



OA Birthdays & Anniversaries

Congratulations to all those celebrating!
Happy OA Birthday

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

Connie B- March 29

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

Email: ocioffice@oaoci.org

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).

Keep coming back!

"I never thought I would get it.

I come from a dysfunctional childhood. My father was an alcoholic and molested me when I was very young. My mother was a rageful compulsive overeater. Rage-Full. She was a violent "disciplinarian" and constantly criticizing me. But the worst thing was, was that I was happy. And she hated me for it. I wouldn't eat as a kid, but then severe depression hit at 11 and my compulsive overeating began. Then in high school, the run around of dieting, over-exercising, weight yo-yoing. Food had become my secret best friend.

At 19 I had another traumatic event, and my bulimia took off. I was suddenly completely isolated. *I lost my personality.* I went to work, bought the binge food and purged. This was my entire existence. I also took laxatives. You're supposed to take 1 or 2, but I took 10 or 12. The heart palpitations in the middle of the night were terrifying. The diarrhea was insane. There's much more...

This went on and on until at 29 I was suicidal. I went into treatment and was abstinent for 3 months. Unbelievable!

But I couldn't maintain it - and went back to bingeing and purging. Why? I can see now how truly scared of people I was. I was afraid of rejection; afraid of "bothering" someone; and really terrified of trusting anyone. I couldn't last with a sponsor because I was afraid to be truly honest and get that vulnerable. I know now that it was severe shame. But all I knew back then was fear. Fear, misery, and *just wanting to hide.*

What was the turning point?

1.) I finally told my mother and sisters that my father was the perpetrator, and ten tons of shame were lifted from me.

2.) I was finally so desperate from decades of bingeing and self-loathing, that I finally did the unthinkable - I sought a Higher Power. I used to hate the word "God" when I got here. I thought it was dopey, for religious fanatics. But the gift of desperation drove me to *Seek a Higher Power.* And it's the best move I've made in my recovery. This is when my healing began. My Higher Power gave me the strength to reach out to others. And my H.P. helped me realize that I deserve recovery and a good life too. Self-acceptance and even self-love began. That was quite a while ago and I now have **16 years of abstinence.** And I still have-to pinch myself sometimes, believe me!

But the thing I want to emphasize is that back then, I thought I would never make it. I failed for so many years, I thought I would *never get this program.* And here I am with years of solid abstinence. You can do it too.

You *will* find people you can relate to.

Stick around and push yourself to reach out.

I'd never be where I am today, if I didn't.

Namaste

OAOCI Treasure Hunt: Finding Buried Treasure in OA Service, Traditions & Concepts. Saturday Sept. 30, 9:30-12pm, 4915 Alton Parkway, Irvine and on ZOOM. [Register at oaoci.org/register](http://oaoci.org/register) Download flyer: PDF or PNG version.

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, and Public Information, 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:
Sept 14th and Oct 12th 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

Mailing Address:
PO Box 23057
Santa Ana, CA 92611
714-953-0900
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 <http://www.oa.org>

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:

Chair..... chair@oaoci.org
Frank P..... 949-842-3454

Vice-Chair..... vicechair@oaoci.org
Sharon P..... 714-330-2014

Secretary secretary@oaoci.org
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12th Step Within..... 12thstepwithin@oaoci.org
Vacant

Region 2 Reps

Terry L..... 949-400-3379
Lisa H..... 714 366-8963
Frank P..... 949 842-3454

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 Sept / October check out the Virtual Region website.
oavirtualregion.org