



## OA Birthdays & Anniversaries

Congratulations to all those celebrating!  
*Happy OA Birthday*

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 closed 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:

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

### OA Virtual Events Beyond OCI

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

To view all events for July/ August check out the Virtual Region website.

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

An Open Invitation to Share your story here in the next Communiqué

Email to [Publications@oaoci.org](mailto:Publications@oaoci.org)

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

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

### 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:

July 13<sup>th</sup> and August 10<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

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

### 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.oasvalley.org](http://www.oasvalley.org)

San Gabriel Valley 626-335-3355 [www.oasgvic.org](http://www.oasgvic.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)  
Sharon P.....714-330-2014

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

Treasurer.....[treasurer@oaoci.org](mailto:treasurer@oaoci.org)  
Missy S.....714-425-8312

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

### 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)

### 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)