



OA Birthdays
Congratulations to all
those celebrating

Abstinence Birthdays:

Laurie Y. 10 years January

Frank P. 6 years December

Anniversary: Caroleena A. 2 years

How many years of recovery do you have?

We want to celebrate milestones with you.

Email the OA office. ocioffice@oaoci.org

Tool Time Workshop!

Saturday, February 20th

9 am – 12 noon

Flyer & registration: www.oaoci.org/events

New Virtual Meeting in OC

Thurs., 6:30-7:30pm

Virtual (#89138)

Join via web: <https://zoom.us/join>

Meeting ID: 130 051 247

or Dial-in phone #'s (use any one)

253-215-8782, 312-626-6799,

or 301-715-8592

Contact: Amanda M (714) 955-1592

Women's meeting, daily reader

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

OA Virtual Events Beyond OCI

The next Virtual Region Sunday
e-workshops are:

- January 10th, "And Practice These Principles in All Our Affairs"
- February 14th, "Sought Through Prayer and Meditation"

Check out the flyer

www.oaoci.org/events

My Life Because of OA

As a child I was always taught that to look good on the outside
Is something you always sought

Being fat was not an option - you will never get far

Again it just proves that your weight is who you are

If you want to fit in you have to be thin

In program I've learned that I'm more than a number
My life is actually a really big wonder

I'm learning everyday what goes on in life
Good feelings, relationships and yes even strife

The bad feelings I've always tried to numb
I was always taught that to have feelings was dumb

Abstinence has opened up a whole new world to me
And now the beauty and love in this world I can actually see

The bad feelings come and I reluctantly feel
And sometimes all I can think about is when
I'm going to get my next meal

But what I've gained is priceless and I never want to go back
I've got tools and solutions to put in my pack

I look to those who have gone before me and
I try new things, pray and open my eyes to see

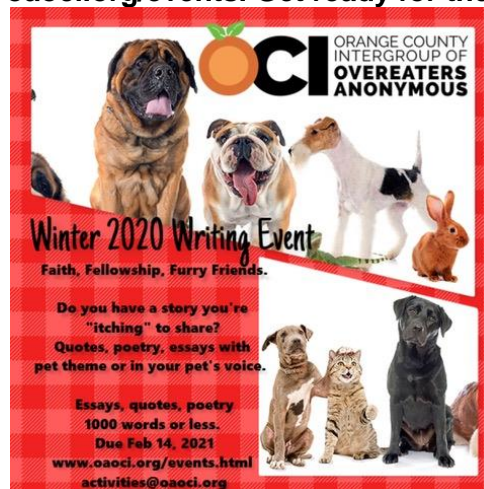
Feelings suck but I'm learning that I won't die
Eventually they pass and maybe all I needed was a good cry

One day at a time is all I can do

And I pray that someday to myself I'll be able to say I love you

by Karen P.

Download other amazing Fall 2020 Story Submissions
to read at oaoci.org/events. Get ready for the next event!



Meeting Directory • Jan-Feb 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			

☞ 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	Meeting ID: 735 0676 6116 Passcode:112233	Jay V	949-500-2775	Varied Topics/Writing
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
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 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
10-11:30 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- 9:30 am	Seal Beach	Phone/Web Meeting	Nettie	714-890-1071	
8 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
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.	happyspiritspar k@gmail.com	Book Study
5-6 pm	Laguna Beach	Meeting ID: 407 488 6616 Passcode:123456	Sandra	949-487-6705	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

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
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..... angeles4m@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 1 hour meetings will be:

November 12 & December 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
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 <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
San Gabriel Valley 626-335-3355 www.sgvie.oar2.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

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Secretary secretary@oaoci.org

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Young Persons..... youngpersons@oaoci.org

Vacant

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