



## OA Birthdays & Anniversaries

Congratulations to all those celebrating!

Happy Birthday to:

Frank P. 8 years Dec. 4, 2014

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)

## OAOCI is Hosting the July 2023 Region 2 Convention!!

The OA Orange County Intergroup has voted to host the next Region 2 Convention. Here are the dates for the next two meetings:

Mondays, Jan 9<sup>th</sup> and Feb 13<sup>th</sup>

To attend the next meetings, register [here](#). Volunteers are needed to help out. FYI - Check out the Region 2 website [here](#).

## SWEET SURRENDER RETREAT

Watch for future information and registration about Sweet Surrender Retreat in person at Pathfinder Ranch April 21 – 23, 2023.

## Board positions that are vacant include:

- Activities
- Public Information
- 12<sup>th</sup> Step Within
- Additional Board positions will be open for vote at next Board/Intergroup meeting on January 12<sup>th</sup>.

## OA Virtual Events Beyond OCI

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

To view all events for January, check out the Virtual Region website.

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

## Last House on the Block

I came to OA at age 25, more than 100 pounds overweight. I left my first meeting feeling that I couldn't identify, because the mention of a Higher Power or God was too religious for me.

A year later, I was more desperate and returned to OA. Nothing else I tried had worked. This time, I did identify with the speaker and those who shared. I recognized myself in the First Step: I was powerless over food and my life had become unmanageable.

Thus began some wonderful years for me. I lost 100 pounds and maintained that loss for over seven years. I married and had a baby. I lived the OA program, attending meetings, sponsoring and being sponsored, and giving service.

Then one day on vacation, I could not resist a bakery item. I went into relapse over the next year or so. I regained all the weight and became dissatisfied with my life. Despite continuing to pop in at meetings, I never could get more than a few weeks of abstinence.

Meanwhile, my parents died of complications from type 2 diabetes. Everyone looked at me and said, "Andrea, you are on the same road. Is this what you want? You have two children who need you." I agreed with them. I was an insulin-dependent diabetic, and my health was getting worse. Yet I felt I could do nothing about it because I was exhausted and depressed.

Then, unbelievably, things got worse. My husband of twenty-two years threatened to leave. My best friend stopped speaking to me. I gained 60 pound going from drive-through to drive-through. The food addiction was killing me. I returned to OA.

Now I know in every fiber of my being that I had this disease and was very ill. Over the last two years, I have really been committed to my program. I recognize that I need a Higher Power, which I like to define as the power that keeps addicts clean. I've found I don't need to define this Power. It comes from other people; OA literature; and that still, small voice inside me.

To date I have lost 60 pounds. I have found serenity in surrendering to this solution and way of life. I am growing in acceptance of others and myself; humility and appreciation of life are taking the place of envy, depression, and anger.

Many of us come to OA feeling like this is the "last house on the block." Thank God we find acceptance and understanding in OA. I am grateful to have found this program, and I hope I can help others in the same way. OA has saved my life.

---from Lifeline, April 2022

## The 63rd Annual OA Birthday Party Age of Miracles

Friday, January 13<sup>th</sup> – 15<sup>th</sup>, 2023 - In person at LAX Hilton!

[Presented by the LA Intergroup of OA](#)

- Registration at: <https://www.oalaig.org/oa-birthday-party/>
  - Tickets will be \$45 in advance, \$65 at the door
- [Book your hotel room at the LAX Hilton here](#)
- [Click here, for more information](#)

## 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](#)

### Region 2 January 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:

January 12<sup>th</sup> and February 13<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)

### 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)  
Jill E.....714-856-4487

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

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

Office Liaison.....[officeliasion@oaoci.org](mailto:officeliasion@oaoci.org)  
Rosemary D.....714-979-6780

Activities.....[activities@oaoci.org](mailto:activities@oaoci.org)  
Vacant

Meeting Liaison.....[mtgliaison@oaoci.org](mailto:mtgliaison@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  
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)