



## OA Birthdays

Congratulations to all  
those celebrating an  
OA Birthday

### ABSTINENCE BIRTHDAYS

Alice N.	32 years	June
Anne H.	30 years	February
Tish W.	30 years	June
Joyce F.	18 years	May
Janis B.	4 years	May

### YEARS OF RECOVERY

Joyce F.	24 years	June
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*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 Idol & Spring Boutique

Saturday, May 21st

5:00—7:30 pm

Newsong Church

1010 W. 17th St, Santa Ana

Showcase your talent for  
the first time or once again.

Bring new or gently used items  
between 4 and 4:45 pm

Suggested donation: \$10.00

Volunteers needed for set up and break down

Contact: Lauren 949-246-0709 or  
Barbara 714-273-9321

## Seeking the Spiritual Path, Step 11 Prayer & Meditation Workshop

Saturday, June 4th

1:00—4:00 pm

Newsong Church

1010 W. 17th St, Santa Ana

Speakers share their experience, strength, and hope on how they use Step 11 to improve their conscious contact with their Higher Power and remain abstinent, happy, and free!

Writing, sharing and fun crafts!

Suggested donation: \$7.00

Contact: Cindy W. 714-619-1957

## Love and Forgiveness... An Interactive Workshop

Saturday, June 18th

1:00—4:00 pm

Newsong Church

1010 W. 17th St, Santa Ana

Learn to let go of all things that keep us in bondage as we walk through the Steps to experience greater freedom and peace

Suggested donation: \$7.00

Contact: Cindy W. 714-619-1957

## Who Needs the OCI Office?

That question came up at an Inter-group meeting not too long ago. Following a discussion, the meeting representatives suggested an article be printed in the Communiqué, listing the benefits of supporting OCI.

Maybe the question should be, "What does having the OCI office do for Orange County meetings and for me personally?"

What does making a contribution to OCI do? Do I really need anything from OCI? What do I really use that OCI provides?

Each month the OCI office sends a contribution form to the meeting secretaries. Here's the list on that form that indicates what contributions make possible, helping the Orange County Intergroup carry the OA message:

1. Telephones, so that newcomers can find us.
2. Serve as a clearinghouse for an exchange of information among other groups and intergroups.
3. Assist newly formed groups in our area.
4. Provide World Service Office and Region 2 with current meeting information.
5. Maintain phone listings as wide an area as possible to aid in Twelfth Step work.
6. Employ an office worker to assist the Fellowship and Intergroup.
7. Establish committees to help carry the message of OA.
8. Establish an OA hotline that lists available volunteers.

9. Rent a centrally located office.

10. Stock OA and AA literature for sale

11. Establish and maintain a website for OCI.

Those don't sound very personal, do they? Think about it.

Many newcomers need to talk to someone before attending a meeting, without newcomers will my meetings survive? A clearinghouse means I am more likely to hear about recovery events that I would like to attend; new groups need assistance, which means more meetings for me to choose from; letting World Service know when and where local meetings are held, gives me another source to locate a meeting when needed, locally, nationally, or worldwide.

Having the office phone number in all parts of Orange County means I'll be readily able to find the number, as will newcomers. The office and its workers make it possible for me, or my meetings, to easily purchase literature, make contributions, have questions answered, and print flyers so I can know about and attend local events. The list goes on...

Wow, those services are beginning to sound very personal. They're working for me, how about you? I think I'll keep making contributions to support my meetings and the OCI office. Join me!

*Joyce F.*

# Meeting Directory • May/June 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.	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	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	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	Alice	714-538-5647	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	Darlene	949-842-6272	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, OA 12&12 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 <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	Irvine	Temple of Light Spiritual Center, 11 Goddard	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, 31461 Rancho Viejo Rd, Ste 105	Deanna	949-903-1560	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	12 & 12 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
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..... 714-651-9052  
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 7 pm) ..... 714-651-8952  
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:

**May 12, June 8, and July 14, 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)

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

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

Stephanie L. .... 714-272-5820

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..... [mtgliaison@oaoci.org](mailto:mtgliaison@oaoci.org)

Cheryl Q ..... 949-302-4113

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

Alice N..... 714-856-0902

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

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

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

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

12th Step Within ... [12thstepwithin@oaoci.org](mailto:12thstepwithin@oaoci.org)

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

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