



## OA Birthdays & Anniversaries

Congratulations to all those celebrating!

*Happy OA Birthday to:*  
*Terry L. May 4<sup>th</sup>, 2007*  
*David F May 25, 1999*

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

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

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

The Orange County Intergroup office is closing after over two decades of service. Materials can still be purchased online!!

[Bookstore.oa.org](http://Bookstore.oa.org)

\*\* Our intergroup needs your support\*\*

Mail contributions to  
or give at [oaoci.org/contribute](http://oaoci.org/contribute)

Board positions that are vacant include:

- Vice Chair
- Public Information
- Activities
- 12<sup>th</sup> Step Within

## OA Virtual Events Beyond OCI

The Virtual Region holds Speaker Series, Recovery Talks and New Year - Fresh Start.

To view all events for May/ June check out the Virtual Region website.

[oavirtualregion.org](http://oavirtualregion.org)

## Step 11: Overeaters Prayer

Right now, I surrender to You.  
my temptation to binge,  
to rebel, to misuse the food  
You've blessed me with.

Fill me instead with  
Your spirit and grace  
and grant me the power.  
and the will to STOP indulging  
when I am no longer hungry.  
Thank You that, by Your spirit,  
within me, I have the ability to  
resist the urge to overeat today.

Amen

## OA Region 2 2023 Convention is

- \* July 7-9 in Costa Mesa and on Zoom
- \* hosted by OUR intergroup
- \* full of great workshops and panels
- \* fun and recovery, NO business!

Register now!

[oar2.org/upcoming-convention](http://oar2.org/upcoming-convention)

Am I grateful for my abstinence today?

I used to be a highly sensitive person and I had to be perfect.

Working the steps, going to meetings, calling a sponsor, sponsoring others, studying the Big Book and working the tools, I'm feeling more comfortable in my own skin.

I'm just one of God's kids, no better nor worse than anyone.

## 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](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.

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](#)

### 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 11<sup>th</sup> and June 8<sup>th</sup> at 7:30 pm

We're looking for shorter articles for the Communique.  
Please submit to [publications@oaoci.org](mailto:publications@oaoci.org)

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

[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)

### 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)  
Vacant.....

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

Treasurer..... [treasurer@oaoci.org](mailto:treasurer@oaoci.org)  
Vacant.....

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)  
Terry L..... 949-400-3379

Public Information..... [publicinfo@oaoci.org](mailto:publicinfo@oaoci.org)  
Vacant.....

Publications..... [publications@oaoci.org](mailto:publications@oaoci.org)  
Dave F..... 714-400-6909

E-Media Manager..... [emediamgr@oaoci.org](mailto:emediamgr@oaoci.org)  
Caroleena A..... 626-421-2544

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

### Region 2 Reps

Lisa H..... 714 366-8963  
Terry L..... 949-400-3379

### World Service Delegates

Vacant.....

### 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)

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](mailto:chair@oaoci.org)