



OA Birthdays Congratulations to all those celebrating an

Jacqueline 3 years September
Frank P. 3 years December

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 714-953-0900.

Meeting Spotlight

**Tuesday, 7:30 pm
in Tustin**

**New format, needs
support.**

**Same time and place,
come and study the Big
Book with us!**

OCI Birthday Challenge

Make an "OA Birthday donation" by December 15th (postmark date) and OCI will receive a matching donation (up to \$600). Just note on your check or money order that it's for the "Birthday Challenge" and send it to the OCI office.

OCI gets the the donation and you get the satisfaction of doubling your contribution.



Only One Bite

Relapse has been a part of my recovery, a reminder that I am - and always will be - a compulsive overeater. The Big Book tells us to remember we deal with compulsive overeating, cunning, baffling, powerful - yet I forget the most important word: Remember.

Each relapse for me has started the same. I eat one bite of alcoholic food, perhaps without even thinking about it. I wait for disaster to fall. But the sky does not fall. The universe has not ended. There's no overwhelming craving. I just had a bite of food.

And then I think - well, that didn't hurt me. Why don't I go and enjoy a few things I really like before going back into abstinence. I make a bucket list of foods. I don't eat it all in one sitting - after all, that would be a binge. I am rational, I tell myself. I am in control. The food isn't the boss of me. I can eat like a lady today.

But the bucket list grows and foods I eat stop getting crossed off.

Soon a week has passed, then a month, then two months. I have stopped going to meetings - I'm simply too busy. I want to get abstinent - but I am not willing to get a sponsor. I don't read the Big Book - I have read it cover to cover dozens for me!

My eating is out of control. My weight has gone up dramatically. My emotional state is deteriorating. I am restless, irritable and discontent. I am isolating from those I love most. I stay up late and sleep all day. My work suffers.

- the sky HAS fallen for me. My universe HAS come to an end. I AM faced with overwhelming craving. How did this happen, I wonder.

The answer is simple: When I took that bite, I stepped off the Road of Happy Destiny and onto the Crazy Train. I shouldn't be surprised when I reached this destination - it was printed on the ticket. The cost to board that train? Only one bite.

Today I surrender my life and my will to my Higher Power, knowing that the cost of one compulsive bite is too much. I work my program with the desperation of a drowning woman. I know that without constant reminders, I'm going to forget that critical word: Remember.

Michelle Z.

OCI Elections are Coming! December 14th Intergroup Meeting

*OCI Board Positions require 6 months
abstinence & completed Steps 4 & 5*

Full Term Positions (2 years)
Chair, Secretary, Office Manager,
Meeting Liaison, Young Persons,
E-Media Manager

Partial Term Positions (1 year)
Activities, Vice Chair &
12th Step Within

**Region 2 Representative &
World Service Delegate***
positions are also available
They both require 1 year of
abstinence.

*World Service Delegates also require
having 2 years of service above the
meeting level.

Meeting Directory • Nov / Dec 2017

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

Newcomers & Meeting Information: 714-953-0900 • website: 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 @ 714-953-0900. 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.

Sunday

10:30-11:30 am	Costa Mesa	College Hospital Office Bldg., 275 Victoria Street, Conf. Room B	Patty G.	949-363-3996	Lit. Study/Discussion/Open^
10:30-Noon	Anaheim	Medical Office Bldg, 1211 W. La Palma, basement room	Carol U.	714-364-7573	AA Big Book, OA/AA 12&12
Noon-1 pm	S J Capistrano	New Method Wellness Center	Mari S	949-306-5041	Relapse & 12th Step Within
Noon-1 pm	S J Capistrano	New Method Wellness Center 31461 Rancho Viejo Rd., Bldg 105	Mari S	949-306-5041	
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
6-7:00 pm	Irvine	Kaiser Permanente, 6640 Alton Parkway, Medical Office Bldg. #2, 5th Floor-Conference Room C-1	Steven H.	949-230-2023	Book Study/Pitch

Monday

6-7 am	Yorba Linda	The Thengvall House, 5312 Richfield Road	Stephanie L.	714-272-5820	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
6-7:00 pm	Costa Mesa	Fairview Community Church, 2525 Fairview Road @ Fair Dr.	Zeta	714-350-1917	Big Book Study
7-8:00 pm	Anaheim	Vineyard Anaheim Church, 5340 E. La Palma-Room 265	Tom L.	949-244-7614	Newcomer, Big Book Study
7-8:00 pm	Capistrano Beach	Palisades United Methodist Church, 27002 Camino De Estrella, Main Hall, Mission Room	Eliana	949-633-5649	Women's Book Study
7-8:30 pm	Lake Forest	Rebecca's House, 23792 Rockfield Blvd, Ste 100	Audrey	949-204-7600	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	College Hospital, 275 Victoria Street, Conference Room	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. Upstairs/Elevator	Laurie Y	818-414-8841	Podcast, speaker ****YPF
7-8:30 pm	Fullerton	Emanuel Episcopal Church, "Shack" room, 1145 W. Valencia Mesa Drive	Carol	714-364-7573	Women's stag/Varied/Writing
7-8:30 pm	Hunt. Beach	Surf City Church, 2721 Delaware (facing 17th), Room 5	Linda M.	714-969-7992	Book study, writing, discussion, open^
7:30-8:30 pm	Tustin	Unity of Tustin Church, 14402 S. Prospect Ave in "Victoria" house	Jessica F.	949-842-2700	Big Book Study

Wednesday

6-7 am	Yorba Linda	Thengvall House, 5312 Richfield Rd	Tom L.	949-244-7614	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***
6-7 pm	Laguna Hills	St. George Episcopal Church, 23802 Avenida DeLa Carlota, Bldg A, Room 108. Call for entry doorcode.	Sandy D.	949-302-1175	Women's Stag/Lit Study
7-8 pm	Capo Beach	Capo Beach Church, 25975 Domingo Ave., Room#1	Diana	949-360-7638	Big Book Study
7-8:30 pm	Whittier	First Friends Church (in Children's Library), 13205 Philadelphia St	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
7:30-8:30 pm	Orange	St. Matthews Church, 1111 Town & Country Rd., Room 14	Frank P	949-842-3454	Speaker, LGBT, candlelight pitch

Thursday

6:7:00 am	Yorba Linda	The Thengvall House, 5312 Richfield Rd	Tom L	949-244-7614	Prayer/Meditation/Speaker/Pitch
5-6 pm	Santa Ana	Kaiser Permanente, 1900 E. 4th Street, Conference Room 6	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	714-293-2804	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	Chris P.	714-557-1380	Women's stag
10-11:30 am	Mission Viejo	Presbyterian Church, 26051 Marguerite Pkwy @ Oso, Room 201	Erina	949-933-5452	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	Laguna Hills	St. George Episcopal Church, 23802 Avenida DeLa Carlota, Bldg A, Room 104. Call for entry doorcode.	Cheryl R.	949-280-5475	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^

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
9:30-11 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	St. George Episcopal Church, 23802 Avenida DeLa Carlota Bldg. A/Room 204. Call for entry doorcode.	Sally	949-285-4212	Varied/Maintenance/ No children/whlchair access
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

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

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 **714-953-0900**.

Doug B 714-330-1890
 Steve-o..... steveovsfidel@yahoo.com
 Cori K..... 714-651-9052
 Ron H 714-381-4515
 Tom L..... 949-244-7614
 Sharon P..... 714-330-2014
 Katie B..... 714-476-8940
 Carol 714-630-3975
 Domingo..... 562-587-7306

Phone Contacts

The following people are available for calls at the hours indicated. Feel free to give them a call.

Pedro G..... 714-391-2783
 Tim P..... 714-606-5306
 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
 Cori (before 7 pm) 714-651-8952
 Eva H 714-774-7400
 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

E-Mail Contacts

The following people are available via e-mail:
 Anne C..... anne@thepearlygates.com
 Karen..... cruise2hawaii@yahoo.com
 Maria L..... angels4m@aol.com
 Janis B..... alwaysonthesand@yahoo.com
 Maria R rgr-maria@msn.com
 Amanda S darling6066@hotmail.com
 Steven H..... shh92714@yahoo.com
 Sandi H R2Rocks2@gmail.com
 Annie G jitterbalbug@yahoo.com
 Gaddy G gaddy3@gmail.com
 Cori K moseyani@gmail.com

Orange County Intergroup

OC Intergroup Meeting, Everyone is invited!

Come at 7:30 pm / Bring a friend!

The next 1 hour meetings will be:

November 9, December 14, January 11, 2018

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

Foothill626-568-7511 www.oafoothill.org

Inland Empire 951-715-2080 www.go2oa.org

Los Angeles323-653-7652 www.oalaig.org

San Diego ...619-521-2538 www.oasandiego.org

San Fernando Valley 818-888-4776 www.oasfvalley.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 Volun- teers!!!

Call Joyce at 714-328-2690 or Email name & phone number to: volunteers@oaoci.org

Your trusted servants:

Chair..... chair@oaoci.org

Laurie Y 818-414-8841

Vice-Chair vicechair@oaoci.org

Vacant

Secretary..... secretary@oaoci.org

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

Treasurer..... treasurer@oaoci.org

Joyce F 714-328-2690

Office Manager officemanager@oaoci.org

Vacant

Activities activities@oaoci.org

Vacant

Meeting Liaison..... mtgliaison@oaoci.org

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

Public Information publicinfo@oaoci.org

Alice N 714-856-0902

Publications..... publications@oaoci.org

Cindy W 714-235-5507

E-Media Manager..... emediamgr@oaoci.org

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

12th Step Within ...12thstepwithin@oaoci.org

Vacant

Young People youngpeople@oaoci.org

Becket C 818-471-3979

Region 2 Reps

Joyce F 714-328-2690

Stephanie L 714-272-5820

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

World Service Delegates

Joyce F 714-328-2690

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, Anonvmitv. Meetings and an Action Plan