakening from the Big Book. Sitting outside, watching the world wake up, and reading spiritual instructions together with another person makes one of my commitments manageable. We finish with a three minute timed meditation and an OA prayer (Step 11).

Now comes my favorite moment that I never, ever miss - mealtime. My meal plan has come a long way since I started in the rooms two-plus years ago. Diabetes taught me how to check my blood sugar. My first sponsor helped me to give up sugar and flour. My second sponsor helped me to embrace eating lots of veggies and to measure and weigh everything. My third sponsor simplified my meals in number of ingredients and preparation, to remove the thrill of food.

Recently, I added a spiritual appetizer and aperitif, if you will. I take 60 seconds to pause before and after my meals to fully acknowledge and admit to my HP my unmanageability with food. I cannot be calm or moderate with food nor can I walk away without having more and more (Step 1).

I’ve spent most of 2021 playing an intense game of tag with food. I always come back for a bite, lick, or extra helping. Another trick to get me close to the food was putting away condiments, cleaning up leftovers, or grabbing my vitamins from the kitchen. I fantasize about grocery shopping or making strange mixtures of foods like smoothies, formed and shaped foods like meatballs or rice cakes all day long.

But what’s eating me (Step 10)? This simple question helped me look beyond the up and down emotional roller coaster. I started facing the hard truths about my disease, my mental state, my spiritual fitness.

I am putting more effort in writing my discontents on slips of paper (prayer slips), tapping notes on my phone (Step 4), or typing emails to myself. I’m moving beyond the mindless verbalization of my W.A.F.F.E.S (worry, anger, foolishness, fears, excitement

SEASON OF GIVING DRIVE

10 ways to make a difference in OA!

1. DONATE DOLLARS

Donating generously \$2-5 for every meeting attended helps pay for the OAOCI region office and staff, zoom costs, and outreach projects. 7th tradition on oaoci.org

2. REGION 2 or WORLD SERVICE

BACKUP REP

There are two R2 positions still open. Commitment requires 1 year abstinence, 4th/5th step completions, and attendance to Spring R2 Assembly in March 2022. OAr2.org or contact Events Coordinator at events@oar2.org

3. SOUTH COAST PLAZA MALL Table Outreach

Volunteer 1-4 hours for Saturday and Sunday positions beginning mid-November this holiday season. Email publicinfo@oaoci.org

4. RECOVERY PITCH

Share your recovery story in a speaker meeting. Look for keyword "speaker" under oaoci.org/meetings listings.

5. WRITE YOUR STORY

New publications are underway that need shares on diverse voices and sponsorship. For information and guidelines visit oa.org News and Events.

6. SOCIAL MEDIA GURUS NEEDED

Are you Social Media savvy? Are you good with computers? We need 4-5 people who can research how to promote the OA message of recovery on various social media platforms. Email publicinfo@oaoci.org

7. MEDICAL COMMUNITY OUTREACH

Share personally how OA helped you with your medical practitioner or wellness associate by printing or emailing the OA Press Kit

<https://oa.org/app/uploads/2021/08/oa-press-kit.pdf>

8. BOGO - BUY ONE GIVE ONE LITERATURE

Purchase a form of literature for yourself and a friend. [Bookstore.oa.org](https://bookstore.oa.org)

9. WEEKEND WARRIORS

Attend a weekend workshop with a friend to boost your recovery. [Oaoci.org/events](https://oaoci.org/events)

10. NEWCOMER WELCOME

Take down all phone numbers of newcomers at your meeting and commit to calling at least one!

and self-pity) and mentally focusing on the real grievances that cause me to act out. I discovered, among many things, a debilitating lack of self-worth and co-dependency.

I read my writings to my sponsor at our daily check-in (Step 5), taking the initial steps to turn it over to my HP. Surrender is always a bitter pill at first. It takes me 24-48 hours to get used to new ideas. The initial tears, shock, and fear I experience, softens with time and I am able to gratefully ask God to take away my defects if it serves his will (Steps 6 and 7).

The initial furtive decision to turn my will and life over to my HP (Step 3) is blossoming into real change! I've been able to reduce my double and triple servings of protein to moderate and healthy 4 oz. portions. I pray for the willingness to say the Sick Man's Prayer for friends and family I am jealous of or competitive with. The chatter in my voice has turned from a scream to a whisper.

I spend my days regularly checking in with two sponsees, attending a meeting after dinner or lunch, and providing service in Intergroup (Step 12). I continually sweep the debris that clutters my mind every few hours in little prayers, little writings, or outreach calls (Step 10) to prevent dangerous breeding grounds for binging. I make quick amends (Step 8 and 9) for injurious actions made from asserting my opinions, my self-will. As I say the Sick Man's Prayer for others, I say them for myself too.

Steps 1, 2, and 3 are my heart's daily work. No thinking here required. I often imagine my HP as my road trip buddy, personal trainer, or a caring parent. My HP supports me the moment I ask for help and accept it.

Steps 4 and 5 are my discovery work. Pen to paper. It has taken my passive group therapy type of recovery to the next level. I can understand better my part in all things in my day and my spiritual relationship with a loving HP.

Steps 6, 7, 8, and 9 are my softening steps. I humble myself and ask for change that I know I cannot do for myself. If I could do it, I would've done it already sometime in the last 30 years!

I often can't believe I have to do all this in one day. I often think it's too much. However, trying it my way with a lighter routine didn't work either. I always suffered from slow-roll binges and subversive sources of frustration. I desire now to keep applying more and more of program until it is enough for me.

Lastly, I'd like to mention that before writing this piece, I prayed for 30 seconds (Step 11). I prayed for help to start it. I did not know how to begin explaining my recovery journey into something coherent. I put pen to paper and wrote immediately six rough pages of my life. I felt peace and assurance that what I wrote would help another sufferer (Step 12). I knew that I wouldn't have to worry. That is a mini miracle in itself. Thank you HP (Step 3)!

by Susie S.

Find more stories of "My 12 Stepping Life" at oaoci.org/events

ADD YOUR NAME!

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
Ron H.....714-381-4515
Sharon P.....714-330-2014
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
Griselda.....562-361-2727
Sharon.....714-330-2014
Annie T (24/7).....714-552-2337
Gaddy G (7a—10 p).....949-842-6439
Ron H.....714-381-4515

E-Mail Contacts

The following people are available via e-mail:

Griselda.....nicknamegoeshere05@gmail.com
Steven H.....shh92714@yahoo.com
Annie T.....jitterbalbug@yahoo.com
Gaddy G.....gaddy3@gmail.com

Virtual Region 4th Saturday of the Month e-Workshop Series

9:30 am – 11 am

Nov 27th, “Trudging the Road to
Happy Destiny”

Dec 25th, “Step 2 – Came to
Believe”

More info at oaoci.org/events

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(in-person, web and phone).

[OC OA Meetings by Day](#)

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:

November 11 & December 9 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:

By appointment only to purchase
literature. To also 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.oasgvalley.org

South Bay 562-493-9030 www.oasouthbay.org

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

Your trusted servants:

Chair.....chair@oaoci.org
Laurie Y818-414-8841

Vice-Chair.....vicechair@oaoci.org
Rosemary D714-979-6780

Secretary.....secretary@oaoci.org
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12th Step Within.....12thstepwithin@oaoci.org
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