



OA Birthdays

Congratulations to all
those celebrating an
OA Birthday

ABSTINENCE BIRTHDAYS

Roz B.	May	48 years
Liz	May	1 year
Kalea	June	29 years
Anne C.	June	10 years

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.

One Big Party

At the Orange County Fair

July 17th to August 16th

VOLUNTEER to staff our
OA Info Booth—enjoy **FREE**
admission & parking!!!

For info contact: Joyce F. 714-328-3690
email: fairbooth@oaoci.org

34th Annual

Weekday Marathon

For Newcomers & Long-timers

Wednesday, Aug. 26th

10:00 am—3:00 pm

(Lunch break from 12:15—1:15)

Neighborhood Community Center
1845 Park Ave, Costa Mesa

Suggested Donation: \$7.00

Contact: Cindy W. 714-619-1957/
email: weekdaymarathon@oaoci.org

JOIN THE NEW OA HOT SPOT!

Have you heard? The Intergroup
Meeting is the place to learn the
“haps” and be the voice
for your meeting.

BE THERE!

Be Encouraged

By God's grace, today marks 36 years of perfect and imperfect abstinence (Editor: abstaining from compulsive eating and compulsive food behaviors), using a plan of eating and action plan. I was 47 at the beginning. I didn't know I had a disease and I didn't know the disease was not my fault. As I worked the wonderful Twelve Steps in Overeaters Anonymous, I began to feel better about myself, and I knew I had to continue with the tools. I learned to do only one day at a time.

“Now” in the program means “no opportunity wasted.” When I went to meetings, other members always welcomed me with open arms. They accepted me as I was, and I began to accept myself as an imperfect person too. The Twelve Steps didn't say I had to be perfect, and I didn't have to measure up to anyone. I knew I was in the right place at the right time.

OA members loved me when I was not able to love myself. Now I love myself with abstinence, a plan of eating and an action plan. When I joined in 1977, I weighed 313 pounds. Now I am 138 pounds.

I enjoy a fearless abstinence. The pessimist curses the abstinence. The optimist hopes it will change. The realist adjusts the abstinence and stays flexible. As long as I stay abstinent, every day I enjoy a spiritual lottery. I am old enough to remember that at one time we did not have fitted sheets for beds, only flat ones. I am old enough to remember when there were no televisions. We only listened to the radio. Now at age 83, I am old enough to know that abstinence is my nest to rest. Compulsive overeating is do, do,

do; abstinence, a plan of eating and an action plan are done, done, done.

In OA I have learned to trust God and let him surprise me. We can be active in our healing, but we must trust the process and our Higher Power. We can observe dignity in portion control of each and every meal. It makes me feel good to weigh and measure food because “enough is enough.” When I eat more than what is enough, I know I am eating food that belongs to someone else. A lasting abstinence and plan of eating require extensive preparation. This is why we have the slogan “One day at a time.” I pray that you will be encouraged and uplifted with your abstinence and plan of eating.

— Mamie K., Pennsylvania USA

NEW MEETINGS OR NEW LOCATIONS

- Mon, 7-8 pm, Irvine: Relapse/ Recovery focus
- Mon, 7-8 pm, San Clemente: Women's Book Study
- Thu, 6-7 am, Yorba Linda: Prayer/ Meditation/ Varied
- Thu, 7-8:30 pm, Ft. Valley: Women's Anorexia/Bulimia, Step Study
- Thu, 7-8:30 pm, Tustin: Big Book
- Fri, 10-11 am, San Juan Capo: Book Study

See the meeting directory for details

Meeting Directory • July/Aug 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

10:30-Noon	Newport Beach	Newport Club, 414 - 32 nd Street, downstairs	Patty G.	949-673-0773	Lit. Study/Discussion/Open [^]
10:30-Noon	Fullerton	1st Christian Church, 109 E. Wilshire Ave.	Teresa	714-547-4563	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
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
7-8:00 pm	Irvine	Mariner's Church, 5001 Newport Coast Dr, Life Development Bldg: Room 200A	Cindy W	714-619-1957	Relapse& Recovery/Varied
7-8:00 pm	San Clemente	Call for Location	Katie R	818-802-5253	Women's Book 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
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
5:30-6:30 pm	Orange	Dragonfly, 260 N. Glassell Street	Lindsey	714-510-6192	Young Persons Focus
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	Marian	714-374-8383	Book study, writing, discussion, open [^]
7:00-8:30 pm	Laguna Niguel	Call for Location	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	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***
5-6 pm	Santa Ana	Kaiser Permanente, 1900 E. 4th Street, Conf. Room 2A	Frank P.	949-842-3454	Men's Big Book Discussion
5:45-6:45 pm	Laguna Hills	"Her Place" - 23181 Verdugo Dr., Room 104-A	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
7-8 am	Costa Mesa	Alano Club, 2040 Placentia Ave., Back Room	Emily O.	949-423-9226	For Today/Pitch & Meditation
10-11:30 am	Santa Ana	AA Club, 1620 W. 5th Street	Rosa	714-581-2078	Spanish
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	Fountain Valley	Orange Coast Memorial Med Ctr, 9920 Talbert Ave, Conf Room C	Maria	714-248-2867	Women's Bulemia/Anorexia/ Step Study
7- 8:30 pm	Orange	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 Capo	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	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**.

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
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.

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
Jack Z.....	562-944-4566
Ken T.....	714-654-3525

E-Mail Contacts

The following people are available via e-mail:

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 7:30pm / Bring a friend!

The next meetings will be:

July 9, August 13, September 10, 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.oasvalley.org
San Gabriel Valley.....	626-335-3355	www.sgvie.oar2.org
South Bay.....	562-493-9030	www.oasouthbay.org

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

Your trusted servants:

Chair.....	chair@oaoci.org
Jackie G.....	908-309-5407
Vice-Chair.....	vicechair@oaoci.org
George Y.....	818-414-8118
Secretary.....	secretary@oaoci.org
Available	
Treasurer.....	treasurer@oaoci.org
Joyce F.....	714-328-2690
Office Manager.....	officemanager@oaoci.org
Katie B.....	714-476-8940
Activities.....	activities@oaoci.org
Lauren G.....	949-246-0709
Meeting Liaison.....	mtgliaison@oaoci.org
Griselda G.....	562-361-2727
Public Information.....	publicinfo@oaoci.org
Sandi H.....	949-929-1066
Publications.....	publications@oaoci.org
Camille K.....	714-815-4826
E-Media Manager.....	emediamgr@oaoci.org
Gaddy G.....	949-842-6439
12th Step Within... 12thstepwithin@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
Sandi H.....	949-929-1066
World Service Delegates	
Joyce F.....	714-995-3136
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