



OA Birthdays

Congratulations to all
those celebrating an
OA Birthday

ABSTINENCE BIRTHDAYS

Joyce F.	May	17 years
Sandy H.	May	3 years
Janis B.	May	3 years
Cynthia W.	June	2 years
Kim F.	June	2 years

YEARS IN RECOVERY

Joyce F.	June	23 years
Sandi H.	May	27 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.

We Are All Beautiful!

Embrace & Love Your Body

Body Image Workshop

Sat., May 16th, 1-5 pm

Costa Mesa Neighborhood
Community Center
1845 Park Ave, Costa Mesa

Suggested Donation: \$7.00
Contact: Cindy W. 714-619-1957

"I Put My Hand In Yours"

At the Region 2 Convention

Workshops, Panels, Dance/Karaoke
and Much More

June 26-28 in San Diego
Special Room Rate of \$106 (single/double)
Reserve by June 5th
Full details online at www.oar2.org

One Big Party—It's Coming

Where: At the Orange County Fair
When: July 17th to August 16th

VOLUNTEER to staff our OA Info Booth
and enjoy **FREE** admission & parking!!!
For info contact: Joyce F. 714-328-3690
email: fairbooth@oaoci.org

NEW MEETING SPOTLIGHT

Young Persons Meeting
Tuesday, 5:30—6:30 pm
Varied Format

See the meeting directory for details

Twinkle in My Eye

Most folks who know me only see my weight loss over the last few years, but the most significant changes in my life happened on the inside. It's what cannot be seen, but seems to be sensed. It's all due to OA.

I came to OA in 1994 looking for a solution to my recent weight gain. I had kept my weight in check with my bulimic behaviors of bingeing and purging, but those methods quite working one day. I gained about 40 pounds in a short amount of time before considering OA.

Before this event I saw a woman I had known for many years. Not only had she lost plenty of weight, but I barely recognized her. She had a smile on her face and a twinkle in her eye. I felt an overall peace in her presence. What had happened to the nervous, late-for-everything person I had known? She told me she'd been attending OA for eight years.

I did not decide that day to go to OA, but I was desperate once my bulimia trick didn't work. I got on my knees and begged (you couldn't call it praying) God to strike me thin. God heard me, and I remembered the woman who had gone to OA. That answer was not the miracle for which I was looking, but it was the miracle I needed.

I was skeptical at my first meeting. I was familiar with the Twelve Step program. I had already worked the Steps with a sponsor. Although my ego told me I didn't need to "go through all that again," I knew it would be my answer. I decided to talk to my doctor. I was open about my recent weight gain and attendance at OA (My habit of half-truths meant I didn't tell her about my bulimia.) Since I wanted a fast way to lose weight, I asked her for a prescription. She wrote me a prescrip-

tion I'll never forget: "Three healthy meals a day. Exercise 3 to 4 times a week." Believe it or not, I was relieved.

I began attending meetings regularly and started working the Steps. My sponsor was the same woman I'd seen with the twinkle in her eye. After years and many relapses (when my ego told me I could do this on my own), I now have over 3 years of back-to-back abstinence.

The changes OA made on the outside were the release of 40 pounds and abstinence from bulimia, addictive foods, and bingeing. Now I eat 3 healthy meals a day and exercise 3 to 4 times a week.

The changes OA made on the inside were giving me a frequent feeling of peace, time in prayer and meditation, and the desire to pursue a spiritual life instead of material goods. I try to give back by sponsoring others. I often smile, and some say I have a twinkle in my eye!

I wouldn't trade this life and program for any other. I am home.

*Karen, Alaska (edited & reprinted from
Lifeline, January 2015 issue)*

PART-TIME JOB OPENING

The OCI office needs
someone like you...

SCHEDULE:

Monday—3 hours

Tuesday—3 hours

1st Saturday of month—4 hours

*Need to be able to work other
office hours when necessary*

Contact the OCI office to apply.

Phone: 714-953-5159

Email: ocioffice@oaoci

Meeting Directory • May/June 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.ooaoci.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	Big Book/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
7-8:30 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	Bonnie	714-235-3026	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	Sally J.	949-241-3695	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

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 (AA Club)	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	Costa Mesa	New Directions for Women, 3001 Redhill Ave, Bldg. 4, Ste. 109	Tim	714-606-5306	Big Book study
7- 8:30 pm	Orange	Grand Street Center, 146 N. Grand St	Mary Nell	714-484-5754	Varied, wheelchair access, 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
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
Bonnie.....	bonnie92649@verizon.net
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:

May 14, June 11, July 9, 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
Bonnie K..... 714-235-3026

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

Office Manager officemanager@oaoci.org Katie B..... 714-476-8940 |

Activities activities@oaoci.org Available |

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
Bonnie K..... 714-235-3026

World Service Delegates
Joyce F..... 714-995-3136
Alice C..... 949-939-1331

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!

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