

Communiqué

A publication of the Orange County
Intergroup of Overeaters Anonymous, Inc.

Jan/Feb 2015

www.oaoci.org



OA Birthdays
Congratulations to all
those celebrating an
OA Birthday

ABSTINENCE BIRTHDAYS
Laurie Y. 4 years

How many years of recovery do you have? We want to celebrate both milestones with you but we can't do it if you don't let us know. It can be published a few months after, just let us know! Call the OCI office today at 714-953-5159.

Stick Around

In the past, dieting was my game, and making promises to myself. I would promise never to weigh more than 25 pounds over my weight at the time. At 175 pounds, I swore I would never reach 200 pounds. If I did, that would be it! I'd have to do something: at least cut back on my food consumption, or even another diet would be the answer. This went on for 25 pounds at a time until I reached 275 pounds. I just could not stop eating. If I did, it was not for long. Yes, diets were successful. Not that successful, though. I would just start to eat again, putting lost weight back on and adding a few more pounds.

I was in the grip of something beyond my control, but I didn't know what. One thing for sure, I was not eating to live, I was living to eat, a dangerous game. None of the solutions I tried seemed to work over the long haul. I was good for the sprint, not the marathon.

Hearing about Overeaters Anonymous in my hometown caught my attention. Maybe this program would be an answer for me. At first, what kept me coming back was hearing a recovering compulsive overeater share he no longer found it necessary to consume large quantities of food at a sitting. That is what I was doing. He had lost a considerable amount of weight and was keeping the weight off. That's what I wanted!

I discovered in OA I was a compulsive overeater and was afflicted by an illness with a physical symptom, an emotional problem with a spiritual solution. It was not a moral issue or social problem. It was an illness. I learned I had been eating gross amounts of food to satisfy an emotional hunger and fill a spiritual void - an impossible feat. Believe me, I tried.

I further learned abstinence must

become the most important thing in my life. At the time, abstinence was refraining from compulsive overeating. More learning and experiences came along the way. Abstinence now encompasses far more.

Abstinence is a gift from God given to me at birth. I had either abused, misused or did not use the gift. OA has guided me. The Fellowship has supported me. God has overseen my journey. All I had to be was willing to go to every length to keep abstinence first.

More than 32 years later, abstinence remains most important in my life. Maintaining a weight loss of about 110 lbs proves physical recovery is attainable. I still have ongoing work one day at a time. Daily prayer work, daily footwork and continued willingness contribute to a healthier life. I don't just keep coming back; I just stick around. By doing so, I won't be so round again.

M.B., Windsor, Colorado
Reprinted from Lifeline, January 2013

NEED AN ACTION PLAN?

Get to the
Plan of Eating Workshop
Saturday, Feb. 7th, 1-4 pm
Newsong Church
18842 Teller, Irvine 92612
Suggested donation: \$7.00
Contact: Cindy W. 714-619-1957
planofeating@oaoci.org

THINK-TANKERS NEEDED

Join the brainstorm session of the
Young Persons Committee with your
ideas on how to reach
Young People who are still suffering.
Wednesday, Feb. 4th, 6:15 pm
Starbucks in Orange
691 S. Main St.
Contact: Lindsey G. 714-510-6192
youngpersons@oaoci.org

OA's 55th Birthday Party Be FREE as a bird!

Join the party

JANUARY 23-25, 2015

LAX Hilton

5711 W. Century Blvd,

Los Angeles 90045

\$55 now, \$65 at the door

Info: www.oabirthday.org

Be of Service in 2015

Positions Available:

PARTIAL TERM (1 YEAR):

Chair & Meeting Liaison

FULL TERM (2 YEARS):

Activities & Publications

(Requirements: 6 months abstinence & completed steps 4 & 5)

Region 2 Representative:

(1 year abstinence & completed steps 4 & 5)

World Service Delegate:

(1 year abstinence, completed steps 4 & 5 and 2 years of service above group level)

You must be present to run for a position.

**TO BE OF SERVICE—
DO SERVICE!**

Meeting Directory • Jan/Feb 2015

Orange County Intergroup of Overeaters Anonymous, Inc.

1905 E. 17th St., Suite 322 • Santa Ana, CA 92705 • Parking at the rear of the building

Office Hours: Mon-Thu — 10:30 am to 1:30 pm & 1st & 3rd Sat — 10:00 am to 2:00 pm

Main Office: 714-953-5159 • Newcomers & Meeting Information: 714-953-0900 • www.oooci.org

Meetings or locations may change after this directory has gone to print, so please call the listed person before attending a meeting for the first time. If a phone number is not in service, please call the OA Office @ 714-953-5159. Our program is based on the 12 Steps of Alcoholics Anonymous. Formats may vary, as shown below. For example, some meetings feature a speaker while others work on studying the 12 Steps. We suggest you try more than one type of meeting. Although some meetings have a particular emphasis, all meetings are open to anyone with a desire to stop eating compulsively. Smoking is not permitted.

☞ Sunday

| | | | | | |
|------------------|---------------|--|-----------|--------------|--|
| 9:30-11:00 am | Orange | Kaiser Permanente Clinic, Rm 105, 200 N. Lewis Street | Alicia A. | 949-370-7578 | Spanish/12 Step Study |
| 10:30-Noon | Newport Beach | Newport Club, 414 - 32 nd Street, downstairs | Patty G. | 949-673-0773 | Big Book/Discussion, Open [^] |
| 10:30-Noon | Brea | Wellness Center, 1001 E. Imperial Hwy @ Randolph Rm. A-1 | Teresa | 714-547-4563 | AA Big Book, Step Study, whlchr access |
| 4:30-6 pm | Anaheim | Medical Office Bldg, 1211 W La Palma, basement room | Joyce | 714-328-2690 | Speaker, ptch, chips, whlchr access |
| 6-6:30 pm | Irvine | Christ Our Redeemer Church, 45 Tesla | Roz | 949-460-9930 | Newcomer |
| 6:30-8 pm | Irvine | Christ Our Redeemer Church, 45 Tesla | Roz | 949-460-9930 | Speaker, pitch, 100 pounders, chips |
| 8-9:00 pm | Irvine | Concordia University (Grimm Hall, Rm 220) 1530 Concordia | Terry | 949-400-3379 | Book Study/Pitch |

☞ Monday

| | | | | | |
|--------------------|------------------|---|----------|--------------|---|
| 6-7 am | Yorba Linda | The Thengvall House, 5312 Richfield Road | Dina G. | 714-293-5670 | Prayer/meditation/speaker/pitch |
| 10-11:30 am | Costa Mesa | St John's Episcopal Church, 183 E. Bay St @ Orange | Chris | 714-557-1380 | Women's stag, Step Study, |
| 10-11:30 am | Orange | St Matthews Church, 1111 Town & Country Road, Room 14 | Retha | 714-731-7324 | Varied |
| 7-8:00 pm | Anaheim | Vineyard Anaheim Church, 5340 E. La Palma-Room 265 | Jonita | 562-665-5088 | Newcomer, Big Book |
| 7-8:00 pm | Capistrano Beach | Calvary Church, 25975 Domingo Avenue, # 8 | Lincoln | 949-240-2078 | 12 & 12, step study |
| 7-8:30 pm | Laguna Hills | "Her Place" 23181 Verdugo Dr., Room 104-A | Annie G | 714-552-2337 | Speaker/Pitch/Spiritual Maint/Discussion ***YPF |
| 7:30-9 pm | Hunt. Beach | Denny's 18477 Beach at Main (Private mtg. area-no food) | Lori Ann | 714-960-3316 | Discussion, pitch, whlchr access |

☞ Tuesday

| | | | | | |
|---------------------|----------------------|---|----------|--------------|--|
| 10-11:30 am | Mission Viejo | Church of Christ, 26558 Marguerite Pkwy., at Filipe Road | Laurie | 818-414-8841 | HOW**, step study, whlchr access |
| 10-11:30 am | Orange | Grand Street Center, 146 N. Grand St., North Room | Faye | 714-838-9140 | Step Study, writing pitch |
| 10-11:30 am | Santa Ana | Volver-A-Vivir, 1620 W. 5th Street | Rosa | 714-581-2078 | Spanish |
| 5:30-6:30 pm | Costa Mesa | The Grange, 2144 Thurin @ Victoria | C.T. | 949-294-1496 | Women's stag, AA 12&12/ Step Study |
| 7-8:30 pm | Brea | Wellness Center, 1001 E. Imperial Hwy, Room A-1 | Carol | 714-364-7573 | Women's stag/Varied/ Writing |
| 7-8:30 pm | Hunt. Beach | St Wilfrid's Outreach, 18631 Chapel Lane, In the Chapel | Bonnie | 714-235-3026 | Book study, writing, discussion, open [^] |
| 7:00-8:00 pm | Laguna Niguel | Shepherd of the Hills Church, 30111 Niguel Rd., Room 4 | George | 818-414-8118 | OA Literature ***YPF |
| 7:30-8:30 pm | Tustin | Unity of Tustin Church, 14402 S. Prospect Ave in "Victoria" house | Katie B. | 714-476-8940 | Big Book Study |

Meeting Secretaries: Please call the OCI office with new information or changes by the 15th of the month.

~ Please send a representative to the Intergroup Meeting for support for your meeting. ~

Meetings in bold are "Spotlight Meetings"

[^]Meetings that are open to anyone, including non-compulsive overeaters

** HOW meetings - offering suggestions for recovery

*** YPF - Young Person Friendly

☞ Wednesday

| | | | | | |
|---------------------|-------------------|---|----------|--------------|--|
| 6-7 am | Yorba Linda | Thengvall House, 5312 Richfield Rd | Carolyn | 714-985-0401 | Prayer/Meditation/Speaker/ Pitch |
| 9:30-11 am | Fullerton | St Philip Benize, 235 S Pine Dr @ Valencia, Faith Formation Room | Teresa G | 562-696-7125 | AA Big Book/ Step Study |
| 10-11:30 am | Hunt. Beach | United Methodist Church, 6652 Heil, Rm 19 (Rm 20: 2nd Week of each Month) | Maureen | 714-894-0232 | Various Books/Writing, whlchr access |
| 5-6 pm | Orange | St. Matthews Church, 1111 Town & Country Rd., Room 14 | Frank | 714-557-5653 | Book study, whlchr access, open^ / YPF*** |
| 5:45-6:45 pm | Laguna Hills | "Her Place" - 23181 Verdugo Dr., Room 104-A | Sally J. | 949-241-3695 | Women's Stag/Discussion |
| 7-8:30 pm | La Habra | Crossroads Community Church, 222 N. Euclid (Rm varies) | Carol U | 714-364-7573 | Speaker Meeting, open^ |
| 6:30-7:00 pm | Costa Mesa | St John's Episcopal Church, 183 E Bay St @ Orange | Mike G | 714-856-8408 | Newcomer, whlchr access |
| 7:00-8:30 pm | Costa Mesa | St John's Episcopal Church, 183 E Bay St @ Orange | Mike G | 714-856-8408 | Speaker, newcomers, chips, whlchr access |

☞ Thursday

| | | | | | |
|-------------------|-------------------|--|-----------|--------------|--|
| 7-8 am | Costa Mesa | Alano Club, 2040 Placentia Ave., Back Room | Emily O. | 949-423-9226 | For Today/Pitch & Meditation |
| 6-7:00 pm | San Clemente | San Clemente Friendship Center, 929 Calle Negocio, Ste H | Christine | 949-929-6974 | Literature Study/Positive Pitch |
| 7- 8:30 pm | Irvine | New Song Community Church, 18842 Teller, Room 21 | Tim | 714-606-5306 | Big Book study |
| 7- 8:30 pm | Orange | Grand Street Center, 146 N. Grand St | Mary Nell | 714-484-5754 | Tape/Speaker meeting, whlchr, open^ |

☞ Friday

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|---------------------|---------------|---|---------|--------------|---|
| 10-11:30 am | Costa Mesa | St John's Episcopal Church, 183 E Bay St @ Orange | Chris | 714-557-1380 | Women's stag |
| 10-11:30 am | Mission Viejo | Presbyterian Church, 26051 Marguerite Pkwy @ Oso, Rm 201 | Janice | 949-439-0692 | HOW **, Whlchr, open^ |
| Noon-1:30 pm | Tustin | St Paul's Church, 1221 E Wass St | Dolores | 714-544-1698 | Literature study |
| 6:30-7:30 pm | Laguna Hills | "Her Place"—23181 Verdugo Dr. Room 104-A | Emily | 559-977-9933 | Discussion |
| 7-8:30 pm | Orange | St Matthews Church, 1111 Town & Country Road, Parish Hall | Joyce | 714-328-2690 | Newcomers, varied, chips, ***YPF, whlchr access, open^ |
| 7:30-8:30 pm | Whittier | St. Matthias Episcopal Church, 7056 Washington Ave | Rita | 626-347-9999 | Big Book study, whlchr access |

☞ Saturday

| | | | | | |
|--------------------|---------------------|---|-----------|--------------|--|
| 8-9 am | Hunt. Beach | Surf City Church, 2721 Delaware @ 17 th St. Rm 34 | Nettie | 714-890-1071 | For Today study, whlchr access |
| 8- 9:30 am | Seal Beach | Grace Community Church, 138 – 8 th St @ Central | Jean | 562-799-7072 | Step Study, whlchr access |
| 9-10:15 am | Brea | Christ Lutheran Church, 820 W Imperial, Room 303 | Jeanne | 714-990-6545 | Abstinence |
| 9-10 am | Costa Mesa | Alano Club, 2040 Placentia Ave. | CT | 949-294-1496 | Women's Stag, discussion/OA Today |
| 9-11 am | Hunt. Beach | Surf City Church, 2721 Delaware @ 17 th St., Room 34 | Linda | 714-969-7992 | Step Study, chps, whlchr access, open^ |
| 9-10:30 am | Laguna Hills | "Her Place", 23181 Verdugo Dr., Room 104A | Sally | 949-285-4212 | Women's stag, varied, no children, maintenance |
| 10-11:00 am | Costa Mesa | First United Methodist Church, 420 W. 19th St, Otterbein Room (use east entrance) | Steven H. | 949-230-2023 | Men's stag, Step & Tradition Study, whlchr access |
| 10:30am-Noon | Orange | St. Matthew's Church, 1111 Town & Country Rd., Room 14 | Faye S. | 714-838-9140 | Book study, pitch |
| 11am-Noon | San Juan Cap | "The Effect" 27122A Paseo Espada, Ste 909 | Angie | 949-350-1563 | Book Study |
| 5-6 pm | South Laguna | Mission Hosp Laguna Bch, 31872 Coast Hwy, Room B/basement | Sandra | 949-487-6705 | Discussion, varied |

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. To be added to this list, please contact the OCI office at **714-953-5159**.

| | |
|---------------|--------------|
| Sharon P..... | 714-330-2014 |
| Katie B..... | 714-476-8940 |
| Ron H..... | 714-381-4515 |
| Carol..... | 714-630-3975 |
| Domingo..... | 562-587-7306 |
| Cori K..... | 714-935-9845 |
| Tom L..... | 949-244-7614 |
| Jack Z..... | 562-944-4566 |
| Doug B..... | 714-330-1890 |

Phone Contacts

The following people are available for calls at the hours indicated. Feel free to give them a call.

| | |
|--------------------------|-------------------|
| Annie G (24/7)..... | 714-552-2337 |
| Gaddy G (7a—10 p)..... | 949-842-6439 |
| Pedro G..... | 714-391-2783 |
| Frank P (24/7)..... | 714-557-5653 |
| Tim P..... | 714-606-5306 |
| Cori (before 10 pm)..... | 714-935-9845 |
| Eva H..... | 714-774-7400 |
| Joyce F (8 am—9 pm)..... | Work 714-995-3136 |
| | Cell 714-328-2690 |
| Ron H..... | 714-381-4515 |
| Dave C..... | 949-726-1999 |
| Len P. (24-7)..... | 714-618-4435 |
| Terri (Before 6 pm)..... | 714-531-6904 |
| Bonnie (8a—10p)..... | 714-235-3026 |
| Leslie B (8am—9pm)..... | 949-892-0265 |
| Tom L..... | 949-244-7614 |
| Sharon P..... | 714-330-2014 |
| Adria (before 8 pm)..... | 714-847-0956 |
| Doug B..... | 714-330-1890 |
| Jack Z..... | 562-944-4566 |
| Ken T..... | 714-654-3525 |

E-Mail Contacts

The following people are available via e-mail:

| | |
|---------------|---------------------------|
| Dave C..... | dc1999@gmail.com |
| Cori K..... | moseyani@gmail.com |
| Amanda S..... | darling6066@hotmail.com |
| Steven H..... | shh92714@yahoo.com |
| Annie G..... | jitterbalbug@yahoo.com |
| Gaddy G..... | gaddy3@gmail.com |
| Janis B..... | alwaysonthesand@yahoo.com |
| Bonnie..... | bonnie92649@verizon.net |
| Sandi H..... | R2Rocks2@gmail.com |

COMING OCI EVENTS

- **Family GAME Night**
 - **Sweet Surrender Retreat**
 - **Body Image workshop**
 - **Family BINGO Night**
 - **Unlocking the Promises**
- AND LOTS MORE...**

Orange County Intergroup

OC Intergroup Meeting, Everyone is invited!

Come at 7:30pm / Bring a friend!

The next meetings will be:

January 8, February 12 & March 12, 2015

St. Matthews Church, Parish Hall

1111 Town & Country Rd., Orange

Got experience, strength and hope in 450-500 words?

Please submit to publications@oaoci.org

Want to e-mail regarding a business matter? Email: ocioffice@oaoci.org

Orange County Intergroup Office

1905 E. 17th Street, Suite 322,
Santa Ana, CA 92705

www.oaoci.org

Office Hours:

Mon-Thu — 10:30 am to 1:30 pm
1st & 3rd Sat. — 10:00 am to 2:00 pm
Newcomer & Meeting Information
714-953-0900

Region 2 Office

4733 Torrance Blvd. PMB 335,
Torrance, CA 90503

<http://www.oar2.org>

World Service Office

505-891-2664

PO Box 44020,

Rio Rancho, NM 87174-4020

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.oasfvalley.org

San Gabriel Valley ..626-335-3355 www.sgvie.oar2.org

Your trusted servants:

Chair chair@oaoci.org
Available

Vice-Chair vicechair@oaoci.org
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Secretary secretary@oaoci.org
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Treasurer treasurer@oaoci.org
Joyce F. 714-328-2690

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Gaddy G. 949-842-6439

12th Step Within12thstepwithin@oaoci.org
Cindy W. 714-619-1957

Young People youngpeople@oaoci.org
Lindsey G. 714-510-6192

Region 2 Reps

Gaddy G 949-842-6439

Annie G. 714-552-2337

Doug B. 714-330-1890

Sandi H. 949-929-1066

Bonnie K. 714-235-3026

World Service Delegates

Joyce F 714-995-3136

Alice C. 949-939-1331

GOT A SPARE HOUR, MAYBE TWO?

That's all our committee chairs need, 1 or 2 hours of your time to help carry the message.

We're starting a list and **NEED YOU** to be on it!! A list of Volunteers!!!

Call Joyce at 714-328-2690 or
Email name & phone number
to: volunteers@oaoci.org

OA Tools of Recovery

There are 9 tools used by members of OA on a daily basis to obtain recovery from compulsive overeating.

They are: A Plan of Eating, Sponsorship, Service, Telephone, Writing, Literature, Anonymity, Meetings and an Action Plan