



OA Birthdays & Anniversaries Congratulations to all those celebrating!

OA Anniversary and Recovery Birthdays:

Frank P. 7 years December 4

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

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

Email: <mailto:ocioffice@oaoci.org>

SOBER EATING WORKSHOP

Understanding food addiction and
what sobriety means.

Sunday, Feb. 6th 10:30 am – 1:30 pm

For flyer and registration:

oaoci.org/events

Valentine Love Letters to My Higher Power!

Sentences, essays, poetry or visual
art due Feb. 14, 2022

For more info: oaoci.org/events

2022 OA BIRTHDAY PARTY

“Window of Opportunity”

January 14 – 16, 2022

Panels – Big Book Workshop - Fellowship

Hosted by LA Intergroup:

[Register Here](#)

SOUTH COAST PLAZA MALL

Table Outreach

Boost your recovery and volunteer 2 - 4
hours for Saturday and Sunday positions
beginning post-holiday in January 2022!

Email: publicinfo@oaoci.org

OA Virtual Events Beyond OCI

The next Virtual Region Sunday
e-workshops at 12 – 1:30 pm are:

- Jan 10th, “And Practice These Principles in All Our Affairs” The Spiritual Principles
- Feb 14th, “Sought Through Prayer and Meditation” Developing Relationship w/ HP

Check out the flyers for these workshops at

oaoci.org/events

New Year's Resolutions – Helpful?

Before OA I would make New Year's resolutions to lose weight and exercise daily to undo the effects of overeating. Talk about self-will run riot! That's the best I could do without the gift of a God of my understanding or a program of recovery. In my wildest dreams I never hoped to keep the weight off. Sadly, each year my resolve dissolved in a few short days or weeks. I had no idea that I was powerless over anything, including food.

I came to my first OA meeting in 1988 at age 29. I attended a meeting in Los Angeles to complete an assignment on 12 Step programs for graduate school. As I listened to people share how their weight had normalized and lives had gotten better as a result of this program I thought “hey, maybe there's something here for me. I could stand to lose some weight.” I went to dinner (aka fellowship) after the meeting and met some fun people. “We are not a glum lot!” They suggested I go to six meetings before deciding if OA was for me (I didn't think that was necessary, so I didn't try other meetings). They also suggested I get a sponsor so I asked a guy at the table to be my sponsor without any discernment for what would be a good working relationship. He had 30 days of abstinence and that was more time than I had, so we started working together. Most of our daily conversations were about what I was eating and never got into the 12 steps let alone the 12 traditions.

So this year my resolution is to continue my Plan of Action on a daily basis.

- Begin each morning with Prayer and Meditation before other tasks.
- OA reading and writing that includes committing my food for the day.
- Give this away to my sponsor each day at 7:30 a.m.
- Take three sponsee calls where I listen to their reading and daily food plan.
- Three meeting per week with service commitments.
- Participate in OC Intergroup and Region 2.
- Make and accept outreach calls from fellows.
- Exercise to maintain my health (as opposed to undue overeating).

Thirty-three years later, I find myself in OA for my third time. This episode of recovery started in 2008 and I just took a virtual coin for seven years of abstinence. Unlike my failed, self-will driven New Year's Resolutions, I am a grateful member of the fellowship. I do love this “simple program.” With the help of my Higher Power, a remarkably kind, insightful and generous sponsor, and three diligent sponsees, I have been at a normal body weight for three years and am maintaining a 75-pound weight loss.

#9thStepPromises

by Frank P.

ADD YOUR NAME!

To be added to any of the following lists, please contact the OCI office at 714-953-0900 or ociooffice@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

Carrying the Message & Donations
OA World Service suggests donating \$5 per meeting to offset increased costs and declining donations.

Looking for an OA meeting?
Click on the link to view OC OA Meetings by Day (in-person, web and phone).
[OC OA Meetings by Day](#)

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:

January 13 & February 10 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: ociooffice@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

Your trusted servants:

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Caroleena A626-421-2544

12th Step Within.....12thstepwithin@oaoci.org
Vacant.....

Region 2 Reps
Frank P949-842-3454

World Service Delegates
Laurie Y818-414-8841

Congratulations to New Board Members

Serving you for the next
two years are:

Frank P. – Chair

Steven M. – Continuing Secretary

Mary Lou O. – Office Liaison

Terry L. – Meeting Liaison

Caroleena A. – E-Media Manager

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