



**OA Birthdays**  
Congratulations to all  
those celebrating

**Abstinence Birthdays:**

**Jill E.            4 years        March**

*How many years of recovery do you have?  
We want to celebrate milestones with you.  
Email the OA office. [ocioffice@oaoci.org](mailto:ocioffice@oaoci.org)*

**37<sup>th</sup> Annual Women's  
Sweet Surrender Retreat**  
"The OA Promises" via Zoom  
Saturday, April 24<sup>th</sup> 9 am – 4 pm  
Flyer & registration:  
[www.oaoci.org/events](http://www.oaoci.org/events)

***Salty Dogs Day Camp***  
3-hour Zoom event for the MEN of OA  
Saturday, April 24<sup>th</sup> 9 am – 12 noon  
Flyer & registration:  
[www.oaoci.org/events](http://www.oaoci.org/events)  
Questions? Call Frank P. 949-842-3454

## **OC OA Meetings**

There are no face-to-face meetings in  
Orange County because of current  
state regulations.

A list of phone and web OC OA  
Meetings By Day may be found on the  
next two pages and at  
[www.oaoci.org/meetings-by-day](http://www.oaoci.org/meetings-by-day)

## **OA Virtual Events Beyond OCI**

The next Virtual Region Sunday  
e-workshops are:

- March 14<sup>th</sup>, "Courage to Change the Things I Can
- April 11<sup>th</sup>, "A Spiritual Toolkit"  
Check out the flyers  
[www.oaoci.org/events](http://www.oaoci.org/events)

## **Humility vs. Humiliation by Michele K.**

Coming into the rooms, I heard about humility. Once in a while a speaker would point out the difference between humility and humiliation.

Humility comes from a place where I acknowledge my natural human weaknesses. One of my own weaknesses is a powerlessness over food that makes my life unmanageable. While compulsive overeating is not a universal weakness, it certainly is not unique to me. Indeed, I share this weakness with every other member of Overeaters Anonymous.

The pandemic has taken a toll on our ability to connect face to face with our fellows, but it has created the opportunity unlike one we have ever experienced before. Across the world, compulsive overeaters are meeting on Zoom, not just over the phone, to conduct meetings. We now can not only hear from compulsive overeaters across the country and globe, but see them too. We can look into their eyes and see a mirror of our own.

There is no shame or humiliation in the rooms. We share our experience, strength, and hope without fear of ridicule or judgement. We do not fear to turn on our cameras simply because we may be overweight, or not wearing makeup. Because OA has created a safe space for us to accept our natural weakness where food is concerned. Accept it, understand it, and support each other as we work one day at a time to maintain the humility that paves the way for our higher powers to relieve us of our compulsive overeating.

Humiliation is what my disease brings me outside of these rooms. It is breaking chairs under my weight. It is having to ask for a seat belt extender on an airplane, or worse, knowing the stranger next to me on that airplane can feel my fat thighs sliding under the armrest and pressing against his own legs. Humiliation is not wanting people from my past to see me due to my size. It is hearing my child get teased by his school friends for having a fat parent. It is having to swallow back my purge in a public restroom while I wait for strangers to clear out, because I do not want anyone to know I am a bulimic.

There is plenty of humiliation outside of the rooms. That humiliation awaits me any time I wish to pick it back up with the food. But thanks to the love, acceptance, and support of my fellows, I can let go and let God one day at a time.

**Download other amazing Fall 2020 Story Submissions  
to read at [oaoci.org/events](http://oaoci.org/events).**

# Meeting Directory • Mar-Apr 2021

Orange County Intergroup of Overeaters Anonymous, Inc.

1905 E. 17<sup>th</sup> 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 & 1<sup>st</sup> & 3<sup>rd</sup> Sat—10:00 am to 2:00 pm

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

## ☞ 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			

## ☞ 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.	<b>(657) 253-2061</b>	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
7-8:30 pm	Whittier	Meeting ID: 239 125 7255 Passcode:276682	Carol U.	714-364-7573	Speaker, Pitch, open^
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	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			
2:15-3:15 pm	Costa Mesa	TEMPORARILY SUSPENDED			
2-3 pm	Fullerton	Meeting ID: 239 125 7255 Passcode:276682	Linda M.	(805) 878-2758	Women's Stag/Step Study
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 <sup>nd</sup> Thursdays

## ☞ Friday

10-11:30 am	Costa Mesa	Meeting ID: 721 884 847 Passcode:092627	Chris P.	714-557-1380	Women's stag, Pitch
10-11:30 am	Mission Viejo	Meeting ID: 600 472 981 Passcode:321321	Laurie Y.	<b>818- 414-8841</b>	
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.	<b>562- 397-2596</b>	Newcomers, varied, chips, ***YPF, open^

## ☞ Saturday

8-9 am	Hunt. Beach	TEMPORARILY SUSPENDED (JOINING HP 9:30 MEETING)			
8- 9:30 am	Seal Beach	Phone/Web Meeting	Nettie	714-890-1071	
8 am	Laguna Niguel	Mtg. ID: 520 034 6624 For passcode email: <a href="mailto:osaturday12@gmail.com">osaturday12@gmail.com</a>	Linda	949-510-5142	Women's Steps/Traditions Using OA 12&12
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
10-11 am	Dana Point	Meeting ID: 527 608 205 Passcode: 308511	Michelle P.	<a href="mailto:happyspiritspark@gmail.com">happyspiritspark@gmail.com</a>	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](mailto: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

The following people are available for calls at the hours indicated. Feel free to give them a call.

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

**March 11 & April 8 at 7:30 pm**

Got experience, strength and hope in 450-500 words?  
Please submit to [publications@oaoci.org](mailto:publications@oaoci.org)

Want to e-mail regarding a business matter? Email:  
[ocioffice@oaoci.org](mailto:ocioffice@oaoci.org)

## Orange County Intergroup Office

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

[www.oaoci.org](http://www.oaoci.org)

Office Hours:

Mon-Thu — 10:30 am to 1:30 pm  
1st & 3rd Sat. — 10:00 am to 2:00 pm  
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](mailto:info@oa.org) <http://www.oa.org>

## Other Intergroup Offices

Foothill .....626-568-7511 [www.oafoothill.org](http://www.oafoothill.org)  
Inland Empire 951-715-2080 [www.go2oa.org](http://www.go2oa.org)  
Los Angeles .....323-653-7652 [www.oalaig.org](http://www.oalaig.org)  
San Diego ...619-521-2538 [www.oasandiego.org](http://www.oasandiego.org)  
San Fernando Valley 818-888-4776 [www.oasfvalley.org](http://www.oasfvalley.org)  
San Gabriel Valley ..... 626-335-3355 [www.oasgvie.org](http://www.oasgvie.org)  
South Bay 562-493-9030 [www.oasouthbay.org](http://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](mailto:volunteers@oaoci.org)

## Your trusted servants:

Chair.....[chair@oaoci.org](mailto:chair@oaoci.org)  
Laurie Y .....818-414-8841

Vice-Chair..... [vicechair@oaoci.org](mailto:vicechair@oaoci.org)  
Rosemary D .....714-979-6780

Secretary ..... [secretary@oaoci.org](mailto:secretary@oaoci.org)  
Steven M .....562-397-2596

Treasurer ..... [treasurer@oaoci.org](mailto:treasurer@oaoci.org)  
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Terry L .....949-400-3379

12th Step Within.....[12thstepwithin@oaoci.org](mailto: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