Communiqué

A publication of the Orange County Intergroup of Overeaters Anonymous, Inc.

March-April 2023



OA Birthdays & Anniversaries

Congratulations to all those celebrating! Happy Birthday to:

March 16th Diana A. 40 years

March 15th Steven M. 5 years

How many years of recovery do you have? We want to celebrate with you. Email: ocioffice@oaoci.org

OAOCI is Hosting the **July 2023 Region 2 Convention!!**

The OA Orange County Intergroup has voted to host the next Region 2 Convention.

To attend the next meetings, register here. Volunteers are needed to help out. FYI - Check out the Region 2 website here.

Sweet Surrender Retreat April 21 – 23, 2023. Register here: oaoci.org/events

https://www.tickettailor.com/events/oaorangec ountyintergroup/833756

Board positions that are vacant include:

- Activities
 - 12th Step Within
 - Additional Board positions will be open for vote at the next Board/Intergroup meeting on March 9th.

OA Virtual Events Beyond OCI

The Virtual Region holds Speaker Series, Recovery Talks and New Year - Fresh Start. To view all events for Mar/Apr, check out the Virtual Region website. oavirtualregion.org

Acceptance

When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink. And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life - unacceptable to me. I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Alcoholics Anonymous (Big Book), 4th Edition, P. 417

Do you have a story of Hope and Recovery?

Send it to: publications@oaoci.org

New Meeting!

In Person Step Study Monday morning at 9:00 am **St John The Divine Episcopal Church 183 East Bay Street**

> Serenity Retreat **April 28-30** Hosted by San Diego Intergoup

Want to help with the 2023 Convention? Board Positions are open and Your Help Is Appreciated!!

OA Virtual Region Convention, Friday, 7:00 AM - Sunday, 5:30 PM, March 3-5, presented by the OA Virtual Region

- Link to Schedule
- Link for more info •
- **Link to Register**

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 **<u>may</u>** be available as sponsors. Please give one of them a call and take advantage of their experience, strength and hope.

Anne C	
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	
Lynette P	714-401-7148
Eva H	
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
Griselda	nicknamegoeshere05@gmail.com
Steven H	<u>shh92714@yahoo.com</u>
AnnieT	jitterbalbug@yahoo.com
Gaddy G	<u>gaddy3@gmail.com</u>

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

OA RISE

Recovery Inspires Shared Experiences/Finding the Power Within the Steps/Road from Relapse to Recovery and more... <u>oar2.org/event-calendar.html</u>

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: Mar 9th and April 13th at 7:30 pm

We're looking for shorter articles for the Communique. Please submit to publications@oaoci.org

To e-mail regarding a business matter: ocioffice@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

<u>www.oaoci.org</u>

Literature purchases by appointment only.

Region 2 Office 4733 Torrance Blvd. PMB 335, Torrance, CA 90503 <u>http://www.oar2.org</u>

World Service Office 505-891-2664 PO Box 44727, Rio Rancho, NM 87174 E-mail: info@oa.org <u>http://www.oa.org</u>

 Other Intergroup Offices

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 626-568-7511
 www.oafoothill.org

 Inland
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 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.oasgvie.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:

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Region 2 Reps Terry L949-400-3379
World Service Delegates

Vacant

Looking to do more OA service? Three Board positions are vacant.

- 12-Step Within,
- Activities, and
- World Service Delegate and
- Region 2 Rep

Contact Frank P. at chair@oaoci.org