



**OA Birthdays**  
Congratulations to all  
those celebrating an  
OA Birthday

**ABSTINENCE BIRTHDAYS**

Edie K. 15 years September  
Gina M. 15 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 714-953-5159.*



## Thanksgiving Day OA Gratitude Meeting

9:00 am to 10:00 am

Heller Park

257 E. 16th Street, Costa Mesa

Bring a chair or blanket to sit on...  
Bring a jacket just in case it's chilly...  
and most importantly, bring an  
Attitude of Gratitude

7th Tradition: 100% to OC Intergroup

## OA Holiday Speaker Marathon

Saturday, November 14th

1:00—4:00 pm

Neighborhood Community Center  
1845 Park Ave, Costa Mesa

**Suggested Donation: \$7.00**

Contact: Cindy W. 714-619-1957  
email: [holidaymarathon@oaoci.org](mailto:holidaymarathon@oaoci.org)

### NEW MEETINGS OR NEW LOCATIONS

- Sat., 10 am: Men's Stag  
new location in Orange

See the meeting directory for details

## It's Working

Tired of wearing all black  
It's supposed to be slimming  
Still got this pain in my back  
But self-hatred is dimming

The whole damn cake pan  
I could easily devour  
Now I have an eating plan  
And rely on my higher power

Been asked, "Are you expecting?"  
No longer afraid of the scale  
I'm progressing, not perfecting  
Just don't wanna feel like a whale

Going to meetings anonymous  
And using the phone roster  
My mood is not so ominous  
Reporting food to my sponsor

Admit my addiction to sugar  
Time to focus on my triggers  
Being fat makes me insecure  
It's not fun being bigger  
60 days since I've binged  
Working the steps, using tools  
If I stop program, I unhinge  
There's only suggestions -- no  
rules

My body is shrinking  
My skin is sagging  
A little less stinking thinking  
I'm almost all done nagging

Gotta do my own part  
And make my amends  
Only fresh foods in my cart  
But the BEST...is all my new  
friends

*Lisa H.*

## *The Foothill Intergroup* *is having a* **HOLIDAY BIZARRE BAZAAR!!**

Saturday, Dec. 5th

12 pm to 4 pm

*Location:*

Little White Chapel  
1711 Avon St.,  
Burbank CA



## SAVE THE DATE!

## OA's 55th Birthday Party

Theme is

## Happy Destiny

January 15—17, 2016

Location: Hilton LAX  
5711 W. Century Blvd.  
Los Angeles, CA

\$50.00 thru 12/15/15

Full details at  
[www.oalaig.org](http://www.oalaig.org)

# Meeting Directory • Nov/Dec 2015

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>A</sup>
10:30-Noon	Fullerton	1st Christian Church, 109 E. Wilshire Ave.	Laurie	818-414-8841	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>
<b>8-9:00 pm</b>	<b>Irvine</b>	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, # 8	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
<b>6:45-7:45 pm</b>	<b>Dana Point</b>	24650 Dana Point Harbor Dr., In the grey house upstairs	Laurie Y	818-414-8841	OA Literature ***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	St Wilfrid's Outreach, 18631 Chapel Lane, In the Chapel	Marian	714-374-8383	Book study, writing, discussion, open <sup>A</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>A</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***
5-6 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	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
6-7:00 pm	San Clemente	San Clemente Friendship Center, 929 Calle Negocio, Ste H	Christine	949-929-6974	Literature Study/Positive Pitch
<b>7- 8:15 pm</b>	<b>Orange</b>	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 Cap	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^
<b>Noon-1:30 pm</b>	<b>Tustin</b>	St Paul's Church, 1221 E Wass St	Janet B.	714-329-8133	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 @ 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	Laguna Hills	"Her Place", 23181 Verdugo Dr., Room 104A	Sally	949-285-4212	Women's stag, varied, no children, maintenance
<b>10-11:00 am</b>	<b>Orange</b>	Kaiser Pavilion, Bldg. 1 300 N. Lewis St., Room 1, 2nd Floor	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
<b>11am-Noon</b>	<b>San Juan Cap</b>	"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**.

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  
 Carol ..... 714-630-3975  
 Domingo..... 562-587-7306  
 Cori K..... 714-935-9845  
 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.

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  
 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  
 Ron H ..... 714-381-4515  
 Kristin B..... 714-944-5386  
 Len P. (24-7)..... 714-618-4435  
 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:  
 Anne C..... anne@thepearlygates.com  
 Karen..... cruise2hawaii@yahoo.com  
 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  
 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:

**November 12, December 10, and January 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.oa2.org](http://www.sgvie.oa2.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)  
 George Y ..... 818-414-8118  
 Secretary..... [secretary@oaoci.org](mailto:secretary@oaoci.org)  
 Tom L..... 949-244-7614  
 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)  
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 Meeting Liaison..... [mtgliaison@oaoci.org](mailto:mtgliaison@oaoci.org)  
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 Camille K..... 714-815-4826  
 E-Media Manager..... [emediamgr@oaoci.org](mailto:emediamgr@oaoci.org)  
 Gaddy G. .... 949-842-6439  
 12th Step Within... [12thstepwithin@oaoci.org](mailto:12thstepwithin@oaoci.org)  
 Cindy W. .... 714-619-1957  
 Young People ..... [youngpeople@oaoci.org](mailto:youngpeople@oaoci.org)  
 Lindsey G..... 714-510-6192  
 Region 2 Reps  
 Gaddy G ..... 949-842-6439  
 Sandi H..... 949-929-1066  
 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