



## OA Birthdays & Anniversaries

Congratulations to all those celebrating!

Happy Anniversary to:

Your name can go here!

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: [ocioffice@oaoci.org](mailto:ocioffice@oaoci.org)

Zoom Security Training  
Presented by OA San Diego  
May 8 and May 16

To register: [oaoci.org/events](https://oaoci.org/events)

## 2022 OA BIRTHDAY PARTY “Window of Opportunity”

Recordings are now available to the public at...

[oalaig.org/oa-birthday-party/birthday-party-recordings/](https://oalaig.org/oa-birthday-party/birthday-party-recordings/)

## OCI MEETINGS SCHOLARSHIP GRANT

To encourage the starting and restarting of in-person meetings, OCI will offer a scholarship of one month's rent up to \$100. This would be payable to the renting organization for meetings-to-be that demonstrate sufficient OA members planning to support it, for a total amount not greater than \$3000. To be eligible for this grant, the meeting must have an Intergroup Representative who attends monthly OAOCI Intergroup meetings (2nd Thursdays, 7:30 - 8:30 pm).

## OA Virtual Events Beyond OCI

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

- May 8th “Dealing with Guilt and Shame”
- June 12th, “Gratitude as an Action Word”

Check out the flyers for these workshops at [oaoci.org/events](https://oaoci.org/events)

## A SPONSOR'S TOOLBOX

OA HOLIDAY WORKSHOP: SPONSORSHIP DAY  
Getting a Newcomer Started and  
Other General Information for Sponsors

### PREPARATION

It may be helpful for a new sponsor to study the OA pamphlets A Guide for Sponsors, Sponsoring Through the Twelve Steps, and Where Do I Start?, plus the oa.org download Temporary Sponsors: Newcomers' First Twelve Days.

### MATERIALS

- A Guide for Sponsors
- Sponsoring Through the Twelve Steps
- Where Do I Start? Everything a Newcomer Needs to Know
- Temporary Sponsors: Newcomers' First Twelve Days
- Alcoholics Anonymous, Fourth Edition
- OA and AA Twelve and Twelve
- The Twelve Step Workbook of Overeaters Anonymous, Second Edition
- Twelve Step Workshop and Study Guide, Second Edition
- Getting Honest About Your Food and Weight – 3 column exercise (find [here](#))
- Food Slip Inventory – Slips are learning experiences. What did you learn? (Find [here](#))
- Sponsorship Success podcasts at [oa.org/sponsorship-success](https://oa.org/sponsorship-success):
  - What is a sponsor?
  - Why should you get a sponsor and how can you get a sponsor?
  - Why be a sponsor? Why be a sponsee?
  - When can you start sponsoring? When can you start being sponsored?
  - What are the sponsorship job descriptions – from sponsor to sponsee and back?
  - How can you break down the barriers for both parties?
  - What are some different sponsoring styles?
  - How do you work the Twelve Steps with a sponsee?
  - How do you work the Twelve Traditions with a sponsee?

General Thoughts on Getting Newcomers Started...to continue reading go [here](#).

## 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](mailto: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.

Anne C.....949-887-2944  
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  
Eva H.....714-774-7400  
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:

Anne C.....[anne@thepearlygates.com](mailto:anne@thepearlygates.com)  
Griselda.....[nicknamegoeshere05@gmail.com](mailto:nicknamegoeshere05@gmail.com)  
Steven H.....[shh92714@yahoo.com](mailto:shh92714@yahoo.com)  
Annie T.....[jitterbalbug@yahoo.com](mailto:jitterbalbug@yahoo.com)  
Gaddy G.....[gaddy3@gmail.com](mailto:gaddy3@gmail.com)

### 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](#)

### Region 2 May Events

#### OA RISE

Recovery Inspires Shared Experiences/Finding the Power Within the Steps/Road from Relapse to Recovery and more...

[oar2.org/event-calendar.html](http://oar2.org/event-calendar.html)

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:

**May 12 & June 9 at 7:30 pm**

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

To e-mail regarding a business matter: [ociooffice@oaoci.org](mailto:ociooffice@oaoci.org)

### Orange County Intergroup Office

Mailing Address:

PO Box 23057  
Santa Ana, CA 92611  
714-953-0900

Office Hours:

Mon – Thurs, 10:30 – 1:30  
1905 E. 17th Street, Suite 322,  
Santa Ana, CA 92705

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

Literature purchases by appointment only.

### 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)  
Frank P .....949-842-3454

Vice-Chair..... [vicechair@oaoci.org](mailto:vicechair@oaoci.org)  
Jenn S.....714-996-6011

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

Treasurer ..... [treasurer@oaoci.org](mailto:treasurer@oaoci.org)  
Joyce F .....714-328-2690

Office Liaison.....[officeliason@oaoci.org](mailto:officeliason@oaoci.org)  
Rosemary D.....714-979-6780

Activities ..... [activities@oaoci.org](mailto:activities@oaoci.org)  
Vacant

Meeting Liaison.....[mtgliason@oaoci.org](mailto:mtgliason@oaoci.org)  
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Caroleena A .....626-421-2544

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

Region 2 Reps  
Cheryl B.....949-280-5475  
Vacant

World Service Delegates  
Vacant

### Looking to do more OA service?

Three Board positions are vacant.

- 12-Step Within,
  - Activities, and
  - Public Information.
  - World Service Delegate and
  - Region 2 Rep
- Contact Frank P. at [chair@oaoci.org](mailto:chair@oaoci.org)