



OA Birthdays
Congratulations to all
those celebrating an
OA Birthday

ABSTINENCE BIRTHDAYS

Edith Rae 38 years March

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.

Loving Yourself from Relapse to Recovery Workshop

Saturday, March 19th, 1-4 pm

**Newsong Church
1010 W. 17th St, Santa Ana 92706**

Suggested donation: \$7.00

Contact: Cindy W. 714-619-1957



32nd Annual Women's Sweet Surrender Retreat

April 29th to May 1st

Pathfinder Ranch (near Idylwild)

**Registration \$170 / \$25 deposit holds
your spot**

Contact: Alice N. 714-856-0902

Experiencing the Promises

**Saturday April 16th
1:00 to 4:00 pm**

**Newsong Church
1010 W. 17th Street, Santa Ana 92706**

Suggested Donation \$7.00

Contact Cindy W. 714-619-1957

Back and Digging Deeper

I've been in OA twice. The first time was for seven years, 20 years ago, with successful food abstinence.

I made it back eight months ago, and I am struggling. This time around, I see how much more deeply I am working the Twelve Steps. I went to many meetings 20 years ago, sponsored people and was thin, but I did not work the program like I am working it this time.

We live in a small town and are lucky to have three to four people at our meeting regularly; but we are there, and we work those amazing Steps!

I have experienced abstinence off and on, but it sure does seem like I am learning much more about myself in the process this time. It is painful and scary, and those emotions will send me to food in a heartbeat. But I am learning to call my sponsor, to write and to turn things over (sometimes each moment) to my Higher Power.

I didn't take these actions much in my first seven years. Recently, my sponsor asked me to write down what I wanted food to be in my life. I procrastinated about this for a while, but Higher Power sat down with me this morning, and I want to share what came.

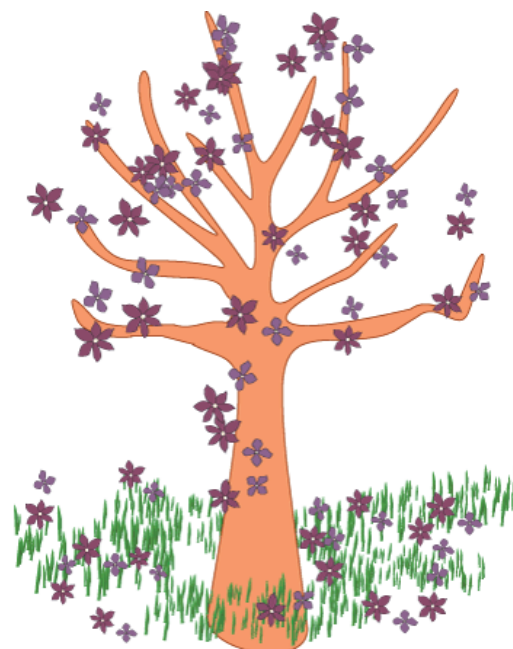
I want to be grateful for my food, not obsessed with it. I want to eat to nourish my body and only when I am hungry—not to stuff down, run from and avoid my feelings. I want to enjoy food, not feel angry because I can't eat more or eat when I want and feel deprived. I want to know my food is a blessing and not feel guilty because I ate too much. I do not want to use

food as a weapon to abuse my body, mind and spirit. I want eating to be a choice, not something I reach for when I "need a fix."

I want to be able to eat normally, wherever I am and whatever I'm doing. I don't want to be afraid of food or feel victimized by my addiction to it.

I want to give my relationship with food over to my Higher Power daily and let him show me, through the Twelve Steps and OA, how to listen and hear how to eat in a sane, healthy manner. I want to appreciate the food I am given, my support system, Higher Power, my friends in OA and anyone else I can talk with to help me get a clearer relationship with food.

Lifeline Nov. 2009



Meeting Directory • March/April 2016

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.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 nd Street, downstairs	Patty G.	949-673-0773	Lit. Study/Discussion/Open ^A
10:30-Noon	Fullerton	1st Christian Church, 109 E. Wilshire Ave.	Carol U.	714-364-7573	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	<i>Irvine</i>	Christ Our Redeemer Church, 45 Tesla	<i>Roz</i>	<i>949-460-9930</i>	<i>Speaker, pitch, 100 pounders, chips</i>
8-9:00 pm	Irvine	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, # 1	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	Surf City Church, 2721 Delaware at 17th, Room 5	Linda M.	714-969-7992	Book study, writing, discussion, open ^A
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"

^AMeetings 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	Embrace Recovery, 23232 Peralta Drive, #219	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
7- 8:15 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, 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^
Noon-1:30 pm	Tustin	St Paul's Church, 1221 E Wass St	Janet B.	714-329-8133	Literature study
6:30-7:30 pm	Irvine	Temple of Light Spiritual Center, 11 Goddard	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
9-11 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	Call for Location	Sally	949-285-4212	Women's stag, varied, no children, maintenance
10:30am-Noon	Orange	St. Matthew's Church, 1111 Town & Country Rd., Room 14	Quin B.	657-229-4053	Book study, pitch
11am-Noon	San Juan Cap	"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**.

Carol 714-630-3975
 Domingo..... 562-587-7306
 Cori K..... 714-935-9845
 Doug B..... 714-330-1890
 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

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
 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
 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
 Tim P..... 714-606-5306
 Cori (before 10 pm) 714-935-9845
 Eva H 714-774-7400

E-Mail Contacts

The following people are available via e-mail:
 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
 Anne C..... anne@thepearlygates.com
 Karen..... cruise2hawaii@yahoo.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:

March 10, April 14, May 12, 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

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 908-309-5407
 Vice-Chair vicechair@oaoci.org
 Vacant
 Secretary..... secretary@oaoci.org
 Vacant
 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..... mtgliasion@oaoci.org
 Zeta H. 714-350-1917
 Public Information publicinfo@oaoci.org
 Vacant
 Publications..... publications@oaoci.org
 Camille K..... 714-815-4826
 E-Media Manager..... emediamgr@oaoci.org
 Tom L..... 949-244-7614
 12th Step Within... 12thstepwithin@oaoci.org
 Cindy W..... 714-619-1957
 Young People youngpeople@oaoci.org
 Vacant
 Region 2 Reps
 Zeta H 714-350-1917
 Laurie Y 818-414-8841
 World Service Delegates
 Joyce F 714-328-2690
 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