



Thanksgiving Day Gratitude Meeting

9 – 10 am at Heller Park in Costa Mesa.

Bring a chair or blanket.

[Get the flyer with map here.](#)

Materials can be purchased
online!!

Bookstore.oa.org

** Our intergroup needs your support**

Mail contributions to
or give at oaoci.org/contribute

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

Looking for an OA meeting?

[Click here](#)

to view

OC OA Meetings by Day
(in-person, web and phone).

Submit your Birthdays and
Anniversaries
for 2024 Now!!

Thank You to our last Contributor: Cindy M. (847) 804-1565

The OA Journey of Sylvia H.

I went to my first OA meeting Nov. 7th of 1969 at the age of 24. I didn't want to go. I waddled in at over 200 lbs. on my bottom heavy 5'2" frame. **I know God led me to this OA meeting.** An acquaintance told me about OA and was supposed to meet me there, but she didn't show up. As I share, I trust you'll hear what speaks to you. I had my first binge at age 4. My nurturing came from my grandmother who fed me.

When I walked into my first meeting, I was welcomed. I couldn't believe these people most of them older, told my story. Things I'd never told anyone about hiding & sneaking food, taking food out the garbage can, eating someone's lunch and ongoing binging. I had planned to eat that night when I got home. I didn't understand the word abstinence and other words I heard. I got a sponsor went home threw out the leftovers I planned to eat and cleaned my oven to keep from eating.

I called my sponsor the next morning. That began my OA journey. Within a year I was more than 100 lbs. lighter. I had worked the steps, gave away inventory and made the amends I could. I want to interject something, my mother who was not very nice to me said, if a fat person hasn't lost weight by the time, they're 25 yrs. they will be fat for the rest of their lives. I was 25. I made a lot of phone calls to my sponsor and other members. I sponsored new members and when they went off their abstinence I, supported them, and suggested they not to feel guiltily and begin abstaining at the next meal. I told them to make telephone calls, read the literature we had, the 24 hours a Day and to call me, if they needed more support. There weren't many meetings, so we traveled with each other to the meeting there were. We had conventions, gatherings and dances. Today I respect whatever someone chooses for their food plan. I had my first relapse for a few weeks when I got pregnant. Fortunately, with support of my sponsor and fellow members, I maintained my weight loss and only gained 20 lbs. with the pregnancy and lost it afterwards.

In 1987 my son passed away unexpectedly. I was devastated. I was supported by my sponsors, my AL Anon sponsor who had also lost a child & my spiritual center.

These 56 yrs. have been quite a journey. It's been at least 25 – 30 years since I turned to food. OA began this journey and has led me to live through my life issues without compulsively eating, because using food to cover up my problems no longer worked. During, the pandemic and being isolated at home I found the Monday, Wednesday, and Friday meetings on Zoom and I am home again with my fellows and dear friends. Light and Love, Sylvia.

[\(sylviafreetobe@yahoo.com\)](mailto:sylviafreetobe@yahoo.com)

(562) 355-3300

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 **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
Griselda.....nicknamegoeshere05@gmail.com
Steven H.....shh92714@yahoo.com
Annie T.....jitterbalbug@yahoo.com
Gaddy G.....gaddy3@gmail.com

Looking to do more OA service?

Three Board positions are vacant.

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

Contact Frank P. at
chair@oaoci.org

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:
Nov 9th and Dec 14th 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

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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.oasvalley.org San Gabriel Valley 626-335-3355
www.oasgvie.org
South Bay 562-493-9030 www.oasouthbay.org

OA RISE

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

Your trusted servants:

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Region Two Representatives

Lisa H..... 714 366-8963

World Service Delegates

OA Virtual Events Beyond OCI

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