



OA Birthdays
Congratulations to all
those celebrating an
OA Birthday

ABSTINENCE BIRTHDAYS

Rosalie	March	45 years
George	January	2 years
Wanda N.	January	2 years
Camille K.	February	2 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.

CALLING ALL WOMEN! Annual Women's Sweet Surrender Retreat "Surrender to 12 Simple Steps"



April 24-26, 2015

Pathfinder Ranch (near Idylwild)

Just \$125 until 4-3-15

Reserve your spot early with \$25.00

Contact: Joyce (714) 328-2690

Email: Sweetsurrender.retreat@oaoci.org

"I Put My Hand In Yours" At the Region 2 Convention Workshops, Panels, Dance/Karaoke and Much More

June 26-28 in San Diego

Registration: \$40 till 4-30-15

Special Room Rate of \$106 (single/double)

Reserve by June 5th

Full details online at www.oar2.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!

One Thing Changed

I have not always had a weight problem, but I've always had the disease of compulsive overeating. Before age 13, the disease did not show up on my body, because I was using the fuel to grow. But it was definitely at work between my ears, manifesting mentally through my obsession with sweets and other binge foods and spiritually through feelings of not belonging and arrogant inferiority.

Childhood memories stand out: feeling like I never fit in, being different, standing on the outside looking in, never feeling good enough, thinking that if they knew me they wouldn't love me, and always being one of the tallest in the room. I compared myself to others and always found myself lacking, except I was bright in school and skipped a grade. So in my mind there was a battle about whether your superiority in clothes, money or body size beat out my being smarter than you.

Chatter and conversations in my head were deafening. If you made me feel slighted or embarrassed, I probably took it out on my siblings or parents or had conversations with people who weren't there to finish the fight.

I believe my Higher Power used the extra weight that eventually showed up on my body to get me to address the "disease" of my disease. I was not looking for peace of mind or happiness when I came to OA; I was only looking for weight loss. What I found, however, rocked my world and changed my life.

I entered OA in August 1999, got abstinent, and lost 62 pounds.

I believe that my relapse happened after five-plus years of abstinence because I had not worked all of the Steps; I regained all of my weight in two years.

I returned to program on August 26, 2008. By abstaining from my alcoholic foods and behaviors and by working all Twelve Steps with a sponsor to guide me, I lost 54 pounds and, most important, underwent a personality change

- a spiritual experience. By focusing on the things I can change, meaning me, everything changes!

My relationships are beyond my wildest dreams and remain that way as long as I live all Twelve Steps every day and keep the focus on my abstinence and myself. Though that sounds selfish, I find it incredibly freeing and an example to those around me. I've been married to the same man for thirty-two years and have two adult children who value my company and opinion, and we all laugh together. The promises are in my life, and I have learned to anticipate the positive rather than focus on the negative. I look for a solution when problems arise because life ebbs and flows. My life is so full today even though circumstances are the same as they were when I was in relapse. I am the only thing that has changed. And that has changed everything.

--Mary, New York

(reprinted from *Lifeline*, Jan 2015 issue)

**New Meeting
Spotlight**
Two new meetings,
one just 4 you!

Relapse & Recovery
Saturday, 1:30 to 2:30 pm
Varied Format

Men's Stag Meeting
Wednesday, 5:00 to 6:00 pm
Big Book/Discussion

See the meeting directory
for details

Meeting Directory • Mar/Apr 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.aoaci.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	Call for Location	Teresa	714-547-4563	AA Big Book, Step Study,
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
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	Call for Location	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	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	Frank	714-557-5653	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	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
10-11:30 am	Santa Ana	Volver-A-Vivir, 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	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

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 @ 17th St. Rm 34	Nettie	714-890-1071	For Today study, whlchr access
8- 9:30 am	Seal Beach	Grace Community Church, 138 – 8th 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 @ 17th 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
1:30-2:30 pm	Costa Mesa	New Directions for Women (all are welcome) 3001 Redhill Ave. Bldg. 4, Unit 109	Cindy W.	714-619-1957	Relapse & Recovery/Varied
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**.

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

Ron H.	714-381-4515
Kristin B.....	714-944-5386
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
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
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:

Cori K.....	moseyani@gmail.com
Maria L.....	angels4m@aol.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
Dave C.....	dc1999@gmail.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:

March 12, April 9 & May 14, 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

Your trusted servants:

Chair..... chair@oaoci.org
Jackie G

Vice-Chair

Secretary..... secretary@oaoci.org
Bonnie K..... 714-235-3026

Treasurer..... treasurer@oaoci.org
Joyce F. 714-328-2690

Office Manager

Activities

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Griselda G..... 562-361-2727

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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

Region 2 Reps

Gaddy G

World Service Delegates

Joyce F

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