

## HAPPY NEW YEAR



**OA Birthdays**  
Congratulations to all  
those celebrating an  
OA Birthday

### ABSTINENCE BIRTHDAYS

Lucy P.	35 years	January
Laurie Y.	5 years	January
George Y.	3 years	January
Wanda N.	3 years	January
Lauren G.	2 years	January
Camille K.	3 years	February
Linda M.	30 years	February

*How many years of recovery do you have? We want to celebrate both milestones with you. It can be published a few months after, just let us know! Call the OCI office today at 714-953-5159.*

## OA's 55th Birthday Party

Theme is

## Happy Destiny Celebrating Our 56th Year!

January 15—17, 2016

**Deluxe Location:**  
**Hilton LAX** (4 star hotel)  
5711 W. Century Blvd.  
Los Angeles, CA

**Online Registration is  
now open!**

Full details: [www.oalaig.org](http://www.oalaig.org)

### NEW MEETINGS OR NEW LOCATIONS

- Sat., 10 am: Men's Stag  
new location in Orange

See the meeting directory for details

## Everything Changed...

I came into this program weighing 479 pounds and being a helpless slave to food for as long as I could remember. I had high blood pressure, diabetes, heart palpitations and constant aches and pains. My very first memory was of food. I never felt like I belonged anywhere in this world. But, as long as I was eating, life was a little less scary. As long as I got enough to eat, Life felt ok...

I never knew there was another way or that there was hope for change. I was lost and alone and had no real sense of who I was or where I was going. I had been in abusive relationships (not even knowing they were abusive at the time), I could not hold down a job, rarely had friends, couldn't pay my bills or support myself and had lived in shelters, motel rooms and other people's houses with my daughter. I had no real self esteem and constantly stared down at the floor, afraid to look other people in the eye. I had no real sense of purpose. I was in complete bondage to the food and this disease, living only to eat as there didn't seem like there was much else to live for. It was a sad and lonely existence.

Then I walked into these rooms and one thing changed—everything. Today my life is so different because of OA and the 12 steps. Here are just a few of the gifts I have received since I first walked in these rooms:

I have complete freedom from food obsession most days. Something I not only couldn't imagine but never knew existed.

I am maintaining almost a 250 pound weight loss and can move my body freely, in a way I never imagined.

I can walk, dance, play sports and do almost anything I truly want to do today.

I have found my higher power and my purpose on this earth and I walk around

with a smile and my head held high.

I am no longer afraid to look people in the eye. Instead, I smile and people smile back as they are genuinely happy to see me.

Today I have discovered who I truly am and who I want to be, not focused on the past and who I wish I was. I have a life partner and, because of this program, I can be in healthy, honest and loving relationships. I can be a decent mother to my teenage daughter and I can love other human beings like I know my higher power loves me and allow another person completely into my heart and soul. I have a great job that I am good at and where I can be of service to other people. I can support myself and my family today and I have a wonderful home.

I have met my closest friends in this program. I have a more quiet and peaceful life than I have ever known. I want to cry as I write this because my life used to be so lonely and empty. Today my heart overflows with gratitude and joy for all I have received and all that's yet to come.

It took me 15 years of falling down and picking myself back up...but I never stopped coming back. I am here today, openly receiving all these incredible miracles. In one of my favorite stories in the Big Book it says "I can't go back and make a brand new start, but with this program I can make a brand new end." This sums up my recovery story perfectly. I have a beautiful life today, one that in some areas, is actually better than my fantasies. I thank God every day for this program and I can't imagine my life without it. Thank you for being a part of my journey and for allowing me to be a part of yours.

Cindy W. Tustin, CA

# Meeting Directory • Jan/Feb 2016

Orange County Intergroup of Overeaters Anonymous, Inc.

1905 E. 17<sup>th</sup> 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 & 1<sup>st</sup> & 3<sup>rd</sup> Sat—10:00 am to 2:00 pm

Main Office: 714-953-5159 • Newcomers & Meeting Information: 714-953-0900 • [www.oaoci.org](http://www.oaoci.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

10:30-Noon	Newport Beach	Newport Club, 414 - 32 <sup>nd</sup> Street, downstairs	Patty G.	949-673-0773	Lit. Study/Discussion/Open <sup>^</sup>
10:30-Noon	Fullerton	1st Christian Church, 109 E. Wilshire Ave.	Laurie	818-414-8841	AA Big Book, OA/AA 12&12
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
<b>8-9:00 pm</b>	<b>Irvine</b>	Concordia University (Grimm Hall, Rm 220) 1530 Concordia	Pamela	949-644-5897	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
7-8:00 pm	San Clemente	Call for Location	Katie R	818-802-5253	Women's Book Study
7-8:30 pm	Lake Forest	Rebecca's House, 23792 Rockfield Blvd, Ste 100	Eric	949-374-0018	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	Cheryl Q	949-302-4113	Step Study, writing pitch
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 pm	Laguna Niguel	Laguna Niguel Presbyterian Church, 30071 Ivy Glen Dr.	Laurie Y	818-414-8841	Podcast ***YPF
7-8:30 pm	Fullerton	1st Christian Church, 109 E. Wilshire Ave.	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	Linda M.	714-969-7992	Book study, writing, discussion, open <sup>^</sup>
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 15<sup>th</sup> of the month.

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

Meetings in bold are "Spotlight Meetings"

<sup>^</sup>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	Community 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	Camille	714-815-4826	Book study, whlchr access, open^ / YPF***
5:45-6:45 pm	Laguna Hills	Call for Location	Rebecca P	949-282-9246	Women's Stag/Discussion
7-8:30 pm	La Habra	Crossroads Community Church, 222 N. Euclid (Rm varies)	Betty	626-242-4065	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

6-7:00 am	Yorba Linda	The Thengvall House, 5312 Richfield Rd	Tom L	949-244-7614	Prayer/Meditation/Speaker/Pitch
10-11:30 am	Santa Ana	AA Club, 1620 W. 5th Street	Rosa	714-581-2078	Spanish
5-6 pm	Santa Ana	Kaiser Permanente, 1900 E. 4th Street, Conf. Room 2A	Frank P.	949-842-3454	Men's Big Book Discussion
6-7:00 pm	San Clemente	San Clemente Friendship Center, 929 Calle Negocio, Ste H	Christine	949-929-6974	Literature Study/Positive Pitch
<b>7- 8:15 pm</b>	<b>Orange</b>	Grand Street Center, 146 N. Grand St	Mary Nell	714-484-5754	Varied, wheelchair access, open^
7- 8:30 pm	Tustin	Aldersgate Methodist Church, 1201 N. Irvine Blvd, Room 8	Tim	714-606-5306	Big Book study

## ☞ Friday

10-11 am	San Juan Cap	New Method Wellness Ctr, 31743 Rancho Viejo Rd, Ste 102	Rachael	949-545-8748	Book Study
10-11:30 am	Costa Mesa	St John's Episcopal Church, 183 E Bay St @ Orange, Guild Room	Susan	949-548-2237	Women's stag
10-11:30 am	Mission Viejo	Presbyterian Church, 26051 Marguerite Pkwy @ Oso, Room 201	Laurie Y.	818-414-8841	HOW **, Whlchr, open^
<b>Noon-1:30 pm</b>	<b>Tustin</b>	St Paul's Church, 1221 E Wass St	Janet B.	714-329-8133	Literature study
6:30-7:30 pm	Laguna Hills	Call for Location	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 <sup>th</sup> St. Rm 34	Nettie	714-890-1071	For Today study, whlchr access
8- 9:30 am	Seal Beach	Grace Community Church, 138 – 8 <sup>th</sup> 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
9-11 am	Hunt. Beach	Surf City Church, 2721 Delaware @ 17 <sup>th</sup> St., Room 34	Linda	714-969-7992	Step Study, chps, whlchr access, open^
9-10:30 am	Irvine	Temple of Light Spiritual Center, 11 Goddard	Sally	949-285-4212	Women's stag, varied, no children, maintenance
<b>10-11:00 am</b>	<b>Orange</b>	Kaiser Pavilion, 200 N. Lewis St., Building 1-Room 1, 2nd Floor	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	Quin B.	657-229-4053	Book study, pitch
<b>11am-Noon</b>	<b>San Juan Cap</b>	"The Effect" 27124 Paseo Espada, Bldg 800, Room 801	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**.

Steve-o..... steveovsfidel@yahoo.com  
 Tom L..... 949-244-7614  
 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  
 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.

Steve-o..... 714-928-7521  
 Nancy (24/7)..... 562-243-9017  
 Terri (Before 6 pm) ..... 714-531-6904  
 Leslie B (8am—9pm)..... 949-892-0265  
 Tom L..... 949-244-7614  
 Sharon P..... 714-330-2014  
 Adria (before 8 pm)..... 714-847-0956  
 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  
 Kristin B..... 714-944-5386  
 Len P. (24-7)..... 714-618-4435  
 Doug B..... 714-330-1890  
 Ken T..... 714-654-3525

## E-Mail Contacts

The following people are available via e-mail:  
 Anne C..... anne@thepearlygates.com  
 Karen..... cruise2hawaii@yahoo.com  
 Maria R ..... rgr-maria@msn.com  
 Amanda S ..... darling6066@hotmail.com  
 Steven H ..... shh92714@yahoo.com  
 Annie G ..... jitterbalbug@yahoo.com  
 Gaddy G ..... gaddy3@gmail.com  
 Cori K ..... moseyani@gmail.com  
 Maria L..... angels4m@aol.com  
 Janis B ..... alwaysonthesand@yahoo.com  
 Sandi H ..... R2Rocks2@gmail.com

# Orange County Intergroup

**OC Intergroup Meeting, Everyone is invited!**

**Come at 7:30 pm / Bring a friend!**

The next meetings will be:

**January 14, February 11, March 10, 2016**

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](mailto:publications@oaoci.org)**

**Want to e-mail regarding a business matter? Email: [ocioffice@oaoci.org](mailto:ocioffice@oaoci.org)**

## Orange County Intergroup Office

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

[www.oaoci.org](http://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](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.oasvalley.org](http://www.oasvalley.org)  
 San Gabriel Valley ..... 626-335-3355 [www.sgvie.oar2.org](http://www.sgvie.oar2.org)  
 South Bay 562-493-9030 [www.oasouthbay.org](http://www.oasouthbay.org)

## Your trusted servants:

**Chair**..... [chair@oaoci.org](mailto:chair@oaoci.org)

Jackie G ..... 908-309-5407

**Vice-Chair** ..... [vicechair@oaoci.org](mailto:vicechair@oaoci.org)

Vacant

**Secretary**..... [secretary@oaoci.org](mailto:secretary@oaoci.org)

Tom L..... 949-244-7614

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

Joyce F..... 714-328-2690

**Office Manager** ..... [officemanager@oaoci.org](mailto:officemanager@oaoci.org)

Katie B ..... 714-476-8940

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

Lauren G..... 949-246-0709

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

Zeta H. .... 714-350-1917

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

Vacant

**Publications**..... [publications@oaoci.org](mailto:publications@oaoci.org)

Camille K..... 714-815-4826

**E-Media Manager**..... [emediamgr@oaoci.org](mailto:emediamgr@oaoci.org)

Vacant

**12th Step Within ...12thstepwithin@oaoci.org**

Cindy W. .... 714-619-1957

**Young People** ..... [youngpeople@oaoci.org](mailto:youngpeople@oaoci.org)

Vacant

## Region 2 Reps

Gaddy G ..... 949-842-6439

Sandi H..... 949-929-1066

Zeta H ..... 714-350-1917

Laurie Y ..... 818-414-8841

## World Service Delegates

Joyce F ..... 714-328-2690

Alice C. .... 949-939-1331

## 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

## 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](mailto:volunteers@oaoci.org)