



## 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)

## From World Service News

### Sponsorship Day August 19 – 21

OA service bodies worldwide will host events to celebrate and examine the role of sponsorship in our recovery and to help OA members find sponsors.

Read the results of a recent OA sponsorship survey ([“Sweeping Survey Sheds Light on Sponsorship in OA,” A Step Ahead, Second Quarter 2022 issue, pp. 1–2](#)) for insights to help you plan your event. According to our recent sponsorship survey, about three out of every ten OA members are available and willing to take on new sponsees. Find more pertinent information at [A Step Ahead](#).

## 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:

- July 10<sup>th</sup>, “Steps 10 – 12: Continue, Improve and Practice”
- August 14<sup>th</sup>, “Practicing these principles in all our affairs”

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

## Abstinence Challenges and Triumphs while Traveling by Frank P.

Staying abstinent is admittedly easier when I am at home and at work. I have years of practice to thank for a Plan of Action that feels secure and familiar. Traveling poses unique challenges. Here are some of the things I have done on vacation that have been quite helpful:

1. As long as there is a phone signal, continue with daily check-ins with my sponsor. My disease doesn’t take a holiday and neither does my need to take constructive actions. Outreach calls while away from home can be like a meeting between meetings.
2. Pre-vacation (or business trip) research: Review an OA meeting schedule in the city / cities where I plan to visit. If there are not OA meetings, AA or NA meetings can be a great alternative. Build meetings (in person or virtual into your travel schedule). “OA doesn’t have to be the most important thing in my life, but it does have to come first.”
3. Things to pack: food scale, pre-weighed abstinent cereal in individual containers, box of unsweetened almond milk that doesn’t need refrigerating until opened. Airlines will not likely allow you to bring liquid so a trip to a supermarket can help once you land.
4. If in a hotel room, request a room with a refrigerator. Swing by a supermarket to get provisions to have abstinent meals in the hotel room.
5. If staying with friends / family let your host know that you have certain food guidelines that you need to follow. I like to tell my host/s that I don’t eat sugar and I don’t eat between meals, so please understand that if there are “special treats” you will need to skip them due to your allergies. Suggest non-food based activities as going out to eat is often a default group activity.

## A Program of Recovery Amid the Chaos by Lynette P.

When away, as I was for 10 days in Texas this month, my plan of action is based on the Big Book pages 86-88 with my morning 11<sup>th</sup> step of prayer and meditation, and my evening 11<sup>th</sup> step review, even if done after everyone else has gone to bed. I take moments during the day to pause and connect with my HP, even if that means escaping to a restroom. My new meditation practice also inspires me to meditate anywhere - amidst the noise of the world or the noise of the house.

If I need to make an outreach call or do a 10<sup>th</sup> step, I’m on the phone, and there were numerous times on this trip which I did so. Outreach calls are a great source of service I can provide as well. I find myself on the phone in airports, especially coming home with flight delays and cancellations, which can result in 10<sup>th</sup> steps to do, and then I resolutely turn my thoughts to someone I can help (BB, pg. 84).

In contracting Covid, I had to practice acceptance, admit powerlessness, and continually go to my HP for “inspiration, an intuitive thought or a decision” (BB, pg. 86). And, I continued my daily meetings.

Lastly, I practice being grateful daily in the morning and throughout the day, and being grateful for whatever comes my way, pleasant or unpleasant. There was much to be grateful for on this trip such as: family; weather delays; Uber drivers; and emotional challenges and uneasy feelings. And, the recovery work continues...

## 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:

July 14 & August 11 at 7:30 pm

We're looking for shorter articles for the Communiqué. The next prompt is: *What I learned from OA this summer.* 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.oasgvalley.org](http://www.oasgvalley.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)  
Terry L.....949-400-3379

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

Publications.....[publications@oaoci.org](mailto:publications@oaoci.org)  
Lynette P.....714-401-7148

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 3-4 Reps  
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)