

# Communiqué

A publication of the Orange County  
Intergroup of Overeaters Anonymous, Inc.

Sept/Oct 2015

[www.oaoci.org](http://www.oaoci.org)



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

## ABSTINENCE BIRTHDAYS

Debbie P. July 30 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.*

## 2015 OA Talent Show

Saturday, September 19th  
7:00—9:30 pm

Saddleback Church

(was called New Song)

1842 Teller Ave, Irvine 92612

Suggested Donation: \$10.00

For Info: Lauren G. 949-246-0709

email: [talentshow@oaoci.org](mailto:talentshow@oaoci.org)

## First Ever OCI HALLOWEEN BASH!!!

Friday, October 23rd  
7:00—10:00 pm

Neighborhood Community Center  
1845 Park Ave, Costa Mesa

Suggested Donation: \$10.00

Contact: Lauren G. 949-246-0709

email: [activities@oaoci.org](mailto:activities@oaoci.org)

## 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)

## It's a Wonderful Life

Growing up in a large family with 2 depression-era parents, food was cherished. From as far back as I can remember, my plate was always piled high with food. And yes, I was expected to eat all of it. So I developed a large appetite for food. Luckily, I was an active girl growing up so I didn't have a weight problem.

In my early teens, I began to notice disturbing behaviors; depression, anger, anxiety and fear. It affected all aspects of my life. I didn't feel I belonged, if I felt that I wasn't being heard I became angry, I was always anxious and I had a great fear of not being liked or loved.

This behavior continued into my early adult years and my challenges continued in the workplace, in my friendships, my relationship with my family, etc. During this time, I started overeating, isolating so I could eat what I wanted, and craving sweets. I was still active, so my weight was not an issue.

In my 20's I married a wonderful man. I did my best to hide my disturbing behaviors from him as well as my compulsive overeating before we were married. And then, after we were married for about a year, he started to see the real me, yet he loved me anyway.

After a few years, we tried to get pregnant but were unable to. After much discussion, we decided to adopt and a year or so later, we adopted 2 boys, ages 5 and 7. However, between their issues and mine, it was very challenging. My issues became magnified and I projected my unhappiness onto them and my husband. Food became solace for me. My eating was getting out of control and the weight came on at a rapid rate. I was terribly unhappy and began trying all the latest diets, buying diet books and taking diet pills.

Of course nothing worked and I was more miserable than ever. My family and I went to counseling to address our issues but I was always playing the blame game, never seeing my part. This went on for several years. We became a fractured family, holding on by a thread. Finally in late 2012 a friend and I were enjoying a dinner out and during the

meal as we were on our second bread basket and looking forward to dessert, she mentioned that she was going to try OA. Without missing a beat, I said "I'll join you". And so, the next week we went together to a meeting. I wasn't sure what to expect but I was open to hearing what it was all about. I liked what I heard and I appreciated everyone's welcoming smiles and hugs. And everyone seemed so happy.

We came back the next week and I decided that I wanted to be part of the group so I got a sponsor and began working the steps. I knew I had found a home. I've been in the program for 2 1/2 years and have released over 70 pounds. I have been able to stay abstinent, and I have service positions at my meetings and even serve at the Intergroup level—after all, service is slimming and keeps me accountable.

What I learned during these past few years is that my higher power is always with me. I don't have to do this alone. I'm responsible for my side of the street and I work hard every day to make sure I am being the best person I can be. The best part of this program is that I now have good relationships with both my sons and I learned to love my husband again. Best of all—I love myself. Life is wonderful, I couldn't have done this without staying committed to my program. It works if I work it, and I'm worth it.

*Camille K., California, USA*

## NEW MEETINGS OR NEW LOCATIONS

- Mon, 7-8 pm, Laguna Hills, new location
- Tue, Laguna Niguel, new time and location

See the meeting directory for details

# Meeting Directory • Sept/Oct 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>^</sup>
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	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	Irvine	Mariner's Church, 5001 Newport Coast Dr, Life Development Bldg: Room 200A	Cindy W	714-619-1957	Relapse& Recovery/Varied
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
5:30-6:30 pm	Orange	Dragonfly, 244 N. Glassell Street	Lindsey	714-510-6192	Young Persons Focus
6:45-7:45 pm	Dana Point	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>^</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***
5-6 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
7-8 am	Costa Mesa	Alano Club, 2040 Placentia Ave., Back Room	Jean P	714-474-9516	For Today/Pitch & Meditation
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
7- 8:30 pm	Fountain Valley	Orange Coast Memorial Med Ctr, 9920 Talbert Ave, Conf Room C	Maria	714-248-2867	Women's Bulemia/Anorexia/ Step Study
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, Rm 201	Janice	949-439-0692	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	"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
9-10 am	Costa Mesa	Alano Club, 2040 Placentia Ave.	Kate	484-886-5556	Women's Stag, discussion/OA Today
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
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
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:

**September 10, October 8, and November 12, 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](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.oasfvalley.org](http://www.oasfvalley.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)

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)

Lauren G..... 949-246-0709

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

Griselda G..... 562-361-2727

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

Sandi H..... 949-929-1066

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

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

## World Service Delegates

Joyce F ..... 714-995-3136

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